ABSTRAK

Gagal Ginjal Kronik (GGK) merupakan masalah kesehatan global dengan prevalensi tinggi, tercatat 2.242 kasus per satu juta penduduk di Amerika Serikat pada 2018, sementara WHO memprediksi peningkatan kasus Chronic Kidney Disease di Indonesia sebesar 41,4% pada 1995-2025. Data Riskesdas 2018 mencatat prevalensi GGK di Indonesia sebesar 0,38% atau 713.783 jiwa, dengan angka di Jawa Tengah mencapai 0,42% atau 96.794 jiwa, 16,15% di antaranya menjalani hemodialisis. Edema kaki akibat kelebihan volume cairan sering menyertai pasien GGK, sehingga diperlukan intervensi nonfarmakologis seperti foot elevation 30 derajat. Penelitian ini bertujuan mengetahui efektivitas foot elevation 30 derajat terhadap penurunan edema kaki pada pasien GGK yang menjalani hemodialisis di RSU Royal Prima Medan. Penelitian menggunakan metode kuantitatif desain pra-eksperimen pendekatan One Group Pretest-Posttest, melibatkan 30 responden sesuai kriteria inklusi dan eksklusi. Derajat edema diukur melalui observasi langsung menggunakan skala pitting edema sebelum dan sesudah intervensi selama tiga hari berturut-turut. Hasil menunjukkan sebelum intervensi, mayoritas responden mengalami edema derajat sedang dan berat, masing-masing 46,7%, serta 6,7% sangat berat. Setelah intervensi, mayoritas responden berada pada derajat ringan 46,7% dan tidak mengalami edema 43,3%, sedangkan derajat sedang menurun menjadi 6,7% dan derajat berat menjadi 3,3%. Hasil analisis menunjukkan nilai p-value 0,000 ($p<0,05$) yang menandakan adanya perbedaan bermakna antara derajat edema kaki sebelum dan sesudah intervensi. Dapat disimpulkan bahwa foot elevation 30 derajat efektif menurunkan derajat edema kaki pada pasien GGK yang menjalani hemodialisis, sehingga dapat dipertimbangkan sebagai intervensi keperawatan nonfarmakologis dalam pelayanan kesehatan.

Kata Kunci: Gagal Ginjal Kronik, Hemodialisis, Edema Kaki, Foot Elevation 30°, Intervensi Keperawatan Nonfarmakologis

ABSTRACT

Chronic Kidney Disease (CKD) is a global health problem with high prevalence, reaching 2,242 cases per million population in the United States in 2018, while the WHO projected a 41.4% rise in CKD cases in Indonesia between 1995-2025. Riskesdas 2018 data recorded CKD prevalence in Indonesia at 0.38% (713,783 people), with Central Java reaching 0.42% (96,794 people), 16.15% of whom underwent hemodialysis. Foot edema from excess fluid volume often accompanies CKD patients, requiring a nonpharmacological intervention such as 30-degree foot elevation. This study aimed to determine the effectiveness of 30-degree foot elevation in reducing foot edema in CKD patients undergoing hemodialysis at Royal Prima Hospital Medan. The study used a quantitative pre-experimental design with a One Group Pretest-Posttest approach, involving 30 respondents meeting the inclusion and exclusion criteria. Edema degree was measured through direct observation using a pitting edema scale before and after the intervention for three consecutive days. Results showed that before the intervention, most respondents experienced moderate and severe edema, each at 46.7%, with 6.7% at a very severe degree. After the intervention, most respondents were at a mild degree at 46.7% and had no edema at 43.3%, while moderate edema decreased to 6.7% and severe edema to 3.3%. The analysis showed a p-value of 0.000 ($p<0.05$), indicating a significant difference in foot edema degree before and after the intervention. It can be concluded that 30-degree foot elevation effectively reduces foot edema in CKD patients undergoing hemodialysis, and can be considered a nonpharmacological nursing intervention in health services.

Keywords: *Chronic Kidney Disease, Hemodialysis, Foot Edema, 30-Degree Foot Elevation, Nonpharmacological Nursing Intervention*