

**HUBUNGAN DERAJAT ANEMIA DAN STATUS GIZI DENGAN KUALITAS HIDUP
PASIEN HEMODIALISA REGULER RAWAT JALAN
DI RSUD PROF. DR. MARGONO SOEKARJO
PURWOKERTO**

ABSTRAK

Penilaian kualitas hidup dan status gizi pada pasien anemia yang menjalani hemodialisa perlu dilakukan untuk memprediksi morbiditas dan mortalitas serta menentukan baik tidaknya modalitas terapi dalam memperpanjang hidup. Tujuan penelitian ini adalah mengetahui hubungan derajat anemia dan status gizi dengan kualitas hidup pasien hemodialisa reguler rawat jalan di RSUD Prof. Dr. Margono Soekarjo Purwokerto. Penelitian ini termasuk jenis penelitian observasional analitik dengan pendekatan *cross sectional* dan metode analisis korelasi *Spearman*. Subjek dipilih dengan cara *consecutive sampling* sesuai kriteria inklusi. Data derajat anemia pasien diperoleh dari pemeriksaan laboratorium darah untuk Hb pre hemodialisa dari rekam medik. Data status gizi diperoleh dari pengukuran metode antropometri tipe Indeks Massa Tubuh (IMT) yang meliputi pengukuran tinggi badan dan berat badan. Penilaian kualitas hidup menggunakan kuesioner kualitas hidup *Kidney Disease Quality of Life Short FormTM* (KDQoL SFTM) yang dipimpin oleh peneliti. Derajat anemia responden didominasi derajat anemia berat (55,2%). Status gizi responden didominasi oleh status gizi normal (38%). Kualitas hidup responden didominasi oleh kualitas hidup buruk (72,4%). Hasil Uji *Spearman* derajat anemia dengan kualitas hidup didapatkan *p-value* = 0,045 dengan *r* -0,374, sedangkan status gizi dengan kualitas hidup didapatkan *p-value* = 0,468. Kesimpulan dari penelitian ini diperoleh adanya hubungan antara derajat anemia dengan kualitas hidup dan tidak adanya hubungan antara status gizi dengan kualitas hidup pasien hemodialisa reguler rawat jalan di RSUD Prof. Dr. Margono Soekarjo Purwokerto.

Kata Kunci: derajat anemia, hemodialisa, kualitas hidup, status gizi.

**ASSOCIATION BETWEEN ANEMIA DEGREE AND NUTRITIONAL STATUS
WITH LIFE QUALITY OF REGULAR HEMODIALYSIS OUTPATIENTS
AT PROF. RSUD. DR. MARGONO SOEKARJO
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ABSTRACT

Assessment of life quality and nutritional status in anemic patients that undergo hemodialysis need to be done to predict morbidity and mortality also to determine whether good or not the therapeutic modality in prolonging life. The objective of this study is to know the association of anemia degree and nutritional status with life quality of regular hemodialysis outpatients at RSUD Prof. Dr. Margono Soekarjo Purwokerto. This study used an observational analytic with cross sectional study and Spearman analysis method. Subjects were chosen by consecutive sampling according to inclusion criterias. Datas for anemia degree were obtained from blood laboratory checkups for pre hemodialysis Hb from medical records. Nutritional status data were obtained by measuring Body Mass Index (BMI) using antropometry method including height and body weight measurement. Assessment of life quality were conducted by using the Kidney Disease Quality of Life Short Form™ questionnaire led by the researcher. Respondents' anemia degree are dominated by severe anemia (55.2%). Respondents' nutritional status are dominated by normal nutritional status (37.9%). Respondents' quality of life are dominated by poor quality of life (72.4%). The results obtained from the research using Spearman correlation between anemia degree and life quality is $p\text{-value} = 0.045$ with $r = -0.374$, meanwhile between nutritional status and life quality is $p\text{-value} = 0.468$. The conclusion of this research are there is an association between anemia degree and life quality and there is no association between nutritional status and life quality of regular hemodialysis outpatients at RSUD Prof. Dr. Margono Soekarjo Purwokerto.

Keywords: anemia degree, hemodialysis, life quality, nutritional status.