Abstrak

Asupan Energi dan Protein Dengan kadar Ureumndan Kreatinin Pasien Gagal Ginjal Kronik Hemodialisa Di Ruang Hemodialisa RSUD Dr. M. Ashari Pemalang

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Latar belakang: Penyakit gagal ginjal kronik adalah kondisi yang mana terjadi kerusakan permanen pada ginjal. Gagal ginjal kronik dapat berkembang cepat 2-3 bulan dan dapat pula sangat lama 30-40 tahun. Kadar ureum normal (5-20 mg/dl) sedangkan kadar kreatinin normal (laki-laki: 0.7-1.2 mg/dl, Perempuan: 0.5-1.0 mg/dl). Kebutuhan energi (35 kal /kg berat badan ideal/hari). Kebutuhan protein (1,2 gr/kg berat badan ideal/hari). **Penelitian bertujuan**: Mengetahui Hubungan Asupan Energi dan Protein dengan Kadar Ureum dan Kreatinin Pasien Gagal Ginjal Kronik Hemodialisa di Ruang Hemodialisa RSUD Dr. M. Ashari Pemalang.

Metode Penelitian: Jenis penelitian *explanatory research* dibidang gizi klinik dengan desain (*studycross-sectional*). Subyek penelitian 30 pasien, pengambilan sampel dengan teknik *consecutive sampling* yang memenuhi kriteria inklusi dan eksklusi. Asupan energi dan protein diperoleh dengan metode *recall*, Cara pengambilan data dengan carawawancara menggunakan form *recall* 3x24 jam. Data ureum dan kreatinin diambil dari rekam medik. Hubungan asupan energi dengan ureum dan hubungan asupan protein dengan ureum berdistribusi normal menggunakan uji *Pearsen product moment*, hubungan asupan kalori dengan kreatinin dan asupan protein dengan kreatinin data berdistribusi tidak normal menggunakan uji *korelasi Sperman*.

Hasil penelitian: Karateristik pasien umur 45 – 54 tahun 36.7 %, jenis kelamin laki-laki 50 % perempuan 50 %, pendidikian 73.3 % jenjang pendidikan dasar, pekerjaan 33 % wiraswasta, asupan energi 40 % defisit berat (< 60%), Asupan protein70 % defisit berat (< 60 %). Kadar ureum 96.7 % tidak normal, Kadar kreatinin 100 % tidak normal, Tidak ada hubungan antara asupan energi dengan kadar ureum (p value 0.150), Tidak ada hubungan antara asupan energi dengan kadar kreatinin (p value 0.093) . Tidak hubungan antara asupan protein dengan kadar ureum (p value 0.890) dan tidak ada hubungan antara asupan protein dengan kadar kreatinin (p value 0.802).

Kesimpulan : Tidak ada Hubungan Asupan Energi dan Protein dengan Kadar Ureum dan Kreatinin Pasien Gagal Ginjal Kronik Hemodialisa di Ruang Hemodialisa RSUD Dr. M. Ashari Pemalang.

***Kata kunci*:** Asupan energi protein, Ureum kreatinin, Gagal ginjal kronik Hemodialisa

ABSTRACT

The Intake of Energy and Protein with the Levels of Urea and Creatinine of Chronic Kidney Disease Hemodialysis Patients in the Hemodialisa Room of Regional General Hospital Dr. M. Ashari Pemalang

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Background of the research: Chronic kidney disease is a condition which occurs in permanent damage to the kidneys. Chronic kidney disease can develop fast 2-3 months and can also develop in a very long time 30 – 40 years. The normal levels of urea (5-20 mg/dl), while the normal levels of creatinine (male: 0.7-1.2 mg/dl, women: 0.5-1.0 mg/dl). Energy needs (35 Cal/kg ideal body weight/day). Protein nees (1.2 grams/kg ideal body weight/day). **Research objectives**: To find out the relationship between The Intake of Energy and Protein with the Levels of Urea and Creatinine of Chronic Kidney Disease Hemodialysis Patients in the Hemodialisa Room of Regional General Hospital Dr. M. Ashari Pemalang.

Research Design: This research is an explanatory research in the nutrition clinic by design (cross-sectional study). The subjects were 30 patients, sampling technique with consecutive sampling which meets the criteria of inclusion and exclusion. The intake of energy and protein of patients obtained by method of recall, the way of collecting data by interviews using the recall form during 3x24 hours. The data of urea and creatinine were taken from medical record. The relation between energy intake with urea and relation between protein intake with urea normally distributed using Pearson product moment test, the relation between calorie intake with creatinine and protein intake with creatinine the data abnormally distributed using Spearman correlation test.

Research findings: at the age of 45 – 54 years old 36.7% man 50% women 50%, education 73.3% in the level of basic education, occupation 33% entrepreneur, the energy intake 40% heavy deficit (< 60%), protein intake 70% heavy deficit (< 60%) . Urea levels 96.7% abnormal, creatinine levels 100% abnormal. There is no relationship between energy intake and levels of urea (p value 0.150), there is no relationship between energy intake and levels of creatinine (p value 0.093). There is no relationship between protein intake and levels of urea (p value 0.090) and there is no relationship between the intake of protein and levels of creatinine (p value 0.802).

Conclusion: There is no relationship between the intake of energy and protein with the levels of urea and creatinine of chronic kidney disease hemodialysis patients in the hemodialisa room of Regional General Hospital Dr. M. Ashari Pemalang.

Keywords: protein energy intake, urea creatinine, chronic kidney disease, hemodialysis.