

ABSTRAK

Gagal Ginjal Kronik (GGK) merupakan kondisi penurunan fungsi ginjal yang berlangsung progresif dan permanen, yang sering kali membutuhkan terapi pengganti ginjal seperti hemodialisa. Terapi hemodialisa yang dilakukan dalam jangka panjang dapat memengaruhi status gizi pasien akibat hilangnya zat gizi selama proses dialisis dan penurunan nafsu makan. Penelitian ini bertujuan untuk mengetahui hubungan antara lama menjalani hemodialisa dengan status gizi pada pasien gagal ginjal kronik di RSUD Royal Prima Medan Tahun 2025. Penelitian ini menggunakan pendekatan kuantitatif dengan desain cross sectional. Populasi dalam penelitian ini adalah seluruh pasien gagal ginjal kronik yang menjalani hemodialisa di RSUD Royal Prima Medan sebanyak 134 orang. Teknik pengambilan sampel dilakukan dengan metode accidental sampling dan diperoleh 47 responden. Data dikumpulkan melalui kuesioner dan rekam medis, kemudian dianalisis menggunakan uji Chi-Square dengan tingkat signifikansi 95% ($\alpha < 0,05$). Hasil penelitian menunjukkan bahwa mayoritas responden menjalani hemodialisa selama >2 tahun sebanyak 22 orang (46,8%), sedangkan mayoritas status gizi responden tergolong gizi kurang sebanyak 25 orang (53,2%). Hasil uji statistik menunjukkan adanya hubungan yang signifikan antara lama menjalani hemodialisa dengan status gizi pasien gagal ginjal kronik ($p\text{-value} = 0,000$). Semakin lama pasien menjalani hemodialisa, semakin besar kemungkinan mengalami penurunan status gizi. Oleh karena itu, diperlukan pemantauan status gizi secara rutin dan intervensi nutrisi yang tepat bagi pasien yang telah lama menjalani terapi hemodialisa untuk menjaga kondisi gizi dan kualitas hidup mereka.

Kata Kunci: Gagal ginjal kronik, hemodialisa, lama menjalani hemodialisa, status gizi.

ABSTRACT

Chronic Kidney Failure (CKF) is a condition of progressive and permanent decline in kidney function, which often requires renal replacement therapy such as hemodialysis. Long-term hemodialysis therapy can affect the patient's nutritional status due to the loss of nutrients during the dialysis process and decreased appetite. This study aims to determine the relationship between the duration of hemodialysis and nutritional status in chronic kidney failure patients at Royal Prima Medan Hospital in 2025. This study used a quantitative approach with a cross-sectional design. The population in this study were all 134 chronic kidney failure patients undergoing hemodialysis at Royal Prima Medan Hospital. The sampling technique was carried out by accidental sampling method and obtained 47 respondents. Data were collected through questionnaires and medical records, then analyzed using the Chi-Square test with a significance level of 95% ($\alpha < 0.05$). The results showed that the majority of respondents (22 people) had undergone hemodialysis for >2 years, while the majority (25 people) were classified as malnourished. Statistical tests showed a significant relationship between the duration of hemodialysis and the nutritional status of chronic kidney failure patients ($p\text{-value} = 0.000$). The longer a patient undergoes hemodialysis, the greater the likelihood of experiencing a decline in nutritional status. Therefore, routine nutritional monitoring and appropriate nutritional interventions are necessary for patients undergoing long-term hemodialysis therapy to maintain their nutritional status and quality of life.

Keywords: *Chronic kidney failure, hemodialysis, duration of hemodialysis, nutritional status.*