ABSTRAK

Hipotensi intradialisis merupakan salah satu komplikasi yang sering terjadi selama proses hemodialisis dan ditandai dengan penurunan tekanan darah yang dapat mengganggu kestabilan hemodinamik pasien. Salah satu intervensi nonfarmakologis yang dapat digunakan adalah teknik elevasi ekstremitas bawah yang bertujuan meningkatkan aliran balik vena, preload, curah jantung, dan tekanan darah. Penelitian ini bertujuan untuk menganalisis pengaruh teknik elevasi ekstremitas bawah terhadap peningkatan tekanan darah pada pasien hemodialisa dengan hipotensi intradialisis. Penelitian ini menggunakan metode kuantitatif dengan desain quasi experiment dan pendekatan one group pretest-posttest design. Penelitian dilaksanakan pada 8 Juni–24 Agustus 2026 di Ruang Hemodialisis RSU Royal Prima Medan. Populasi penelitian berjumlah 68 pasien hemodialisa, dengan sampel sebanyak 23 responden yang dipilih menggunakan teknik purposive sampling berdasarkan kriteria yang telah ditetapkan. Intervensi berupa elevasi kedua ekstremitas bawah setinggi 30°–45° selama 10–15 menit. Pengukuran tekanan darah dilakukan sebelum dan sesudah intervensi menggunakan sphygmomanometer/monitor tekanan darah. Analisis bivariat menggunakan uji *Wilcoxon Signed Rank Test* karena data berpasangan dan tidak berdistribusi normal. Hasil penelitian menunjukkan bahwa sebelum pemberian teknik elevasi ekstremitas bawah, seluruh 23 responden (100%) berada dalam kategori hipotensi. Setelah pemberian teknik elevasi ekstremitas bawah, sebanyak 16 responden (69,6%) berada dalam kategori tekanan darah normal, sedangkan 7 responden (30,4%) masih mengalami hipotensi. Hasil uji *Wilcoxon* menunjukkan adanya perbedaan tekanan darah yang bermakna sebelum dan sesudah pemberian teknik elevasi ekstremitas bawah. Kesimpulan penelitian menunjukkan bahwa terdapat pengaruh teknik elevasi ekstremitas bawah terhadap peningkatan tekanan darah pada pasien hemodialisa dengan hipotensi intradialisis di Ruang HD RSU Royal Prima Medan. Teknik elevasi ekstremitas bawah dapat dipertimbangkan sebagai salah satu intervensi keperawatan nonfarmakologis pendukung dalam penanganan hipotensi intradialisis dengan tetap melakukan pemantauan tekanan darah dan kondisi hemodinamik pasien.

Kata kunci: elevasi ekstremitas bawah, hemodialisa, hipotensi intradialisis, tekanan darah.

ABSTRACT

Intradialytic hypotension is one of the complications that frequently occurs during hemodialysis and is characterized by a decrease in blood pressure that may affect the patient's hemodynamic stability. One non-pharmacological intervention that can be used is the lower extremity elevation technique, which aims to increase venous return, preload, cardiac output, and blood pressure. This study aimed to analyze the effect of the lower extremity elevation technique on increasing blood pressure in hemodialysis patients experiencing intradialytic hypotension in the Hemodialysis. This study employed a quantitative method with a quasi-experimental design using a one-group pretest-posttest approach. The study was conducted from June 8 to August 24, 2026, in the Hemodialysis Unit of RSU Royal Prima Medan. The study population consisted of 68 hemodialysis patients, with a sample of 23 respondents selected using purposive sampling based on predetermined criteria. The intervention consisted of elevating both lower extremities to an angle of 30°–45° for 10–15 minutes. Blood pressure was measured before and after the intervention using a blood pressure monitor/sphygmomanometer. Bivariate analysis was performed using the Wilcoxon Signed Rank Test because the data were paired and not normally distributed. The results showed that before the lower extremity elevation intervention, all 23 respondents (100%) were classified as having hypotension. After the intervention, 16 respondents (69.6%) had normal blood pressure, while 7 respondents (30.4%) remained hypotensive. The Wilcoxon test showed a statistically significant difference in blood pressure before and after the lower extremity elevation intervention. The study concludes that the lower extremity elevation technique has an effect on increasing blood pressure in hemodialysis patients with intradialytic hypotension in the Hemodialysis Unit of RSU Royal Prima Medan. The lower extremity elevation technique may be considered as a supportive non-pharmacological nursing intervention for managing intradialytic hypotension, accompanied by continuous monitoring of blood pressure and the patient's hemodynamic condition.

Keywords: *lower extremity elevation, hemodialysis, intradialytic hypotension, blood pressure.*