

ABSTRAK

Gagal Ginjal Kronik (GGK) adalah kerusakan ginjal yang progresif irreversibel yang ditandai dengan hilangnya fungsi ginjal secara bertahap. Hemodialisis (HD) merupakan terapi pengganti ginjal yang dilakukan dengan mengalirkan darah ke dalam suatu tabung ginjal buatan (dialiser) yang bertujuan untuk mengeliminasi sisa-sisa metabolisme. Hemodialisa memiliki pengaruh dalam penurunan kadar ureum dan kreatinin serum, akan tetapi tidak semua kembali pada nilai normal. Penelitian bertujuan untuk mengetahui pengaruh hemodialisa dalam penurunan kadar ureum dan kreatinin serum pada pasien gagal ginjal kronik sebelum dan sesudah hemodialisa di RSUD Pasar Minggu.

Penelitian ini bersifat deskriptif kuantitatif, sampel penelitian ini adalah serum pasien rawat jalan yang telah terdiagnosa GGK yang telah menjalankan terapi hemodialisa >5x dan melakukan pemeriksaan ureum dan kreatinin serum sebelum dan sesudah hemodialisa sebanyak 25 pasien. Penurunan kadar ureum serum 35%-99% dan penurunan kadar kreatinin serum 30%-90%. Pengaruh hemodialisa berdasarkan usia dengan jumlah tertinggi ada pada kategori dewasa dengan rentang usia 19-59 tahun sebanyak 21 orang (73%), berdasarkan jenis kelamin jumlah tertinggi ada pada perempuan sejumlah 6 orang dengan penurunan mencapai 70%.

Berdasarkan hasil penelitian ini dapat disimpulkan bahwa hemodialisa memiliki pengaruh terhadap penurunan kadar ureum serum pada pasien GGK. Disarankan untuk peneliti selanjutnya melakukan penelitian serupa dan menambah jumlah sampel penelitian yang lebih luas.

Kata kunci : Gagal Ginjal Kronik, Hemodialisa, Ureum, Kreatinin
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ABSTRACT

Chronic Kidney Disease (CKD) is irreversible, progressive kidney damage characterized by gradual loss of kidney function over time. Hemodialysis (HD) is a kidney replacement therapy that is carried out by flowing blood into an artificial kidney tube (dialyzer) which aims to eliminate metabolic waste. Hemodialysis has an effect on reducing serum urea and creatinine levels, but not all of them return to normal values.

This research was conducted with the aim of determining the effect of hemodialysis in reducing serum urea and creatinine levels in chronic kidney failure patients before and after hemodialysis at Pasar Minggu Regional Hospital. The sample population for this study was all outpatients who had been diagnosed with chronic kidney failure who had undergone hemodialysis therapy >5 times and had their urea and serum creatinine checked before and after hemodialysis. as many as 25 samples. Comparison of serum urea and creatinine levels before and after hemodialysis shows that the decrease in serum urea levels has a percentage of 35% -99%, while the decrease in serum creatinine levels has a percentage of 30% -90%. The highest number of hemodialysis effectiveness based on age was in the adult category with an age range of 19-59 years as many as 21 people (73%). The highest number of hemodialysis effectiveness based on gender was in women, 6 people with a percentage decreasing to 70%.

Based on the results of this study it can be concluded that hemodialysis has an influence or effectiveness in reducing serum urea levels in patients with chronic kidney failure. It is recommended that future researchers who are interested in conducting similar research can increase the number of research samples to a wider range.

Keywords: Chronic Kidney Disease, Hemodialysis, Ureum, Creatinine,

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