

Universitas Ngudi Waluyo  
Program Studi S1 Gizi, Fakultas Kesehatan  
Skripsi, Agustus 2024  
Dwi Permasasari  
0672310002

## GAMBARAN ASUPAN ZAT GIZI MAKRO, DAN STATUS GIZI PADA PASIEN GAGAL GINJAL KRONIS DENGAN HEMODIALISIS DI RSUD BATANG

### ABSTRAK

**Latar Belakang** : Hemodialisa lebih dari 2 tahun memiliki keluhan yang sering dialami pasien yaitu pusing, lemas, kulit gatal, nyeri otot, sesak nafas, badan bengkak, kurang nafsu makan, perut mual, kadang muntah. Berdasarkan hasil wawancara dengan 10 orang pasien ginjal, terdapat 7 orang (70%) pasien terbiasa hanya makan sedikit karena keluhan tidak nafsu makan, mual atau muntah, pasien mengalami anemia.

**Tujuan Penelitian** : Untuk mengetahui bagaimana gambaran asupan zat gizi makro dan status gizi pada pasien Gagal Ginjal Kronis dengan Hemodialisis di RSUD Batang.

**Metode** : Jenis penelitian ini bersifat observasional dibidang gizi klinik dengan pendekatan *cross-sectional* yaitu peneliti mengidentifikasi variabel independen terhadap variabel dependen pada waktu bersamaan. Variabel pengaruh (independen) dalam penelitian ini adalah pasien gagal ginjal kronis dengan hemodialisa.

**Hasil penelitian** : Hasil penelitian ini terkait berdasarkan usia sebagian besar > 40 tahun sebanyak 58 orang, jenis kelamin sebagian besar adalah perempuan sebanyak 34 orang (56,7%). Pendidikan sebagian besar adalah SMA sebanyak 21 orang (35%). Pekerjaan swasta sebanyak 21 orang (35%). Status gizi responden sebagian besar kurang baik sebanyak 32 orang (53,3%). Hasil asupan zat gizi makro pada asupan energi dengan hasil yang baik sebanyak 34 orang (56,7%). Asupan tingkat protein yang baik sebanyak 45 orang (75%). Asupan lemak yang baik sebanyak 48 orang (80,0%), karbohidrat yang baik sebanyak 41 orang. Hasil kadar ureum sebagian besar > 24 mg/dl sebanyak 60 orang (100%) pasien gagal ginjal kronis yang menjalani hemodialisa di RSUD Batang. Hasil kadar kreatinin sebagian besar > 1 mg/dl sebanyak 60 orang (100%) pasien gagal ginjal kronis yang menjalani hemodialisa di RSUD Batang.

**Simpulan**: Hasil diketahui bahwa usia sebagian besar > 40 tahun sebanyak 58 orang, jenis kelamin sebagian besar adalah perempuan sebanyak 34 orang (56,7%). Pendidikan sebagian besar adalah SMA sebanyak 21 orang (35%). Pekerjaan swasta sebanyak 21 orang (35%). Status gizi responden sebagian besar kurang baik sebanyak 32 orang (53,3%).

Kata Kunci: Gagal Ginjal Kronis, Hemodialisis di RSUD Batang.

Ngudi Waluyo University  
Undergraduate Nutrition Study Program, Faculty of Health  
Thesis, August 2024  
Dwi Permanasari  
0672310002

DESCRIPTION OF MACRONUTRIENT INTAKE AND NUTRITIONAL  
STATUS IN PATIENTS WITH CHRONIC KIDNEY FAILURE  
HEMODIALYSIS IN BATANG HOSPITAL

ABSTRACT

**Background:** Hemodialysis for more than 2 years has patients frequently experiencing complaints, namely dizziness, weakness, itchy skin, muscle pain, shortness of breath, body swelling, lack of appetite, stomach nausea, sometimes vomiting. Based on the results of interviews with 10 kidney patients, there were 7 people (70%) who were accustomed to only eating a little because they complained of having no appetite, nausea or vomiting, and the patient had anemia.

**Research Objective:** To determine the description of macronutrient intake and nutritional in Chronic Kidney Failure patients with Hemodialysis at Batang Regional Hospital.

**Method:** This type of research is observational in the field of clinical nutrition with a cross-sectional approach, namely the researcher identifies the independent variable and the dependent variable at the same time. The influencing (independent) variable in this study was chronic kidney failure patients on hemodialysis.

**Research results:** The results of this research are related to the age of the majority > 40 years as many as 58 people, the gender of the majority is female as many as 34 people (56.7%). Most of the education was high school as many as 21 people (35%). Private employment was 21 people (35%). Most of the respondents' nutritional status was poor, 32 people (53.3%). The results of macronutrient intake on energy intake with good results were 34 people (56.7%). A good level of protein intake was 45 people (75%). Good fat intake was 48 people (80.0%), good carbohydrate intake was 41 people. The results of urea levels were mostly > 24 mg/dl for 60 people (100%) of chronic kidney failure patients undergoing hemodialysis at Batang Regional Hospital. The results of creatinine levels were mostly > 1 mg/dl in 60 people (100%) of chronic kidney failure patients undergoing hemodialysis at Batang Regional Hospital.

**Conclusion:** The results showed that the majority were > 40 years old as many as 58 people, the gender of the majority was female as many as 34 people (56.7%). Most of the education was high school as many as 21 people (35%). Private employment was 21 people (35%). Most of the respondents' nutritional status was poor, 32 people (53.3%).

**Keywords:** Chronic Kidney Failure, Hemodialysis at Batang Hospital.

