

GAMBARAN KUALITAS HIDUP PASIEN GAGAL GINJAL KRONIK YANG MENJALANI HEMODIALISIS DI RUMAH SAKIT UMUM DAERAH WATES

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INTISARI

Latar Belakang: Gagal ginjal kronik adalah kegagalan fungsi ginjal untuk mempertahankan metabolisme serta keseimbangan cairan dan elektrolit akibat destruksi struktur ginjal yang progresif dengan manifestasi penumpukan sisa metabolik (toksik uremik) didalam darah. Gagal ginjal dapat berakibat fatal yang ditandai dengan uremia dimana urea dan limbah nitrogen lainnya beredar dalam darah yang mengakibatkan komplikasi jika tidak dilakukan dialysis atau transplantasi ginjal. Salah satu tindakan yang dilakukan pada pasien dengan penyakit gagal ginjal kronik adalah hemodialisis. Terapi hemodialisis cukup berdampak pada kualitas hidup pasien gagal ginjal kronik.

Tujuan: Penelitian ini bertujuan untuk mengetahui gambaran kualitas hidup pasien gagal ginjal kronik yang menjalani hemodialisis di Rumah Sakit Umum Daerah Wates.

Metode: Penelitian ini termasuk penelitian kuantitatif dengan desain penelitian *deskriptif non eksperimental*. Besar sampel pasien sebanyak 32 responden, dengan teknik sampling menggunakan *accidental sampling*. Pengukuran kualitas hidup menggunakan kuesioner KDQOL SF. Untuk pengolahan data dan analisis data menggunakan program statistik deskriptif.

Hasil: Hasil penelitian ini menunjukkan bahwa pasien gagal ginjal kronik yang menjalani hemodialisis sebagian besar memiliki kualitas hidup baik sebanyak 56,3%. Pada dimensi kesehatan umum 75% memiliki kualitas hidup buruk, dimensi kesehatan penyakit ginjal 59,4% memiliki kualitas hidup buruk, dimensi kesehatan efek penyakit ginjal terhadap hidup 84,4%, dan pada dimensi kepuasan pelayanan 78,1% memiliki kualitas hidup baik.

Kesimpulan: Kualitas hidup pasien gagal ginjal kronik yang menjalani hemodialisis dinilai menggunakan kuesioner KDQOL SF, hasil yang didapatkan dari dimensi kesehatan umum kualitas hidupnya buruk, dimensi kesehatan penyakit ginjal kualitas hidupnya buruk, dimensi kesehatan efek penyakit ginjal terhadap hidup kualitas hidupnya buruk, dan dimensi kepuasan pelayanan kualitas hidupnya baik. Dari hasil secara keseluruhan dimensi dari kualitas hidup pasien gagal ginjal yang menjalani hemodialisis bahwa kualitas hidup pasien gagal ginjal kronik sebagian besar baik.

Kata Kunci: gagal ginjal kronik, hemodialisis, kualitas hidup

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The Description of Life Quality of Patients With Chronic Renal Failure And Under Hemodialysis Treatment in General Hospital of Wates

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ABSTRACT

Background : Chronic renal failure is renal malfunction to preserve metabolism and stabilize the balance of fluid and electrolyte due to progressive renal structure destruction with deposit of metabolic residue (uremic toxin) inside blood. Renal failure may turn to become fatal which is marked by uremia due to which urea and other nitrogenous waste products circulate in blood and lead to complication when a patient receives no immediate dialysis treatment or renal transplantation. One of medical interventions for patients with chronic renal failure is hemodialysis treatment. Nevertheless, hemodialysis may affect the life quality of patients with chronic renal failure.

Objective : This study was aimed to identify The Description of Life Quality of Patients with Chronic Renal Failure and Under Hemodialysis Treatment in General Hospital of Wates.

Method : This study was quantitative with descriptive and non experimental study design. The number of samples was 32 respondents selected by applying accidental sampling technique. The assessment on life quality was conducted by using KDQOL SF questionnaire. Data management and analysis applied descriptive statistic program.

Result : This study identified that patients with chronic renal failure who received hemodialysis treatment mostly had good life quality as many as 56,3%. According to the aspect of general health, 75% had poor life quality, the aspect of renal disease, 59,4% had poor life quality, the aspect of renal disease effect on life, 84,4% had poor life quality, and the aspect of service satisfaction, 78,1% had good life quality.

Conclusion : The life quality of patients with chronic renal failure and under hemodialysis treatment was assessed through KDQOL SF questionnaires and found out that according to the aspect of general health, the life quality was poor, the aspect of renal disease, the life quality was poor, the aspect of renal disease effect on life, the life quality was poor, and the aspect of service satisfaction, the life quality was good. The overall description of the life quality of patients with renal failure and under hemodialysis treatment was that the life quality of patients with chronic renal failure was mostly in good category.

Keywords : Chronic Renal Failure, Hemodialysis, Life Quality.

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