

ABSTRAK

HUBUNGAN LAMA MENJALANI HEMODIALISIS RUTIN DAN ASUPAN PROTEIN DENGAN MASSA OTOT PASIEN GAGAL GINJAL KRONIS (Studi pada Pasien Instalasi Dialisis RSUD Prof. Dr. Margono Soekarjo Purwokerto)

Yasmin Alifya Nidaankhofiya¹, Yovita Puri Soebardjo², Umi Faza Rokhmah²

Latar Belakang: PERNEFRI melaporkan 130.931 pasien gagal ginjal kronis (GGK) di Indonesia aktif menjalani hemodialisis (HD) pada tahun 2020. Semakin lama HD yang dijalani, semakin banyak kehilangan zat gizi, ketidakseimbangan asam-basa, dan inflamasi kronis yang dialami pasien sehingga membutuhkan peningkatan asupan protein. Penelitian ini dilakukan untuk mengetahui hubungan lama menjalani HD dan asupan protein dengan massa otot pasien GGK di RSUD Prof. Dr. Margono Soekarjo.

Metodologi: Penelitian *cross sectional* dilakukan pada 70 pasien HD Instalasi Dialisis RSUD Prof. Dr. Margono Soekarjo. Lama menjalani HD dan karakteristik responden diperoleh berdasarkan wawancara dan rekam medis, asupan protein menggunakan *Semi-Quantitative Food Frequency Questionnaire*, dan massa otot menggunakan *Bioelectrical Impedance Analysis*. Data dianalisis menggunakan uji korelasi *Pearson* dan *Spearman*.

Hasil Penelitian: Mayoritas responden adalah perempuan (54,3%), berusia 44 – 55 tahun (47,1%), berstatus gizi normal (54,3%), lama menjalani HD $31 \pm 22,84$ bulan, asupan protein 34,5 (17,4–68,8) g, dan massa otot $29,6 \pm 6,80\%$. Uji korelasi *Pearson* menunjukkan tidak ada hubungan antara lama menjalani HD dengan massa otot ($p=0,782$). Uji korelasi *Spearman* menunjukkan tidak ada hubungan asupan protein dengan massa otot ($p=0,151$).

Kesimpulan: Tidak ada hubungan antara lama menjalani hemodialisis dan asupan protein dengan massa otot pasien GGK di RSUD Prof. Dr. Margono Soekarjo Purwokerto.

Kata Kunci: Gagal Ginjal Kronis; Lama Menjalani Hemodialisis; Asupan Protein; Massa Otot.

¹ Mahasiswa Jurusan Ilmu Gizi FIKes Universitas Jenderal Soedirman

² Jurusan Ilmu Gizi FIKes Universitas Jenderal Soedirman

ABSTRACT

THE RELATION BETWEEN MAINTENANCE HEMODIALYSIS VINTAGE AND DIETARY PROTEIN INTAKE WITH MUSCLE MASS OF CHRONIC KIDNEY DISEASE PATIENTS

Yasmin Alifya Nidaankhofiya¹, Yovita Puri Soebardjo², Umi Faza Rokhmah²

Background: PERNEFRI reported that 130,931 chronic kidney failure (CKD) patients in Indonesia were actively undergoing hemodialysis (HD) in 2020. The longer HD is undertaken, the more nutritional loss, acid-base imbalance, and chronic inflammation experienced by patients requiring increased protein intake. This research was conducted to determine the relationship between HD vintage and protein intake with muscle mass in CKD patients at Prof. Dr. Margono Soekarjo Hospital.

Methodology: A cross-sectional study was conducted among 70 HD patients the Dialysis Installation of RSUD Prof. Dr. Margono Soekarjo. Data were collected based on patient's interview and medical record for respondent characteristic and hemodialysis vintage, Semi Quantitative Food Frequency Questionnaire for dietary protein intake, and Bioelectrical Impedance Analysis for muscle mass. Data were analyzed using the Spearman & Pearson Correlation Test.

Result: The majority of respondents were women (54.3%), aged 44 – 55 years (47.1%), had normal nutritional status (54.3%), HD vintage 31 ± 22.84 months, protein intake 34.5 (17.4–68.8) g, and muscle mass $29.6 \pm 6.80\%$. The Pearson correlation test showed that there was no relationship between HD vintage with muscle mass ($p=0,782$). The Spearman correlation test showed there was no relationship between protein intake with muscle mass in patients with CKD ($p=0.151$).

Conclusion: There was no significant relationship between hemodialysis vintage and protein intake with muscle mass in patients with CKD at RSUD Prof. Dr. Margono Soekarjo Purwokerto.

Keywords: Chronic Kidney Disease; Hemodialysis Vintage; Dietary Protein Intake; Muscle Mass.

¹ Student of Nutritional Science Department, Faculty of Health Sciences, Jenderal Soedirman University.

² Nutritional Science Department, Faculty of Health Sciences, Jenderal Soedirman University.