

**APPLICATION OF ANKLE PUMP EXERCISE AND 30⁰ FOOT ELEVATION
TO REDUCE THE DEGREE OF LOWER EXTREMITY EDEMA IN
PATIENTS WITH CHRONIC KIDNEY DISEASE (CKD) AT
RSUD dr. TJITROWARDOJO PURWOREJO**

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ABSTRACT

Background: The kidney is an organ that plays an important role in maintaining blood balance, reducing waste, controlling fluids, and producing hormones. Kidney damage can lead to a decrease in its function, known as Chronic Kidney Disease (CKD). One of the nursing problems in patients with Chronic Kidney Disease (CKD) is hypervolemia which can cause edema, especially in the legs. Ankle pump exercise and 30⁰ foot elevation is one way to reduce edema.

Objective: This study aims to reduce the degree of leg edema and response in Chronic Kidney Disease (CKD) patients at RSUD dr. Tjitrowardojo Purworejo.

Research methods: This type of research is qualitative research with case study research design. This research was conducted in April-May 2025. The research informants were 2 Chronic Kidney Disease (CKD) patients.

Results: There is a decrease in the degree of leg edema in Chronic Kidney Disease (CKD) patients after ankle pump exercise and 30⁰ elevation of the foot.

Conclusion: The application of ankle pump exercise and 30⁰ foot elevation can reduce the degree of leg edema in Chronic Kidney Disease (CKD) patients.

Keywords: Chronic Kidney Disease (CKD) patients, ankle pump exercise, foot elevation 30⁰, degree of leg edema.

**PENERAPAN *ANKLE PUMP EXERCISE* DAN ELEVASI KAKI 30⁰
UNTUK MENURUNKAN DERAJAT EDEMA EKSTREMITAS BAWAH
PADA PASIEN *CHRONIC KIDNEY DISEASE* (CKD)
DI RSUD dr. TJITROWARDOJO PURWOREJO**

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ABSTRAK

Latar belakang: Ginjal merupakan organ yang berperan penting menjaga keseimbangan darah, mengurangi limbah, mengontrol cairan, dan memproduksi hormon. Kerusakan ginjal dapat mengakibatkan penurunan fungsinya, yang dikenal sebagai Penyakit *Chronic Kidney Disease* (CKD). Salah satu masalah keperawatan pada pasien *Chronic Kidney Disease* (CKD) adalah hipervolemia yang dapat menimbulkan edema, terutama di kaki. *Ankle pump exercise* dan elevasi kaki 30⁰ menjadi salah satu cara untuk mengurangi edema.

Tujuan: Penelitian ini bertujuan untuk menurunkan derajat edema kaki dan respon pada pasien *Chronic Kidney Disease* (CKD) Di RSUD dr. Tjitrowardojo Purworejo.

Metode penelitian: Jenis penelitian kualitatif dengan rancangan penelitian studi kasus. Penelitian ini dilaksanakan pada April-Mei 2025. Informan penelitian adalah 2 pasien *Chronic Kidney Disease* (CKD).

Hasil penelitian: Terdapat penurunan derajat edema kaki pada pasien *Chronic Kidney Disease* (CKD) setelah *ankle pump exercise* dan elevasi kaki 30⁰

Kesimpulan: Penerapan *ankle pump exercise* dan elevasi kaki 30⁰ dapat menurunkan derajat edema kaki pada pasien *Chronic Kidney Disease* (CKD).

Kata kunci: Pasien *Chronic Kidney Disease* (CKD), *ankle pump exercise*, elevasi kaki 30⁰, derajat edema kaki