

## Hubungan antara laju aliran darah (qb) dengan kualitas hidup pada pasien yang menjalani hemodialisis kronik dua kali seminggu = The relationship between blood flow rate and quality of life in twice-weekly hemodialysis patients

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### Abstrak

**ABSTRAK** Latar Belakang: Skor kualitas hidup yang rendah pada pasien hemodialisis (HD) dikatakan berhubungan dengan peningkatan risiko mortalitas. Namun, belum ada penelitian yang melaporkan hubungan langsung antara laju aliran darah (Qb) dan skor kualitas hidup pada pasien HD dua kali seminggu.

Tujuan: Mengetahui hubungan antara laju aliran darah (Qb) dengan skor kualitas hidup pada pasien-pasien yang menjalani hemodialisis kronik dua kali seminggu.

Metode: Penelitian potong-lintang ini dilakukan di Unit Hemodialisis di Rumah Sakit Cipto Mangunkusumo, Jakarta. Pasien dengan gangguan fungsi luhur, chronic heart failure NYHA (New York Heart Association) kelas III-IV, buta, imobilisasi ketergantungan berat serta menolak ikut penelitian tidak diikutsertakan dalam penelitian. Pasien kemudian dibagi menjadi grup 1 (Qb > 250 ml/menit) dan grup 2 (Qb ≤ 250 ml/menit). Skor kualitas hidup dinilai menggunakan kuesioner KDQOL-SFTM, yang dibagi dalam skor fisik (PCS), mental (MCS) dan masalah terkait penyakit ginjal (KDSC). Hubungan antara Qb dan skor kualitas hidup dianalisis menggunakan metode chi-square serta regresi logistik untuk mendapatkan nilai rasio prevalensi (RP) yang adjusted.

Hasil: Sebanyak 132 pasien dimasukkan kedalam analisis penelitian. Nilai Qb digrup 1 memiliki hubungan dengan skor PCS &#8805; 44 (RP 1,86; IK 95% 1,15-2,99), serta skor KDSC &#8805; 52 (RP 1,41; IK 95% 1,03-1,92). Setelah analisis multivariat, nilai Qb digrup 1 masih berhubungan dengan skor PCS &#8805; 44 (RP adjusted 1,87; IK 95% 1,15-2,51) dan skor KDSC &#8805; 52 (RP adjusted 1,31; IK 95% 1,004-1,50).

Simpulan: Nilai Qb > 250 ml/menit memiliki hubungan yang signifikan dalam kualitas hidup fisik dan masalah terkait penyakit ginjal yang lebih baik pada pasien hemodialisis 2 kali seminggu.

**ABSTRACT**

Background. A low quality of life (QoL) score in hemodialysis (HD) patients was related to increased risk of mortality. However, there was no study reported the direct relationship between BFR and QoL in twice-weekly HD patients.

Objectives. To determine the relationship between blood flow rate and quality of life in twice-weekly hemodialysis patients.

**Methods.** This cross-sectional study was conducted at the Hemodialysis Unit in Cipto Mangunkusumo Hospital, Jakarta. Patients with neurocognitive impairment, chronic heart failure NYHA (New York Heart Association) class III-IV, blindness, immobilization with severe dependence and refused to participate were excluded in the study. Patients were divided into group 1 (BFR > 250 ml/min) dan group 2 (BFR ≤ 250 ml/min). The QoL was assessed using KDQOL-SFTM questionnaire, which was divided in physical (PCS), mental (MCS) and kidney disease-related (KDCS) scores. Relationship between BFR and QoL scores were analyzed using chi-square and logistic regression methods in order to determine adjusted Prevalence Ratio (PR).

**Results.** A total of 132 patients were included in the analysis. The BFR in group 1 was associated with PCS scores &#8805; 44 (PR 1.86; 95% CI 1.15-2.99), as well as KDCS scores &#8805; 52 (PR 1.41; 95% CI 1.03-1.92). After multivariate analysis, BFR values &#8203;&#8203;of patients in group 1 were still associated with PCS scores &#8805; 44 (adjusted PR 1.87; 95% CI 1.15-2.51) and KDCS scores &#8805; 52 (adjusted PR 1.31; 95% CI 1.004-1.50).

**Conclusion.** The BFR values > 250 ml/min had a significant relationship for better physical and kidney disease-related quality of life in twice-weekly HD patients.