

Universitas Ngudi Waluyo Ungaran Fakultas Kesehatan
Program Studi S1 Keperawatan
Skripsi, Juli 2025
Hartini (017241064)

"Pengaruh Edukasi Terhadap Kepatuhan Pasien Hemodialisis Rutin Untuk Mencegah Komplikasi Kardiovaskuler Di RSUD Dr.H.Jusuf Sk Tarakan"

ABSTRAK

Latar Belakang: Hemodialisis (HD) adalah prosedur vital bagi pasien gagal ginjal kronis, namun seringkali disertai komplikasi kardiovaskular yang merupakan penyebab utama morbiditas dan mortalitas. Kepatuhan pasien terhadap jadwal dialisis dan pembatasan cairan sangat penting dalam mencegah komplikasi ini. Penelitian ini bertujuan untuk menganalisis pengaruh edukasi pencegahan komplikasi kardiovaskular terhadap kepatuhan pasien hemodialisis di RSUD dr. H. Jusuf SK Tarakan.

Metode Penelitian : Penelitian ini menggunakan desain *Quasy Experiment* sederhana dengan *single pre-posttest*. Sampel berjumlah 20 responden pasien hemodialisis rutin di RSUD dr. H. Jusuf SK Tarakan, dipilih menggunakan teknik *purposive sampling*. Pengambilan data dilakukan pada Juni 2025. Instrumen penelitian adalah kuesioner kepatuhan pasien hemodialisis (11 item) yang telah diuji validitas dan reliabilitasnya (Cronbach's Alpha 0,873). Edukasi diberikan melalui konseling dan booklet selama bulan Juni 2025. Data kepatuhan diukur menggunakan kuesioner sebelum dan sesudah intervensi, dianalisis dengan uji *Wilcoxon Signed Rank Test*.

Hasil Penelitian : Sebelum edukasi, tingkat kepatuhan pasien tergolong rendah dan bervariasi, terutama pada aspek diet dan pembatasan cairan. Setelah intervensi edukasi, terdapat peningkatan signifikan pada seluruh aspek kepatuhan ($p < 0,001$). Kepatuhan terhadap jadwal dialisis, pembatasan cairan, diet, pengobatan, dan perawatan akses vaskular meningkat secara substansial. Sebagian besar responden (80%) menunjukkan kepatuhan tinggi pasca-edukasi.

Kesimpulan : Edukasi pencegahan komplikasi kardiovaskular menggunakan booklet efektif dalam meningkatkan kepatuhan pasien hemodialisis rutin terhadap jadwal terapi dan pembatasan cairan di RSUD dr. H. Jusuf SK Tarakan.

Saran : Disarankan agar RSUD dr. H. Jusuf SK Tarakan terus mengembangkan dan mengintegrasikan program edukasi serupa secara rutin. Peneliti selanjutnya disarankan untuk melakukan penelitian dengan sampel lebih besar dan metode yang lebih variatif.

Kata kunci : Hemodialisis, Komplikasi Kardiovaskular, Edukasi), Kepatuhan
Kepustakaan : 29

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“The Impact of Educational Interventions on the Adherence of Routine Hemodialysis Patients in Preventing Cardiovascular Complications at dr. H. Jusuf SK General Hospital, Tarakan”

ABSTRACT

Background: Hemodialysis (HD) is a vital procedure for patients with chronic kidney failure, but it is often accompanied by cardiovascular complications, which are a major cause of morbidity and mortality. Patient adherence to the dialysis schedule and fluid management is crucial in preventing these complications. This study aims to analyze the effect of education on cardiovascular complication prevention on hemodialysis patient adherence at Dr. H. Jusuf SK Regional General Hospital, Tarakan.

Research Methods: This study used a simple quasi-experimental design with a single pre-posttest. A sample of 20 respondents, routine hemodialysis patients at Dr. H. Jusuf SK Regional General Hospital, Tarakan, was selected using a purposive sampling technique. Data collection was conducted in June 2025. The research instrument was a hemodialysis patient adherence questionnaire (11 items) that had been tested for validity and reliability (Cronbach's Alpha 0.873). Education was provided through counseling and booklets during June 2025. Data agreement was measured using pre- and post-intervention questionnaires, analyzed using the Wilcoxon Signed Rank Test.

Research Results: Before education, patient compliance was low and varied, particularly in diet and fluid intake. After the educational intervention, there was a significant improvement in all exposure aspects ($p < 0.001$). Adherence to the dialysis schedule, fluid resuscitation, diet, medication, and vascular access care improved substantially. The majority of respondents (80%) reported high levels of adherence after education.

Conclusion: Cardiovascular prevention education using booklets was effective in improving adherence of routine hemodialysis patients to therapy schedules and fluid circulation at Dr. H. Jusuf SK Tarakan Regional General Hospital.

Recommendation: Dr. H. Jusuf SK Tarakan Regional General Hospital is recommended to continue developing and integrating similar educational programs routinely. Future researchers are encouraged to conduct studies with larger samples and more varied methods.

Keyword : Hemodialysis, Cardiovascular Complications, Education, Adherence, Compliance

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