

## ABSTRACT

**Background:** Chronic Kidney Disease (CKD) is a progressive condition characterized by irreversible deterioration of kidney function, requiring patients to undergo lifelong hemodialysis therapy. Long-term hemodialysis may cause various physical, psychological, social, and spiritual problems that negatively affect patients' quality of life. One intervention that may improve the quality of life of CKD patients is palliative care education. **Objective:** This study aimed to determine the effect of palliative care education on the quality of life of patients with Chronic Kidney Disease undergoing hemodialysis at the Hemodialysis Unit of Royal Prima General Hospital Medan in 2026. **Methods:** This study employed a quantitative research design using a pre-experimental one-group pretest-posttest design. The study was conducted at the Hemodialysis Unit of Royal Prima General Hospital Medan in May 2026. A total of 59 respondents were selected using a purposive sampling technique. Data were collected using a quality-of-life questionnaire administered before and after the palliative care education intervention. Univariate analysis was used to describe respondents' characteristics, while bivariate analysis was performed using the Wilcoxon Signed-Ranks Test with a significance level of  $\alpha = 0.05$ . **Results:** The findings showed that before receiving palliative care education, most respondents had a poor quality of life, with 26 respondents (44.1%) categorized as severe. After the educational intervention, most respondents were categorized as moderate, accounting for 24 respondents (40.7%), while the proportion of respondents in the very severe category decreased from 13 respondents (22.0%) to only 1 respondent (1.7%). The Wilcoxon Signed-Ranks Test revealed a Z value of -5.672 with a p-value of 0.000 ( $p < 0.05$ ), indicating a statistically significant effect of palliative care education on the quality of life of patients with Chronic Kidney Disease. **Conclusion:** Palliative care education has a significant positive effect on improving the quality of life of patients with Chronic Kidney Disease undergoing hemodialysis at the Hemodialysis Unit of Royal Prima General Hospital Medan.

*in 2026. Therefore, palliative care education should be implemented routinely as part of nursing care to enhance patients' quality of life.*

**Keywords:** *Palliative Care Education, Quality of Life, Chronic Kidney Disease, Hemodialysis*

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**Latar Belakang:** Gagal ginjal kronik (GGK) merupakan penyakit progresif yang menyebabkan penurunan fungsi ginjal secara permanen sehingga pasien memerlukan terapi hemodialisis seumur hidup. Proses hemodialisis yang berlangsung dalam jangka panjang dapat menimbulkan berbagai masalah fisik, psikologis, sosial, dan spiritual yang berdampak pada penurunan kualitas hidup pasien. Salah satu upaya yang dapat dilakukan untuk meningkatkan kualitas hidup pasien adalah melalui edukasi palliative care. **Tujuan penelitian:** Penelitian ini bertujuan untuk mengetahui pengaruh edukasi palliative care terhadap kualitas hidup pasien gagal ginjal kronik di Ruangan Hemodialisa RSUD Royal Prima Medan Tahun 2026. **Metode penelitian:** Penelitian ini menggunakan desain penelitian kuantitatif dengan pendekatan pre-experimental menggunakan rancangan one group pretest-posttest design. Penelitian dilaksanakan di Ruangan Hemodialisa RSUD Royal Prima Medan pada bulan Mei 2026. Sampel penelitian berjumlah 59 responden yang dipilih menggunakan teknik purposive sampling. Pengumpulan data dilakukan menggunakan kuesioner kualitas hidup sebelum dan sesudah pemberian edukasi palliative care. Analisis data dilakukan secara univariat untuk menggambarkan karakteristik responden dan bivariat menggunakan uji Wilcoxon Signed Ranks Test dengan tingkat kemaknaan  $\alpha = 0,05$ . **Hasil :** penelitian menunjukkan bahwa sebelum diberikan edukasi palliative care, mayoritas responden memiliki kualitas hidup pada kategori berat sebanyak 26 responden (44,1%). Setelah diberikan edukasi, mayoritas responden berada pada kategori sedang sebanyak 24 responden (40,7%), sedangkan kategori sangat berat menurun dari 13 responden (22,0%) menjadi 1 responden (1,7%). Hasil uji Wilcoxon Signed Ranks Test diperoleh nilai  $Z = -5,672$  dengan  $p\text{-value} = 0,000$  ( $p < 0,05$ ), yang menunjukkan adanya pengaruh yang signifikan antara edukasi palliative care terhadap kualitas hidup pasien gagal ginjal kronik. **Kesimpulannya:** Edukasi palliative care berpengaruh signifikan terhadap peningkatan kualitas hidup pasien gagal ginjal kronik yang menjalani terapi hemodialisis di Ruangan Hemodialisa RSUD Royal Prima Medan Tahun 2026.

Edukasi palliative care diharapkan dapat diterapkan secara rutin sebagai bagian dari pelayanan keperawatan untuk meningkatkan kualitas hidup pasien.

**Kata kunci:** Edukasi Palliative Care, Kualitas Hidup, Gagal Ginjal Kronik, Hemodialisis.