

ABSTRAK

Gagal Ginjal Kronik (GGK) merupakan penyakit progresif yang menyebabkan penurunan fungsi ginjal sehingga mengganggu keseimbangan elektrolit, terutama natrium (Na^+), kalium (K^+), dan klorida (Cl^-). Penelitian ini bertujuan mengetahui gambaran kadar elektrolit (Na^+ , K^+ , Cl^-) pada pasien lanjut usia penderita GGK di RSUD Koja berdasarkan klasifikasi usia, jenis kelamin, dan stadium GGK.

Penelitian ini menggunakan desain deskriptif analitik dengan pendekatan retrospektif menggunakan data sekunder (rekam medis). Sampel penelitian berjumlah 93 pasien lanjut usia penderita GGK di RSUD Koja periode Januari 2025–Januari 2026. Data dianalisis dengan persentase. Hasil penelitian menunjukkan kadar natrium normal pada 58% pasien, hiponatremia 41%, dan hipernatremia 1%. Kadar kalium didominasi hiperkalemia 40%, hipokalemia 34%, dan normal 26%. Kadar klorida normal ditemukan pada 44% pasien, hiperkloremia 37%, dan hipokloremia 19%. Berdasarkan klasifikasi lanjut usia, kelompok usia 45–59 tahun lebih banyak mengalami hiponatremia, sedangkan kelompok usia ≥ 60 tahun lebih banyak mengalami hiperkalemia. Berdasarkan jenis kelamin, gangguan elektrolit lebih banyak ditemukan pada laki-laki dibandingkan perempuan. Berdasarkan stadium GGK, sebagian besar pasien berada pada stadium 5 yang menunjukkan proporsi gangguan elektrolit tertinggi, terutama hiperkalemia.

Gangguan elektrolit, terutama hiperkalemia dan hiponatremia, masih sering ditemukan pada pasien lanjut usia dengan GGK. Oleh karena itu, pemantauan kadar elektrolit secara rutin diperlukan untuk mendukung penatalaksanaan yang optimal serta mencegah terjadinya komplikasi akibat gangguan elektrolit.

Kata Kunci : Gagal Ginjal Kronik, Lanjut Usia, Elektrolit

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ABSTRACT

Chronic Kidney Disease (CKD) is a progressive illness that causes a decline in kidney function, which disrupts electrolyte balance, especially sodium (Na^+), potassium (K^+), and chloride (Cl^-). This study aims to find out the electrolyte levels (Na^+ , K^+ , Cl^-) in elderly patients with CKD at Koja Hospital based on age classification, gender, and CKD stage.

This research used a descriptive-analytical design with a retrospective approach using secondary data (medical records). The study sample consisted of 93 elderly CKD patients at Koja Hospital during the period of January 2025–January 2026. Data were analyzed using percentages. The results showed normal sodium levels in 58% of patients, hyponatremia in 41%, and hypernatremia in 1%. Potassium levels were dominated by hyperkalemia at 40%, hypokalemia at 34%, and normal at 26%. Normal chloride levels were found in 44% of patients, hyperchloremia in 37%, and hypochloremia in 19%. Based on the classification of older adults, the 45–59 age group experiences hyponatremia more often, while those aged 60 and above are more likely to have hyperkalemia. By gender, electrolyte imbalances are found more frequently in men than in women. Based on CKD stages, most patients are in stage 5, which shows the highest proportion of electrolyte disturbances, especially hyperkalemia.

Electrolyte imbalances, particularly hyperkalemia and hyponatremia, are still commonly found in older adults with CKD. Therefore, regular monitoring of electrolyte levels is needed to support optimal management and prevent complications caused by electrolyte disturbances.

Keywords : Chronic Kidney Disease, Elderly, Electrolytes

Bibliography : 48

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