PENGARUH KONSELING GIZI TERHADAP PENGETAHUAN DAN SIKAP PASIEN GAGAL GINJAL KRONIK DI RUANG HEMODIALISA RSUD WONOSARI GUNUNGKIDUL

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ABSTRAK

Latar Belakang: Gagal Ginjal Kronik merupakan masalah kesehatan masyarakat global dengan prevalens dan insiden yang meningkat, prognosis yang buruk dan biaya tinggi. Data d RSUD Wonosari tahun 2014 sampai 2017 yang menjalani hemodialisa rutin dan cito terjadi peningkatan yaitu sebanyak 274 pasien, meningkat 71,72 % pada tahun 2015, tahun 2016 meningkat menjadi 73,04 % dan menjadi 598 pasien pada tahun 2017. Kurangnya pengetahuan dan sikap akan mempengaruhi pasien dalam kekambuhan ataupun dalam pencegahan agar tidak terjadi komplikasi.
Tujuan: Mengetahui pengaruh konseling gizi terhadap pengetahuan dan sikap pasien gagal ginjal kronik di ruang Hemodialisa RSUD Wonosari Gunungkidul.
Metode: Jenis penelitian yang digunakan eksperimen semu (*Quasi Ekperiment*) dengan rancangan *pretest- posttes one group design*. Penelitian ini dilaksanakan di Ruang Hemodialisa RSUD Wonosari Gunungkidul. Sampel dengan jumlah 40 responden. Analisis data menggunakan uji *Wilcoxon*.
Hasil: Berdasarkan uji *Wilcoxon* diperoleh nilai *p-value* pengetahuan sebesar 0,000 (<0,05), artinya terdapat perbedaan yang bermakna pengetahuan pasien antara sebelum dan sesudah diberikan konseling gizi. Nilai *p-value* sikap sebesar 0,025 (p<0,05), artinya terdapat perbedaan yang bermakna sikap pasien antara sebelum dan sesudah diberikan konseling gizi.
Kesimpulan: Ada pengaruh yang signifikan pemberian konseling gizi terhadap pengetahuan dan sikap pasien gagal ginjal kronik dengan hemodialisa

Kata Kunci : konseling gizi, pengetahuan, sikap, gagal ginjal kronik, hemodialisa

EFFECT OF NUTRITION COUNSELING ON KNOWLEDGE AND ATTITUDES OF PATIENS WIHT CHRONIC KIDNEY FAILURE IN THE HEMODIALISYS ROOM AT WONOSARI HOSPITAL IN GUNUNGKIDUL

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ABSTRACK

Background: Chronic Kidney Failure is a global public health problem with increasing prevalence and incidence, poor prognosis and high costs. Data from the Wonosari Regional Hospital in 2014 to 2017 that underwent routine hemodialysis and cito increased as many as 274 patients, an increase of 71.72% in 2015, in 2016 increased to 73.04% and became 598 patients in 2017. Lack of knowledge and attitude will affect patients in recurrence or in prevention to avoid complications.

Objective: To determine the effect of nutritional counseling on the knowledge and attitudes of patients with Chronic Kidney Failure in the Hemodialysis Room at Wonosari Hospital in Gunungkidul.

Method: This type of research used quasi experiment (Quasi Experiment) with a pretest-posttest one group design. This research was carried out in the Hemodialysis Room at Wonosari Hospital in Gunungkidul. Sample with 40 respondents. Data analysis using the Wilcoxon test.

Results: Based on the Wilcoxon test obtained the value of p-value knowledge of 0,000 (<0.05), meaning that there are significant differences in patient knowledge between before and after given nutritional counseling. The value of the p-value attitude was 0.025 (p <0.05), meaning that there were significant differences in the patient's attitude between before and after being given nutritional counseling.

Conclusion: There is a significant effect of providing nutritional counseling on the knowledge and attitudes of patients with Chronic Kidney Failure with Hemodialysis

Keywords: nutritional counseling, knowledge, attitude, chronic kidney failure, hemodialysis