

ABSTRAK

Gagal ginjal kronik (GGK) merupakan salah satu penyakit kronis dengan angka kejadian dan kematian yang tinggi, di mana pasien yang menjalani terapi hemodialisa sering mengalami penurunan kualitas hidup akibat masalah fisik, psikologis, sosial, maupun spiritual. Penelitian ini bertujuan mengetahui pengaruh perawatan paliatif terhadap kualitas hidup pasien hemodialisa di RSUD Royal Prima Medan tahun 2025. Penelitian menggunakan desain kuantitatif dengan pendekatan *cross sectional* pada 50 responden yang dipilih melalui teknik total sampling, dengan instrumen berupa kuesioner perawatan paliatif dan kuesioner kualitas hidup WHOQOL-BREF. Analisis data dilakukan secara univariat dan bivariat menggunakan uji Chi-Square. Hasil penelitian menunjukkan bahwa mayoritas pasien (76%) memperoleh perawatan paliatif dengan kategori baik, sementara sebagian besar pasien (40%) memiliki kualitas hidup baik. Hasil uji Chi-Square menunjukkan terdapat pengaruh signifikan antara perawatan paliatif dan kualitas hidup pasien hemodialisa ($p = 0,001 < 0,05$). Dapat disimpulkan bahwa perawatan paliatif berperan penting dalam meningkatkan kualitas hidup pasien hemodialisa, sehingga integrasi pendekatan ini dalam layanan kesehatan sangat diperlukan untuk memberikan dukungan menyeluruh secara fisik, psikologis, sosial, dan spiritual.

Kata Kunci : Perawatan Paliatif, Hemodialisa.

ABSTRACT

Chronic kidney failure (CKD) is a chronic disease with a high incidence and mortality rate. Patients undergoing hemodialysis often experience a decreased quality of life due to physical, psychological, social, and spiritual issues. This study aims to determine the effect of palliative care on the quality of life of hemodialysis patients at Royal Prima Medan Hospital in 2025. The study used a quantitative design with a cross-sectional approach, involving 50 respondents selected through total sampling. The instruments used were the palliative care questionnaire and the WHOQOL-BREF quality of life questionnaire. Data were analyzed using univariate and bivariate methods using the Chi-Square test. The results showed that the majority of patients (76%) received good palliative care, while the majority (40%) had good quality of life. The Chi-Square test results indicated a significant relationship between palliative care and quality of life in hemodialysis patients ($p = 0.001 < 0.05$). It can be concluded that palliative care plays an important role in improving the quality of life of hemodialysis patients, so the integration of this approach in health services is very necessary to provide comprehensive physical, psychological, social and spiritual support.

Keywords: *Palliative Care, Hemodialysis.*