

ABSTRAK

HUBUNGAN INTRADIALITIK WEIGH GAIN DENGAN LAMA DURANTE HEMODIALISIS TERHADAP TERJADINYA HIPERTENSI INTRADIALIS DI RUANG HEMODIALISA RUMAH SAKIT PANTI NIRMALA MALANG

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Hipertensi intradialisis adalah salah satu komplikasi intradialisis pasien hemodialisa rutin. Perubahan tekanan darah dapat menimbulkan berbagai komplikasi, seperti pusing, peningkatan stress yang dapat memengaruhi kualitas hidup pasien. Komplikasi lainnya seperti gagal jantung, edema paru, penyakit kardiovaskular dan ensefalopati hipertensi sampai kematian. Tujuan penelitian adalah untuk mengetahui hubungan intradialitik weigh gain dengan lama durante hemodialisis terhadap terjadinya hipertensi intradialis di Ruang Hemodialisa RS. Panti Nirmala Malang.

Rancangan penelitian bersifat cross sectional, populasi semua pasien yang menjalani hemodialisis rutin di Ruang Hemodialisa RS. Panti Nirmala Malang sejumlah 135 orang. Sampel sejumlah 57 responden dengan teknik Simple random sampling. Data diolah dengan uji statistik *Spearman Rank* dengan kemaknaan $\alpha = 0,05$.

Hasil penelitian dari 57 responden, diketahui responden yang mengalami *Interdialytic Weight Gain* kategori tinggi sejumlah 27 (47.4 %) orang, responden mulai mengalami Hipertensi pada Durante Hemodialisis di jam ke 4 dengan jumlah 21 (36.8 %) orang, responden mengalami hipertensi intradialis berjumlah 51 (89.5 %) orang.

Hasil uji statistik *Spearman Rank* didapatkan hasil $p\text{-value} = 0.001$ pada *Interdialytic Weight Gain* dan Lama Durante yang berarti kurang dari 0,05. Berarti ada hubungan intradialitik weigh gain dengan lama durante hemodialisis terhadap terjadinya hipertensi intradialis di Ruang Hemodialisa RS. Panti Nirmala Malang.

Hasil penelitian membuktikan bahwa hipertensi intradialis dipengaruhi oleh intradialitik weigh gain dan lama durante hemodialisis, sehingga diharapkan pasien yang menjalani hemodialisis rutin dapat menjaga asupan cairan menuju proses hemodialisa berikutnya supaya komplikasi intradialis dapat dihindari.

Kata Kunci : Hipertensi Intradialis, *Intradialitik Weigh Gain*, Lama Durante Hemodialisis

ABSTRACT

RELATIONSHIP BETWEEN INTRADIALYTIC WEIGHT GAIN AND DURATION OF HEMODIALYSIS TOWARDS THE OCCURRENCE OF INTRADIALYTIC HYPERTENSION IN THE HEMODIALYSIS ROOM OF PANTI NIRMALA HOSPITAL MALANG

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Intradialytic hypertension is one of the intradialytic complications in CKD patients undergoing routine hemodialysis. These blood pressure changes can cause complications such as discomfort, increased stress and will affect the patient's quality of life. Other complications such as heart failure, pulmonary edema, cardiovascular disease and hypertensive encephalopathy in the brain can even cause death. The purpose of this study was to determine the relationship between intradialytic weight gain and the duration of hemodialysis on the occurrence of intradialytic hypertension in the Hemodialysis Room of Panti Nirmala Hospital, Malang.

The design of this study was analytical cross-sectional, with a population of all patients undergoing routine hemodialysis in the Hemodialysis Room of Panti Nirmala Hospital, Malang, totaling 135 people. The sample was 57 respondents with the Simple random sampling technique. The collected data were processed using the Spearman Rank statistical test with a significance of $\alpha = 0.05$.

The results of the study showed that out of 57 respondents, it was known that respondents who experienced Interdialytic Weight Gain (IDWG) in the high category were 27 (47.4%) people, respondents began to experience Hypertension in Durante Hemodialysis at hour 4 with a total of 21 (36.8%) people. It is known that most respondents experienced intradialytic hypertension totaling 51 (89.5%) people.

Based on the results of the Spearman Rank statistical test, the p-value = 0.001 was obtained for Interdialytic Weight Gain and Durante Durante which means less than 0.05, which means there is a relationship between intradialytic weight gain and the duration of hemodialysis to the occurrence of intradialytic hypertension in the Hemodialysis Room of Panti Nirmala Hospital, Malang.

The results of this study prove that intradialytic hypertension is influenced by intradialytic weight gain and the duration of hemodialysis, so it is hoped that patients undergoing routine hemodialysis can maintain fluid intake towards the next hemodialysis process so that intradialytic complications can be avoided.

Keywords: Intradialytic Hypertension, Intradialytic Weight Gain, Duration of Hemodialysis