

The Pursuance of Diet Pattern of End Stage Renal Disease with The Patient Life Quality in Hemodialisa Unit of Panembahan Senopati Bantul

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ABSTRACT

Background of Study: End Stage Renal Disease was ranked in the sixth position as the death causal in all hospital in Indonesia, in 2006 with mortality rate 2521 people (Depkes, 2008). The data according to Depkes DIY in 2007 state that there are 87 new cases of End Stage Renal Disease. In the end stage renal disease, proper nutrition and adequate food will give better quality of life. Preliminary study in the Hemodialysis unit RSUD Panembahan Senopati shows that, 20 patients who run hemodialysis therapy with the diagnosis of end stage renal disease, five of them experienced edema, two patients experienced anorexia, with these data the researcher conclude that there are many patients who do not obey with their diet pattern. So it will make their quality life going decrease, it can be proved by weight loss and weight gain in edema patients.

Objective of Study: This Study aimed to know a corellation between the pursuance of diet pattern of end stage renal disease with patient life quality in Hemodialisa Unit of RSUD Panembahan Senopati Bantul .

Research Method: This study used analysis descriptive with *Cross Sectional* design approach. The sample was taken with *Consecutive Sampling*. It means that 104 patients of end stage renal disease who are undergoing hemodialysis treatment in RSUD Panembahan Senopati Bantul were involved.

Result: Most of the patients who are undergoing hemodialysis therapy obey in implementing the diet program of end stage renal disease. Most of patients who are suffering end stage renal disease in hemodialysis unit of Panembahan Senopati Bantul local general hospital have a good quality of life. The pursuance of diet pattern with the quality of life in the patient of end stage renal disease has a Significatn Corellation. It was shown by the result of *Kendal Tau* p-value $0,000 < 0,05$.

Conclusion: There is corellation between the pursuance of diet pattern of end stage renal disease with the quality of life of patients in hemodialysis unit of RSUD Panembahan Senopati Bantul

Keyword : The pursuance of diet pattern, Quality of life.

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HUBUNGAN KEPATUHAN POLA DIET GAGAL GINJAL KRONIK DENGAN KUALITAS HIDUP PASIEN DI UNIT HEMODIALISIS RSUD PANEMBAHAN SENOPATI BANTUL

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INTISARI

Latar Belakang : Tahun 2006, penyakit gagal ginjal kronik menempati urutan keenam penyebab kematian diseluruh rumah sakit di Indonesia, dengan angka *mortalitas* sebesar 2521 jiwa (Depkes, 2008). Data Depkes Provinsi DIY tahun 2007 menyatakan, terdapat 87 kasus baru penyakit gagal ginjal kronik. Pada penderita gagal ginjal kronik terapi nutrisi yang tepat dan makanan yang cukup akan memberikan kualitas hidup yang lebih baik. Studi pendahuluan di Unit Hemodialisa Rumah Sakit Umum Daerah (RSUD) Panembahan Senopati Bantul dalam satu shift ditemui sebanyak 20 pasien yang menjalankan terapi hemodialisa dengan diagnose gagal ginjal kronik, 5 diantaranya mengalami edema, dua pasien mengalami anorexia, dengan gambaran ini maka peneliti menyimpulkan bahwa masih ada pasien yang tidak mematuhi pola dietnya, sehingga terjadi penurunan kualitas hidup, dibuktikan dengan adanya penurunan berat badan dan peningkatan berat badan pada pasien edema ekstermitas,

Tujuan Penelitian : Mengetahui hubungan kepatuhan pola diet gagal ginjal kronik dengan kualitas hidup pasien di Unit Hemodialisa Rumah Sakit Umum Daerah Panembahan Senopati Bantul.

Metode Penelitian : Metode dalam penelitian ini adalah *deskriptif analitik* dengan pendekatan *cross sectional*. Sampel diambil dengan teknik *Consecutive Sampling* yaitu pasien gagal ginjal kronik yang sedang menjalani hemodialisa di Rumah Sakit Umum Daerah Panembahan Senopati Bantul sebanyak 104 pasien.

Hasil penelitian : Sebagian besar pasien yang menjalani terapi Hemodialisa patuh dalam melaksanakan program diet gagal ginjal kronik. Sebagian besar pasien yang menderita gagal ginjal kronik di Unit Hemodialisa RSUD Panembahan Senopati Bantul memiliki kualitas hidup yang baik. Kepatuhan pola diet dengan kualitas hidup pasien gagal ginjal kronik memiliki hubungan keeratan yang kuat. Hasil uji *chi square* diperoleh p-value $0,000 < 0,05$.

Kesimpulan : Ada hubungan antara kepatuhan pola diet gagal ginjal kronik dengan kualitas hidup pasien di Unit Hemodialisa RSUD Panembahan Senopati Bantul..

Kata kunci : Kualitas Hidup, Kepatuhan Pola Diet

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