

ABSTRAK

Hemodialisis (HD) merupakan pengobatan terpenting bagi pasien dengan penyakit ginjal stadium akhir. Hemodialisa dapat menyebabkan komplikasi salah satunya yaitu pada pernapasan pasien. Salah satu manajemen dengan memberikan Latihan kaki intradialitik exercise. Penelitian ini bertujuan untuk mengetahui pengaruh latihan kaki intradialitik exercise terhadap pernapasan pasien setelah melakukan tindakan hemodialisa. Metode penelitian menggunakan desain *quasi experiment one group pretest-posttest*. Populasi dalam penelitian ini seluruh responden yang sedang hemodialisa dengan jumlah 80 orang dan teknik pengambilan sampel *sampling jenuh* sebanyak 80 orang. Metode pengumpulan data dengan menggunakan kuesioner dan analisa bivariat menggunakan *chi-square*. Hasil penelitian didapatkan mayoritas berusia 66-75 tahun, berjenis kelamin laki-laki, beragama Islam dan berpendidikan SMA. Pernapasan pasien sebelum dilakukan intervensi mandiri keperawatan mayoritas pasien mengalami Takipnea dan setelah dilakukan *intradialitik exercise* pernapasan pasien menjadi normal serta Latihan kaki intradialiti Exercise mayoritas dilakukan seluruhnya sesuai dengan SOP kepada pasien dengan kategori baik. Berdasarkan hasil analisa data didapatkan hasil *sig.(2-tailed)* 0,00. Hal ini membuktikan bahwa adanya pengaruh latihan kaki intradialiti exercise terhadap pernapasan pasien yang menjalani hemodialisa.

Kata kunci: hemodialisa, intradialitik exercise, pernapasan

ABSTRACT

Hemodialysis (HD) is the most important treatment for patients with end-stage kidney disease. Hemodialysis can cause complications, one of which is in the patient's breathing. One of the management is by providing intradialytic leg exercises. This study aims to determine the effect of intradialytic leg exercises on patient breathing after undergoing hemodialysis. The research method uses a quasi-experimental one group pretest-posttest design. The population in this study were all respondents who were undergoing hemodialysis with a total of 80 people and a saturated sampling technique of 80 people. The data collection method used a questionnaire and bivariate analysis using chi-square. The results of the study showed that the majority were 66-75 years old, male, Muslim and had a high school education. The patient's breathing before the independent nursing intervention was carried out, the majority of patients experienced Tachypnea and after intradialytic exercise, the patient's breathing became normal and the majority of intradialytic leg exercises were carried out in accordance with the SOP for patients with a good category. Based on the results of the data analysis, the sig. (2-tailed) 0.00 was obtained. This proves that there is an effect of intradialytic leg exercise on the breathing of patients undergoing hemodialysis.

Keywords: hemodialysis, intradialytic exercise, breathing