

**PEMANFAATAN MEDIA *E-BOOKLET* DIET HEMODIALISA DALAM
MENGONTROL ASUPAN CAIRAN DAN *INTERDIALYTIC WEIGHT
GAIN* (IDWG) PASIEN GAGAL GINJAL KRONIK DI RSUD KOTA
YOGYAKARTA**

Galiharum Dwiandaristi¹, Weni Kurdanti², Noorti Fauzah³
¹²³Jurusan Gizi Poltekkes Kemenkes Yogyakarta,
Jl. Tatabumi No. 3 Banyuraden, Gamping, Sleman
Email: galiharum.d@gmail.com

ABSTRAK

Latar Belakang: Penyakit ginjal kronik merupakan kondisi ketika ginjal mengalami kerusakan irreversibel dan menjadi salah satu penyebab kematian utama di dunia. Pasien hemodialisa rentan mengalami kelebihan asupan cairan, ditandai dengan persentase pemenuhan asupan cairan > 100% dan peningkatan *Interdialytic Weight Gain* (IDWG) yang dapat memicu komplikasi. Media edukasi *E-Booklet* merupakan salah satu cara meningkatkan pemahaman pasien terhadap pembatasan cairan sehingga dapat menurunkan IDWG.

Tujuan: Mengetahui pengaruh pemberian media edukasi *E-Booklet* Diet Hemodialisa terhadap persentase pemenuhan asupan cairan dan IDWG pada pasien gagal ginjal kronik di RSUD Kota Yogyakarta dibandingkan dengan media *Leaflet*.

Metode Penelitian: Penelitian ini menggunakan desain *Quasi Eksperimental* dengan rancangan *pretest-posttest with control group desain*. Penelitian dilaksanakan di Unit Hemodialisa RSUD Kota Yogyakarta dengan sampel masing-masing 26 responden per kelompok yang dipilih secara *purposive sampling*. Setiap kelompok dilakukan pengukuran persentase asupan cairan menggunakan formulir *food record* 2x24 jam dan IDWG dari selisih berat badan antar-dialisis. Analisis data *pre-post* dalam kelompok menggunakan *Paired Sample T-Test*, dan perbedaan antar kelompok menggunakan *Independent Sample T-Test*.

Hasil: Terdapat penurunan rata-rata persentase pemenuhan asupan cairan kelompok *E-Booklet* sebesar 24,64% ($p = 0,005$) dan kelompok *Leaflet* sebesar 15,33% ($p = 0,027$). Terdapat penurunan IDWG kelompok *E-Booklet* sebesar 0,75% ($p = 0,073$) dan kelompok *Leaflet* terdapat peningkatan sebesar 0,30% ($p = 0,390$).

Kesimpulan: Media edukasi *E-Booklet* dan *Leaflet* sama-sama efektif menurunkan persentase pemenuhan asupan cairan, namun tidak berbeda signifikan satu sama lain. *E-Booklet* efektif menurunkan IDWG meskipun belum mencapai signifikansi secara statistik, sedangkan *Leaflet* tidak menurunkan IDWG.

Kata Kunci: E-Booklet, pembatasan cairan, IDWG, hemodialisa, GGK

**UTILIZATION OF E-BOOKLET DIET HEMODIALISA IN
CONTROLLING FLUID INTAKE AND *INTERDIALYTIC WEIGHT GAIN*
(IDWG) IN CHRONIC KIDNEY DISEASE PATIENTS AT RSUD KOTA
YOGYAKARTA**

Galiharum Dwiandaristi¹, Weni Kurdanti², Noorti Fauzah³
¹²³Jurusan Gizi Poltekkes Kemenkes Yogyakarta,
Jl. Tatabumi No. 3 Banyuraden, Gamping, Sleman
Email: galiharum.d@gmail.com

ABSTRACT

Background: Chronic kidney disease is characterized by irreversible renal damage and ranks among the leading causes of death worldwide. Hemodialysis patients are particularly susceptible to fluid overload, evidenced by fluid intake exceeding 100% of prescribed limits and increased Interdialytic Weight Gain (IDWG), both of which can precipitate serious complications. E-Booklet educational media may enhance patient understanding of fluid restriction and thereby reduce IDWG.

Objective: To determine the effect of an E-Booklet dietary hemodialysis educational intervention on the percentage of fluid intake compliance and IDWG in chronic kidney disease patients at Yogyakarta City Hospital, compared with a standard leaflet.

Methods: This quasi-experimental study employed a pretest–posttest control group design. Conducted in the Hemodialysis Unit of Yogyakarta City Hospital, each group (E-Booklet vs. Leaflet) comprised 26 purposively sampled participants. Fluid intake percentage was recorded via a 2×24-hour food record, and IDWG was calculated from the difference in weight between dialysis sessions. Within-group pre–post differences were analyzed using the Paired Sample T-Test or Wilcoxon test, while between-group differences were assessed with the Independent Sample T-Test.

Results: The E-Booklet group showed a mean reduction in fluid intake compliance of 24,64% ($p = 0.005$), and the Leaflet group a reduction of 15,33% ($p = 0.027$). IDWG decreased by 0,75% in the E-Booklet group ($p = 0.073$), whereas the Leaflet group experienced a 0,30% increase ($p = 0.390$).

Conclusion: Both E-Booklet and leaflet educational media effectively reduced the percentage of fluid intake compliance, with no significant difference between them. The E-Booklet showed a trend toward reducing IDWG, though not reaching statistical significance, whereas the leaflet did not reduce IDWG.

Keywords: E-Booklet, fluid restriction, IDWG, hemodialysis, CKD