

ABSTRAK
INOVASI PENGGUNAAN BOTOL UKUR DALAM PENINGKATAN
KEPATUHAN MENJAGA POLA MINUM SEBELUM
MENJALANKAN TERAPI DI RUANG
HEMODIALISIS RSUD DR.H.JUSUF
SK TARAKAN

Masalah yang umum muncul pada pasien gagal ginjal kronik yang menjalani terapi hemodialisa berkaitan dengan ketidakpatuhan pembatasan cairan. Pada pasien yang akan menjalani hemodialisa, anjuran asupan cairan sangat bergantung pada kondisi kesehatan individu, terutama sisa fungsi ginjal, berat badan, dan jumlah cairan yang dikeluarkan melalui urine. Secara umum, pasien hemodialisa dianjurkan untuk membatasi asupan cairan agar tidak terjadi kelebihan cairan dalam tubuh (overload). Tujuan penyusunan tugas akhir program ini untuk melakukan inovasi penggunaan botol ukur dalam peningkatan kepatuhan menjaga pola minum sebelum menjalankan terapi di Ruang Hemodialisis RSUD DR.H.Jusuf SK Tarakan. Hasil RPL ini adalah pada kelompok pasien yang tidak diberikan botol ukur yang dikategorikan patuh sebanyak 7 orang (46.6%) dan yang tidak patuh sebanyak 8 orang (53.3%). Pada kelompok pasien yang diberikan botol ukur sebagai alat bantu kepatuhan pola minum sebelum menjalani terapi hemodialisis yaitu dikategorikan patuh sebanyak 13 orang (86.6%) dan yang tidak patuh sebanyak 2 orang (13.3%). Terdapat perbedaan kepatuhan antara kelompok pasien yang diberikan botol ukur dengan yang tidak diberikan botol ukur sebelum menjalani terapi hemodialisis

Kata Kunci :Kepatuhan, Pola Minum, Hemodialisis

ABSTRACT
INNOVATION IN THE USE OF MEASURING BOTTLES TO IMPROVE COMPLIANCE IN MAINTAINING DRINKING PATTERNS BEFORE UNDERGOING THERAPY IN THE HEMODIALYSIS ROOM OF DR.H.JUSUF SK TARAKAN HOSPITAL

A common problem that arises in chronic kidney failure patients undergoing hemodialysis therapy is related to non-compliance with fluid restrictions. In patients who will undergo hemodialysis, the recommendation for fluid intake is highly dependent on the individual's health condition, especially residual kidney function, body weight, and the amount of fluid excreted through urine. In general, hemodialysis patients are advised to limit fluid intake to prevent excess fluid in the body (overload). The purpose of compiling this final program assignment is to innovate the use of measuring bottles to improve compliance in maintaining drinking patterns before undergoing therapy in the Hemodialysis Room of DR.H.Jusuf SK Tarakan HOSPITAL. The results of this RPL are in the group of patients who were not given measuring bottles, which were categorized as compliant as many as 7 people (46.6%) and those who were not compliant as many as 8 people (53.3%). In the group of patients who were given measuring bottles as a tool to help comply with drinking patterns before undergoing hemodialysis therapy, they were categorized as compliant as many as 13 people (86.6%) and those who were not compliant as many as 2 people (13.3%). There was a difference in compliance between the group of patients who were given measuring bottles and those who were not given measuring bottles before undergoing hemodialysis therapy

Keywords:: Compliance, Drinking Pattern, Hemodialysis

