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THE 4th INTERNATIONAL CONFERENCE ON HEALTH SCIENCE 2017

“The Optimalization of Adolescent Health in The Era of SDGs”

INNA GARUDA HOTEL YOGYAKARTA,
INDONESIA
November 5th, 2017



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**INNA GARUDA HOTEL YOGYAKARTA,
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GIVING OF CATFISH ABON TO THE CREATININE LEVEL OF HAEMODIALYSIS PATIENTS

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ABSTRACT

Patients undergoing routine hemodialysis will experience malnutrition, inadequate protein intake, hypoalbuminemia, gastrointestinal disorders such as nausea, vomiting, and decreased appetite. To overcome this, patients need to get nutritional support, one of which can be given in the form of catfish abon. The purpose of this research is to determine the effect of catfish abon to the creatinine level of hemodialysis patients. This study is quasi experimental type, with pre and post test design. The samples were 34 routine hemodialysis patients 2 times a week, aged >18 years, willing to be respondent and follow the study procedure, no catfish allergy. Patients with anasarphic edema, have complications of Diabetes Mellitus and malignancies are excluded. The dependent variable is creatinine level, while the independent variable is providing of catfish abon. Data were analyzed univariate and bivariate with paired t-test. The result of this research is creatinine level's mean of respondents in pre-intervention was 11.47 mg / dL, in post-intervention was 13.27 mg / dL. Result of providing of catfish abon to creatinine level using paired T-test showed p-value = 0,001 (p-value <0,05). The Conclusion is giving of catfish abon affects the creatinine level of hemodialysis patients. There is an increase of creatinine levels in post-intervention level versus pre-intervention.

Keywords : *Catfish Abon, Creatinine Level, Hemodialysis Patient*

INTRODUCTION

RSUD Panembahan Senopati Bantul is one of the hospitals having Hemodialysis Unit in Bantul District, with the number of patients increasing every year. In 2014, the number of routine hemodialysis patients in Panembahan Senopati Bantul Hospital increased by 33 people (29.73%) compared to the number of patients in 2011 which was only 111 peoples.

Hemodialysis is one of the artificial kidney replacement therapy with the aim of eliminating the remnants of metabolic products (protein) and correction of fluid and electrolyte disturbances between the blood compartment and dialysate via semipermeable membrane that act as artificial kidney¹. Renal function of hemodialysis patients can be known by examination of creatinine levels. Hemodialysis patients often develop complications of hypoalbuminemia, which occurs mainly due to decreased synthesis due to inflammation and lack of protein intake². Therefore, hemodialysis patients need to obtain nutritional support, one with the addition of a protein source that can be met from catfish processed into catfish abon, so it is expected to improve the acceptance and patient intake.

METHOD

This research manifests quasi experiment with pre and post test design. The data collection process was done at Hemodialysis Unit of RSUD Panembahan Senopati Bantul on March 1 - April 5, 2017. Experiment in this study was providing of catfish abon in

amount 0.36 g / kg BW / day for 21 days. Abon catfish given to the respondents was made by researchers. Researchers control this intervention by sending short messages as reminder to remind and ensure the respondent in consuming catfish abon given. Measurements of creatinine levels were done twice, ie before intervention (pre) and after intervention (post).

The samples of this study were 34 patients with routine hemodialysis 2 times a week with an inclusion criteria aged >18 years, willing to be respondents of the study and follow the research procedure, and no catfish allergy. Patients with anasarphic edema, have complications of diabetes mellitus and malignancies were excluded.

The dependent variable was the creatinine level in the ratio scale, while the independent variable is the giving of catfish abon. All data of this research were primary data. Measurement of creatinine level was done in laboratory of RSUD Panembahan Senopati Bantul with blood taking process performed by nurses in Hemodialysis Unit at the time of hemodialysis process took place. The collected data was then analyzed univariate to see the frequency distribution of each variable, and bivariate analysis with paired t-test to determine the effect of giving of catfish abon to the creatinine level of hemodialysis patients. This research has obtained Ethical Clearance from Medical Research Ethics Commission, Faculty of Health Sciences, Universitas Respati Yogyakarta No : 330.4 / FIKES / PL / II / 2017 dated February 15, 2017.

