

**HUBUNGAN ANTARA LAMA MENGALAMI ESRD (*END STAGE RENAL DISEASE*) DENGAN STATUS FUNGSIONAL PASIEN HEMODIALISIS  
DI RSUD DR SOETOMO SURABAYA**

**ABSTRAK**

**Latar belakang:** Penyakit Ginjal Kronis (PGK) adalah kelainan struktur ginjal atau penurunan fungsi ginjal secara progresif dan irreversible. Pada pasien PGK stadium terminal maka biasa disebut sebagai *End Stage Renal Disease* (ESRD). Terapi pengganti ginjal untuk pasien ESRD salah satunya adalah hemodialisis. Lama menjalani hemodialisis dalam jangka panjang akan menimbulkan komplikasi sehingga mempengaruhi status fungsional.

**Tujuan:** Untuk mempelajari hubungan antara lama mengalami ESRD dengan status fungsional pasien hemodialisis di RSUD Dr Soetomo Surabaya.

**Metode:** Penelitian observasional analitik *cross sectional* ini melibatkan 81 subyek penelitian yaitu pasien ESRD yang sedang menjalani hemodialisis serta memenuhi kriteria inklusi dan eksklusi. Variabel yang diteliti yaitu lama mengalami ESRD dan status fungsional menggunakan instrumen penelitian berupa kuisioner Indeks ADL Barthel. Pengambilan data dilakukan di unit HD RSUD Dr. Soetomo Surabaya. Analisa hubungan lama menjalani HD dengan status fungsional menggunakan *Fisher Exact Test*.

**Hasil:** Hubungan antara lama menjalani hemodialisis dengan status fungsional menggunakan *Fisher exact Test* didapatkan hubungan yang tidak bermakna  $p= 0,376 > \alpha (0,05)$ . Karakteristik umum subyek penelitian 53,1% laki-laki, nilai mean data usia 45,47 tahun, 92,6% subyek tidak mengalami stress psikologis, 96,3% tidak ada riwayat penyakit jantung, nilai median data fosfat 6,24 mg/dl dan 72,7% subyek mengalami hiperfosfat, nilai mean data kalsium 8,94 mg/dl dan 60,9% subyek mengalami hipokalsemi, nilai mean data hemoglobin 9,5 g/dL dan 75% subyek mengalami anemia, nilai mean data albumin 4,3 g/dl dan 83,3% subyek normoalbumin.

**Kesimpulan:** Didapatkan hubungan yang tidak bermakna antara lama mengalami ESRD dengan status fungsional.

**Kata kunci:** hemodialisis, status fungsional, ESRD, penyakit ginjal kronik

**RELATIONSHIP BETWEEN THE DURATION OF HAVING ESRD (END  
STAGE RENAL DISEASE) WITH FUNCTIONAL STATUS OF  
HEMODIALYTIC PATIENTS IN RSUD DR SOETOMO**

**ABSTRACT**

**Background:** Chronic Kidney Disease (CKD) is a disorder of kidney structure or regressivity and irreversible decline in kidney function. In terminal stage of CKD patients, it is commonly called as End Stage Renal Disease (ESRD). One of the kidney replacement therapies for ESRD patients is hemodialysis. The duration of hemodialysis for patients in the long run will cause complications that affect functional status.

**Objective:** To study the relationship between the duration of having ESRD and the functional status of hemodialysis patients at Dr. Soetomo Regional Hospital, Surabaya.

**Method:** This cross sectional analytic observational study involved 81 research subjects, namely ESRD patients who were undergoing hemodialysis and fulfilling the inclusion and exclusion criteria. The variables studied were ESRD length and functional status using a research instrument in the form of Barthel ADL Index questionnaire. Data was collected at the HD unit of RSUD Dr. Soetomo Surabaya. Analysis of long-standing relationship undergoing HD with functional status using the Fisher Exact Test.

**Results:** The relationship between the length of undergoing hemodialysis and functional status using Fisher exact test found no significant relationship  $p = 0.376 > \alpha$  (0.05). The general characteristics of the study subjects were 53.1% male, mean age 45.47 years, 92.6% subjects did not experience psychological stress, 96.3% no history of heart disease, median phosphate data value 6.24 mg / dl and 72.7% subjects had hyper phosphate, mean calcium data value was 8.94 mg / dl and 60.9% subjects had hypocalcemia, mean hemoglobin data was 9.5 g / dL and 75% subjects had anemia, mean value of albumin data 4.3 g / dl and 83.3% of normoalbumin subjects.

**Conclusion:** There was no meaningful relationship between ESRD length of time and functional status.

**Keywords:** hemodialysis, functional status, ESRD, chronic kidney disease