

Hubungan antara penambahan berat badan di antara dua waktu hemodialisis (interdialysis weight gain = IDWG) terhadap kualitas hidup pasien penyakit ginjal kronik yang menjalani terapi hemodialisis di Unit Hemodialisa IP2K Rumah Sakit Umum Pusat Fatmawati Jakarta = The relationship between weight gain and weight loss in between two-time of hemodialysis (Interdialysis Weight Gain = IDWG) on quality of chronic kidney diseases patients life who receive hemodialysis therapy in in Haemodialysis Unit IP2K Fatmawati Central General Hospital, Jakarta

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Abstrak

Penambahan berat badan diantara dua waktu hemodialisis (interdialysis weight gain = IDWG) melebihi standart 1,5 kg dapat berdampak terhadap kualitas hidup pasien CKD. Efek negatif terhadap keadaan pasien, diantaranya hipotensi, kram otot, hipertensi, sesak nafas, mual, muntah, edema perifer, ascites.

Tujuan dari penelitian ini mengetahui hubungan antara penambahan berat badan di antara dua waktu hemodialisis (interdialysis weight gain = IDWG) dan kualitas hidup pasien , baik domain kesehatan fisik, psikologis, hubungan sosial dan lingkungan.

Metode penelitian ini menggunakan deskriptif korelasi dengan pendekatan cross sectional. Sampel sebanyak 76 pasien.

Hasil analisis menggunakan one way analysis of variance menunjukkan terdapat hubungan yang signifikan antara penambahan berat badan diantara dua waktu hemodialisa dengan kualitas hidup pada semua domain ($p = 0,000$, $\leq 0,05$). Domain kesehatan fisik 21,62 (SD 5,18) domain psikologis 18,45 (SD 18,45) domain hubungan sosial 9,24 (SD 9,24) dan domain lingkungan 25,67 (SD 25,67). Variabel confounding tidak mempunyai kontribusi terhadap kualitas hidup ($p > 0,05$).

Rekomendasi hasil penelitian lebih lanjut adalah meneliti hubungannya karakteristik adat istiadat, budaya, stress dan kecemasan terhadap kualitas hidup.

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Weight gain between the two time of hemodialysis (Interdialysis Weight Gain = IDWG) in excess of 1.5 kg standard can implicate on quality of life to Chronic Kidney Disease (CKD) patient. The negative effect of IDWG on patient conditions, are hypotension, muscle cramps, hypertension, shortness of breath, nausea, vomiting, peripheral edema, ascites.

The objectives of this study is to ascertain the relationship between IDWG and patients quality of life (QoL) in term of physical health domain, psychological, social relationships and environment.

This research method used descriptive correlation with cross sectional approach. Sample of 76 patients.

Analysis outcome used one way analysis of variance indicated that there were any significant relationship between weight gain in between two time hemodialysis with quality of life (QoL) on all domains ($p = 0.000$, < 0.05). Physical health domain 21.62 (SD 5.18), Psychological domain 18.45 (SD 18.45) Social relations domain 9.24 (SD 9.24) and Environment domain 25.67 (SD 25.67). The confounding variables did not contribute to the quality of life ($p > 0.05$).

The Recommendation of the following of this study outcome are to investigate the relationship of patient life in many characteristics of custom, cultural, stress and anxiety with quality of life.