RESULTS

Most of the respondents in this study were adult (32.3%). Female respondents (55.8%) were more than male respondents (44.1%). Most of the respondents had high school education (41.1%).

Table 1. Distribution of Creatinine Content of Respondents

Time of Data Collection	Mean \pm Std. Deviation	Minimum	Maximum
Pre-intervention	11,47 \pm 4,03	3,36	23,66
Post-intervention	13,27 \pm 3,91	6,88	22,55

Table 1 shows that both in pre-intervention and post-intervention conditions, the mean of creatinine levels exceeded the normal standard, ie 0.60-1.110 mg / dL in women and 0.90 to 1.30 mg / dL in man. There is an increase in post-intervention of creatinine levels versus pre-intervention.

The results of data normality test with Shapiro-Wilk test showed that the data was normally distributed with p-value = 0.186. So bivariate analysis of the influence of the giving of catfish abon to creatinine level can be continued with paired T-test. The result of paired T-test test shows that the giving of catfish abon effectively influence the creatinine level of hemodialysis patients, ie with p-value = 0.001 (p-value <0.05).

DISCUSSIONS

Based on age data most of the respondents included the category of adult age and dominated by female respondents. Age is one factor that can affect the health status of individuals. At the age of 40-70 years, the glomerular filtration rate will progressively decrease up to 50% from normal, decreased ability of renal tubes reabsorb and urin concentration, decreased bladder emptying capabilities completely increase the risk of infection and obstruction, and decreased fluid intake risk factors for kidney damage³. Sex and age affect the incidence of glomerulonephritis disease which is one of the risk factors of chronic renal failure⁴.

Most of the respondents are educated high school / vocational school and at least a college graduate. In patients who have higher education will have a broader knowledge

also allows the patient can control himself in overcoming the problems faced, have a high confidence, experienced, and have a precise estimation how to deal with events and easy to understand what recommended by a health worker, will be able to reduce anxiety so that it can help the individual in making a decision⁵. Knowledge or cognition is a very important domain for the formation of an action, the behavior based on knowledge will be more lasting than not based on knowledge⁶.

The results of this study indicate that both in pre-intervention and post-intervention conditions, the mean creatinine levels of respondents exceeded the normal standard should be, that is 0.60-1.1 mg / dL in women and 0.90 to 1.30 mg / dL in men. There is an increase in post-intervention level of creatinine levels versus pre-intervention.

The amount of creatinine a person releases daily depends more on muscle mass than muscle activity or protein metabolism levels. Creatinine levels can be used to determine the renal function of patients with chronic renal failure⁷.

The result of paired T-test showed that giving catfish abon effectively affects the creatinine level of hemodialysis patient. Increased serum creatinine levels show decreased creatinine clearance and decreased glomerular filtration rate. The intake of mature meat in large quantities will increase serum creatinine levels, due to the addition of exogenous creatinine⁸.

There is an association of animal protein intake with levels of urea and creatinine in patients with chronic renal failure. High blood creatinine levels are influenced by high-creatinine diets derived from low biologically valuable meats and foods such as nuts, seeds, tubers, tempeh, tofu, and corn⁹. High serum creatinine levels are associated with mortality risk and also high doses of hemodialysis. Serum creatinine levels > 11 mg / dL are associated with adequate hemodialysis, somatic protein concentration, muscle mass, and nutritional status¹⁰.

CONCLUSIONS AND RECOMMENDATION

Provision of nutritional support abon catfish effectively affects the creatinine levels of hemodialysis patients. However, by giving the catfish abon it actually increases the average creatinine levels of hemodialysis patients.

Based on these conclusions, it is suggested to the hospital to monitor the intake of hemodialysis patient, especially protein intake, in order not to decrease the nutritional status of patients, whether antropometric nutritional status, biochemistry, physical clinical, and dietary.

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