

Abstrak

HUBUNGAN LAMA MENJALANI HEMODIALISIS DENGAN ASUPAN ZAT BESI, PROTEIN DAN KADAR HEMOGLOBIN PADA PASIEN HEMODIALISIS DI RSUD Dr. M. YUNUS BENGKULU

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Latar Belakang : Penyakit ginjal kronik (PGK) menjadi suatu masalah besar kesehatan di masyarakat global karena sulit disembuhkan, hingga saat ini jumlah penderita terus bertambah. Masalah utama yang sering terjadi pada pasien PGK adalah anemia, anemia adalah berkurang nya kadar hormon eritropoetin (EPO). Kekurangan asupan zat besi dan protein juga menjadi salah satu faktor terjadinya anemia, karena zat besi merupakan komponen utama dalam pembentukan darah terutama pembentukan molekul hemoglobin. Salah satu terapi pada pasien PGK adalah dengan hemodialisis. Penelitian ini bertujuan untuk mengetahui hubungan lama menjalani hemodialisis dengan asupan zat besi, protein dan kadar hemoglobin pada pasien hemodialisis.

Metode : Desain penelitian ini adalah observasional dengan pendekatan *cross sectional*, jumlah sampel 65 orang. Pengukur asupan makanan menggunakan metode *food recall* 1x24 jam dan *record* 1x24 jam dan kadar hemoglobin berupa data sekunder uji laboratorium dengan cyanmed.

Hasil penelitian : Sebagian besar jenis kelamin responden perempuan 58,5 %, dari hasil analisis rata-rata asupan zat besi 32,75 mg, protein 18,03 gram, lama menjalani hemodialisis 25,17 bulan, dan kadar hemoglobin 8,56 g/dL. Setelah dilakukan uji *Pearson* terdapat hubungan signifikan antara lama menjalani hemodialisis dengan asupan protein ($p=0.000$) $r=0,549$. tidak terdapat hubungan signifikan antara lama menjalani hemodialisis dengan asupan zat besi ($p=0,629$) dan kadar hemoglobin ($p=0,794$).

Kesimpulan : Lama menjalani hemodialisis berhubungan dengan asupan protein, namun tidak berhubungan dengan asupan zat besi dan kadar hemoglobin.

Kata Kunci : lama menjalani hemodialisis, asupan zat besi, asupan protein, kadar hemoglobin, hemodialisis

Abstract

THE RELATIONSHIP BETWEEN HEMODIALYSIS DURATION WITH IRON INTAKE, PROTEIN INTAKE AND HEMOGLOBIN LEVEL IN HEMODIALYSIS PATIENTS AT RSUD Dr. M.YUNUS BENGKULU

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Background: Chronic kidney disease (CKD) is a major health problem in the global community because it is difficult to cure, until now the number of sufferers continues to grow. The main problem that often occurs in CKD patients is anemia, that decrease in the levels of erythropoietin hormone (EPO). Lack of iron and protein intake is also one of the factors in the occurrence of anemia, because iron is a major component in blood formation, especially the formation of hemoglobin molecules. One therapy in CKD patients is hemodialysis. The aim this study to determine the relationship between hemodialysis duration with iron intake, protein intake and hemoglobin levels in hemodialysis patients.

Method: The design of this study was observational with a cross sectional approach, in 65 sample. Measuring food intake uses a 1x24 hour food recall method and a 1x24 hour record and hemoglobin levels in the form of secondary data from laboratory tests with cyanmed.

Results: The respondents were female 58, 5%, the results of this study were the analysis of the average iron intake of 18,32 mg, protein 32,75 gram, the length of undergoing hemodialysis 25.17 month, and hemoglobin level 8,56 g/dL. There was a significant relationship between the duration of hemodialysis and protein intake ($p = 0.000$) $r=0,549$. There is a significant relationship between hemodialysis period and protein intake. There aren't a significant relationship between iron intake and hemodialysis duration between hemoglobin level and hemodialysis duration.

Conclusion: Hemodialysis duration influence protein intake between but no influence iron intake and hemoglobin level.

Keywords: hemodialysis duration, iron intake, protein intake, hemoglobin level, hemodialysis

