

ABSTRAK

Penyakit Ginjal Kronik (PGK) adalah kondisi penurunan fungsi ginjal yang berlangsung minimal tiga bulan dan ditandai oleh kelainan struktur maupun fungsi ginjal. PGK menyebabkan sekitar 786.000 kematian per tahun dan menempati peringkat ke-12 sebagai penyebab kematian global. Di Indonesia, prevalensi PGK sebesar 0,22% (SKI 2023), termasuk 0,20% di Aceh pada penduduk usia ≥ 15 tahun. Pada stadium akhir, pasien PGK memerlukan terapi pengganti ginjal untuk menggantikan fungsi filtrasi yang menurun, salah satunya melalui hemodialisis (HD). Pasien yang menjalani HD memiliki risiko tinggi mengalami gangguan status gizi, termasuk malnutrisi. Penelitian ini bertujuan untuk menganalisis hubungan antara lama durasi HD dengan status gizi pada pasien PGK. Penelitian menggunakan pendekatan kuantitatif observasional dengan desain analitik cross-sectional dan dilakukan di RSUD Cut Meutia Aceh Utara. Sampel penelitian berjumlah 50 pasien PGK yang memenuhi kriteria inklusi dan eksklusi. Analisis data menggunakan uji Fisher-Freeman-Halton Exact Test. Hasil penelitian menunjukkan mayoritas responden berjenis kelamin perempuan (52,0%) dan berusia 40–60 tahun (52,0%). Sebagian besar pasien telah menjalani HD selama 1–5 tahun (58,0%). Status gizi responden menunjukkan 46,0% mengalami malnutrisi, 46,0% berisiko malnutrisi, dan 8,0% memiliki status gizi normal. Uji statistik menunjukkan tidak terdapat hubungan signifikan antara durasi HD dan status gizi ($p=0,098$). Jadi disimpulkan bahwa status gizi kemungkinan dipengaruhi oleh gaya hidup, komorbiditas, dan adekuasi HD.

Kata Kunci : *penyakit ginjal kronik, PGK, hemodialisis, status gizi.*

ABSTRACT

Chronic kidney disease (CKD) is a condition of decreased kidney function that lasts for at least three months and is characterized by abnormalities in kidney structure and function. CKD causes approximately 786,000 deaths per year and ranks 12th as a global cause of death. In Indonesia, the prevalence of CKD is 0.22% (SKI 2023), including 0.20% in Aceh among people aged ≥ 15 years. In the final stage, CKD patients require renal replacement therapy to replace decreased filtration function, one of which is through hemodialysis (HD). Patients undergoing HD are at high risk of nutritional disorders, including malnutrition. This study aims to analyze the relationship between the duration of HD and nutritional status in CKD patients. The study used a quantitative observational approach with a cross-sectional analytical design and was conducted at Cut Meutia General Hospital in North Aceh. The study sample consisted of 50 CKD patients who met the inclusion and exclusion criteria. Data analysis used the Fisher-Freeman-Halton Exact Test. The results showed that the majority of respondents were female (52.0%) and aged 40–60 years (52.0%). Most patients had undergone HD for 1–5 years (58.0%). The nutritional status of the respondents showed that 46.0% were malnourished, 46.0% were at risk of malnutrition, and 8.0% had normal nutritional status. Statistical tests showed no significant relationship between the duration of HD and nutritional status ($p=0.098$). It was concluded that nutritional status is likely influenced by lifestyle, comorbidity, and HD adequacy.

Keywords: *chronic kidney disease, CKD, hemodialysis, nutritional status.*