

PENGARUH EDUKASI GIZI MENGGUNAKAN MEDIA CAKRAM CKD DAN *BOOKLET* PADA PASIEN GAGAL GINJAL KRONIK TERHADAP KUALITAS HIDUP DAN ASUPAN NATRIUM DAN KALIUM

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ABSTRAK

Latar Belakang : Prevalensi penyakit ginjal kronik (PGK) di Daerah Istimewa Yogyakarta melampaui rata-rata nasional, sehingga edukasi gizi komprehensif sangat penting untuk meningkatkan kualitas hidup dan kepatuhan pasien dalam membatasi asupan natrium dan kalium . Media interaktif seperti cakram pendidikan (*nutrition wheel*) dan *booklet* dinilai lebih efektif dibandingkan metode konvensional. Tujuan: Mengetahui pengaruh edukasi gizi menggunakan media Cakram CKD dan *booklet* terhadap kualitas hidup serta asupan natrium dan kalium pada pasien gagal ginjal kronik.

Tujuan : Mengetahui pengaruh edukasi gizi menggunakan media Cakram CKD dan *booklet* pada pasien gagal ginjal kronik terhadap kualitas hidup dan asupan zat gizi mikro Na dan K.

Metode: Penelitian *quasi experimental* dengan *pretest-posttest two-group design* dilakukan di Klinik Hemodialisa Nitipuran Yogyakarta dan Klinik Hemodialisa PMI DIY. Sampel diambil dengan teknik *purposive sampling* dan *incidental sampling* (n=55 kelompok intervensi, n=55 kelompok kontrol). Penelitian berlangsung pada bulan Februari–Mei

Hasil : Penggunaan *booklet* dan Cakram CKD efektif meningkatkan kualitas hidup ($p=0,000$) dan menurunkan asupan natrium ($p=0,023$ pada Cakram CKD; $p=0,000$ pada *booklet*), namun tidak berpengaruh signifikan terhadap asupan kalium ($p=0,052$ pada Cakram CKD; $p=0,416$ pada *booklet*). Perbandingan kedua media menunjukkan tidak terdapat perbedaan signifikan dalam peningkatan kualitas hidup ($p=0,909$) maupun asupan kalium ($p=0,270$)

Kesimpulan : Edukasi gizi dengan media *booklet* dan Cakram CKD meningkatkan kualitas hidup dan menurunkan asupan natrium, dengan *booklet* lebih efektif untuk natrium, namun tidak signifikan menurunkan asupan kalium.

Kata Kunci : Gagal ginjal kronik, edukasi gizi, cakram CKD, *booklet*, kualitas hidup.

THE EFFECT OF NUTRITION EDUCATION USING CKD NUTRITION WHEEL AND BOOKLETS ON CHRONIC KIDNEY FAILURE PATIENTS' QUALITY OF LIFE AND INTAKE OF SODIUM AND POTASSIUM

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ABSTRACT

Background: The prevalence of chronic kidney disease (CKD) in the Special Region of Yogyakarta exceeds the national average; therefore, comprehensive nutrition education is crucial for improving patients' quality of life and adherence to sodium (Na) and potassium (K) intake restrictions. Interactive media such as the nutrition wheel and booklets are considered more effective than conventional methods. **Objective:** To determine the effect of nutrition education using the CKD Wheel and booklet on quality of life as well as sodium and potassium intake in patients with chronic kidney disease.

Objective: To determine the effect of nutrition education using the CKD Wheel and booklet on quality of life and intake of the micronutrients Na and K in patients with chronic kidney disease.

Methods: A quasi-experimental study with a pretest-posttest two-group design was conducted at the Nitipuran Hemodialysis Clinic in Yogyakarta and the PMI DIY Hemodialysis Clinic. Samples were selected using purposive and incidental sampling techniques (n=55 intervention group, n=55 control group). The study took place from February to May

Results: The use of booklet and CKD Wheel effectively improved quality of life ($p=0.000$) and reduced sodium intake ($p=0.023$ in CKD Wheel; $p=0.000$ in booklet), but had no significant effect on potassium intake ($p=0.052$ in CKD Wheel; $p=0.416$ in booklet). Comparison of the two media showed no significant difference in improving quality of life ($p=0.909$) nor potassium intake ($p=0.270$).

Conclusion: Nutrition education using the booklet and CKD Disc media improves quality of life and reduces sodium intake, with the booklet being more effective for sodium, but it does not significantly reduce potassium intake.

Keywords: Chronic kidney disease, nutrition education, CKD Disc, booklet, quality of life.