

GAMBARAN KUALITAS TIDUR PASIEN GAGAL GINJAL KRONIS DENGAN TERAPI HEMODIALISA DI RSUD BULELENG

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ABSTRAK

Gagal ginjal kronis (GGK) merupakan gangguan pada fungsi ginjal akibat kerusakan pada ginjal yang bersifat progresif dan *irreversible*. Hemodialisa merupakan salah satu terapi pengganti fungsi ginjal yang paling banyak dilakukan oleh pasien GGK. Komplikasi yang paling sering dialami pasien GGK dengan hemodialisa yaitu gangguan kualitas tidur. Penelitian ini bertujuan untuk mengetahui karakteristik dan gambaran kualitas tidur pasien gagal ginjal kronis dengan terapi hemodialisa di RSUD Buleleng. Jenis penelitian ini adalah penelitian deskriptif dengan desain penelitian *cross-sectional*. Sampel diambil dengan teknik *purposive sampling* pada seluruh pasien gagal ginjal kronis dengan terapi hemodialisa di RSUD Buleleng. Data penelitian diperoleh dari data primer dengan wawancara langsung dan menggunakan kuesioner PSQI untuk mengetahui gambaran kualitas tidur serta data sekunder menggunakan rekam medis untuk mengetahui diagnosis serta melengkapi identitas pasien. Hasil penelitian ini didapatkan bahwa pasien gagal ginjal kronis dengan terapi hemodialisa mayoritas berada pada kelompok usia 41-60 tahun (53,9%), laki-laki (55,2%), pendidikan terakhir Sekolah Dasar atau sederajat (40,3%), bekerja (54,5%), tidak merokok (83,8%), mengkonsumsi kopi (57,1%), lama hemodialisa < 1 tahun (33,1%), *shift* hemodialisa sore (52,6%), riwayat penyakit hipertensi (44,2%), dan mengalami kualitas tidur buruk (74,7%). Responden yang berada pada kelompok usia > 60 tahun sebanyak 79,5% mengalami kualitas tidur buruk, jenis kelamin laki-laki dan perempuan lebih dari 70% mengalami kualitas tidur buruk, pendidikan terakhir tidak sekolah sebanyak 87,5% mengalami kualitas tidur buruk, tidak bekerja sebanyak 77,1% mengalami kualitas tidur buruk, tidak memiliki kebiasaan merokok sebanyak 76% mengalami kualitas tidur buruk, mengkonsumsi kopi sebanyak 79,5% mengalami kualitas tidur buruk, lama hemodialisa > 7 tahun sebanyak 95,5% mengalami kualitas tidur buruk, *shift* hemodialisa pagi dan sore lebih dari 70% mengalami kualitas tidur buruk, dan tidak memiliki riwayat penyakit sebanyak 84,2% mengalami kualitas tidur buruk.

Kata-kata kunci: gagal ginjal kronis, hemodialisa, karakteristik, kualitas tidur

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ABSTRACT

Chronic kidney disease (CKD) is a disorder of kidney function due to damage to the kidneys that is progressive and irreversible. Hemodialysis is one of the most common kidney function replacement therapies for patients with CKD. The most common complication experienced by patients with GGK with hemodialysis is sleep quality disorders. This study aims to determine the characteristics and description of sleep quality of chronic renal failure patients with hemodialysis therapy at RSUD Buleleng. This type of research is descriptive research with a cross-sectional research design. Samples were taken with purposive sampling technique on all chronic renal failure patients with hemodialysis therapy at RSUD Buleleng. Research data were obtained from primary data by direct interview and using the PSQI questionnaire to determine the description of sleep quality and secondary data using medical records to determine the diagnosis and complete patient identity. The results of this study found that the majority of chronic renal failure patients with hemodialysis therapy were in the age group 41-60 years (53.9%), male (55.2%), the last education was elementary school or equivalent (40.3%), working (54.5%), not smoking (83.8%), consuming coffee (57.1%), hemodialysis duration < 1 year (33.1%), afternoon hemodialysis shift (52.6%), history of hypertension (44.2%), and experiencing poor sleep quality (74.7%). Respondents who were in the age group > 60 years as much as 79.5% experienced poor sleep quality, male and female gender more than 70% experienced poor sleep quality, the last education was not in school as much as 87.5% experienced poor sleep quality, did not work as much as 77.1% experienced poor sleep quality, did not have a smoking habit as much as 76% experienced poor sleep quality, consumed coffee as much as 79.5% experienced poor sleep quality, hemodialysis duration > 7 years as much as 95.5% experienced poor sleep quality, morning and afternoon hemodialysis shifts more than 70% experienced poor sleep quality, and had no history of disease as much as 84.2% experienced poor sleep quality.

Key words: chronic kidney disease, hemodialysis, characteristics, sleep quality