

PERBEDAAN KADAR NATRIUM (Na^+) SEBELUM DAN SESUDAH HEMODIALISIS PADA PASIEN GAGAL GINJAL KRONIK DI RS PANTI RAPIH YOGYAKARTA

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ABSTRAK

Latar Belakang: Gagal ginjal kronis merupakan penurunan fungsi ginjal secara menetap. Penurunan fungsi ginjal dapat menyebabkan ketidakseimbangan elektrolit tubuh, termasuk natrium. Salah satu terapi yang dilakukan adalah hemodialisis, yaitu untuk membuang zat toksik dan sisa metabolisme dari tubuh.

Tujuan Penelitian: Mengetahui perbedaan kadar natrium (Na^+) sebelum dan sesudah hemodialisis pada pasien gagal ginjal kronik di RS Panti Rapih Yogyakarta.

Metode Penelitian: Jenis penelitian ini adalah penelitian observasional. Populasi studi penelitian ini adalah pasien gagal ginjal kronik yang melakukan hemodialisis di RS Panti Rapih Yogyakarta dengan jumlah sampel sebanyak 42 orang yang diambil dengan cara *quota sampling*. Pengambilan darah dilakukan sebelum hemodialisis dan segera sesudah hemodialisis yang kemudian dilakukan pengukuran kadar natrium darah. Secara deskriptif dilakukan pengelompokan data berdasarkan jenis kelamin dan umur. Data penelitian secara statistik diolah menggunakan Uji *Independent T-test*.

Hasil Penelitian: Terjadi perbedaan kadar natrium pada pasien sebelum dan sesudah hemodialisis sebanyak 19 sampel (45 %) mengalami kenaikan ($p = 0,000$) dan sebanyak 18 sampel (43 %) mengalami penurunan ($p = 0,007$). Sebanyak 8 responden (19,0%) mengalami hiponatremi sebelum hemodialisis. Hasil penelitian menunjukkan bahwa proporsi tertinggi dari pasien gagal ginjal kronik di RS Panti Rapih Yogyakarta berjenis kelamin laki-laki sebanyak 32 responden (76,2%), berusia ≥ 60 tahun 19 responden (45,2%).

Kesimpulan: Ada perbedaan kadar natrium (Na^+) sebelum dan sesudah hemodialisis pada pasien gagal ginjal kronik di RS Panti Rapih Yogyakarta.

Kata Kunci : Natrium, Hemodialisis, Gagal Ginjal Kronik

**THE DIFFERENCE OF SODIUM (Na^+) LEVEL PRE- HEMODIALYSIS AND
POST- HEMODIALYSIS IN CHRONIC RENAL FAILURE PATIENTS AT PANTI
RAPIH YOGYAKARTA HOSPITAL**

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ABSTRACT

Background: Chronic renal failure is a permanently reduction of renal function. It may cause electrolytes imbalance, included sodium electrolyte. One of treatment to overcome this problem is hemodialysis which removes toxic fluids and metabolic end products from the body.

Objective: To study the difference of pre-hemodialysis and post-hemodialysis sodium (Na^+) level in chronic renal failure patients at Panti Rapih Yogyakarta Hospital.

Method: This is an observational study conducted in 42 patients with chronic renal failure who performed hemodialysis at the Panti Rapih Hospital Yogyakarta by quota sampling. Blood samples were collected before hemodialysis and then measured immediately for blood sodium levels. Data were grouped based on gender and age then analyzed using the Independent T-test.

Results: 19 samples (45%) showed an increase in sodium levels after hemodialysis with p values was 0,000, while 18 samples (43%) showed the decrease with p values was 0,007. We found 8 patients (19,0%) who were hyponatremic before hemodialysis. The highest proportion of patients with chronic renal failure in Panti Rapih Hospital in Yogyakarta were man as many as 32 (76.2%). Patient aged ≥ 60 years were 19 (45.2%).

Conclusion: There was a difference in pre-hemodialysis and post-hemodialysis sodium level in chronic renal function patients at Panti Rapih Yogyakarta Hospital.

Keywords: Sodium, Hemodialysis, Chronic Renal Failure