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GAMBARAN KADAR UREUM DAN KREATININ PADA PASIEN GAGAL GINJAL KRONIK YANG MENJALANI HEMODIALISIS DI RSUD DR. H JUSUF SK

ABSTRAK

Latar Belakang: Gagal ginjal kronik (GGK) adalah kondisi medis dengan penurunan fungsi ginjal secara progresif, memerlukan hemodialisis untuk mengeluarkan produk sisa metabolisme seperti ureum dan kreatinin. Efektivitas hemodialisis bervariasi antara pasien, dipengaruhi oleh usia, jenis kelamin, dan lama terapi. Penelitian ini bertujuan menggambarkan kadar ureum dan kreatinin pada pasien GGK yang menjalani hemodialisis di RSUD dr. H. Jusuf SK.

Metode: Penelitian deskriptif dengan pendekatan cross-sectional melibatkan 38 pasien GGK. Sampel diambil secara purposive sampling, dengan data dikumpulkan melalui kuesioner dan pemeriksaan laboratorium kadar ureum dan kreatinin sebelum hemodialisis. Analisis dilakukan secara deskriptif.

Hasil: Mayoritas pasien berusia 19–44 tahun (42,1%), laki-laki (60,5%), dan telah menjalani hemodialisis 1–3 tahun (50%). Kadar ureum tinggi (100–199 mg/dL) pada 78,9% pasien, dan kadar kreatinin sangat tinggi (>6,0 mg/dL) pada 89,5% pasien, menunjukkan bahwa hemodialisis belum mengembalikan kadar ke normal.

Simpulan: Manajemen hemodialisis perlu dioptimalkan dengan perhatian pada diet, frekuensi terapi, dan edukasi pasien untuk meningkatkan efektivitas pengobatan dan kualitas hidup. Penelitian lebih lanjut diperlukan untuk strategi pengelolaan yang lebih baik

Kata Kunci : gagal ginjal kronik, hemodialisis, ureum, kreatinin

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DESCRIPTION OF UREA AND CREATININE LEVELS IN CHRONIC KIDNEY DISEASE PATIENTS UNDERGOING HEMODIALYSIS AT RSUD DR. H JUSUF SK

ABSTRACT

Background: Chronic kidney disease (CKD) is a medical condition characterized by the progressive decline of kidney function, requiring hemodialysis to eliminate metabolic waste products such as urea and creatinine. The effectiveness of hemodialysis varies among patients, influenced by age, gender, and duration of therapy. This study aims to describe the levels of urea and creatinine in CKD patients undergoing hemodialysis at RSUD dr. H. Jusuf SK.

Methods: This descriptive study employs a cross-sectional approach involving 38 CKD patients. The sample was obtained through purposive sampling, with data collected via questionnaires and laboratory tests for urea and creatinine levels before hemodialysis. Data analysis was descriptive.

Results: The majority of patients were aged 19–44 years (42.1%), male (60.5%), and had undergone hemodialysis for 1–3 years (50%). Urea levels were high (100–199 mg/dL) in 78.9% of patients, while creatinine levels were very high (>6.0 mg/dL) in 89.5% of patients, indicating that hemodialysis has not returned levels to normal.

Conclusion: Hemodialysis management needs optimization by focusing on diet, therapy frequency, and patient education to enhance treatment effectiveness and quality of life. Further research is necessary for better management strategies.

Keywords : chronic skidney disease, hemodialysis, urea, creatinine