

# **EFEKTIFITAS *EXERCISE INTRADIALYTIC* TERHADAP ADEKUASI DIALISIS DAN KUALITAS HIDUP PASIEN GAGAL GINJAL KRONIS YANG MENJALANI HEMODIALISIS**

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## **ABSTRAK**

**Latar belakang:** *Exercise intradialytic* terbukti memiliki manfaat potensial pada kardiovaskular, adekuasi dialisis, fungsi fisik, kualitas hidup terkait kesehatan.

**Tujuan:** Untuk mengetahui efektifitas *exercise intradialytic* terhadap adekuasi dialisis dan kualitas hidup pada pasien gagal ginjal kronis yang menjalani terapi hemodialisis.

**Metode:** Eksperimen menggunakan desain *Pre-Post test Design with Control Group* dengan jumlah sampel 48 responden terbagi 24 kelompok intervensi dan 24 kelompok kontrol. *Exercise range of motion* dilakukan seminggu 2 kali dengan durasi selama 15 menit di dua jam awal terapi hemodialisis. Adekuasi dialisis melalui penghitungan URR, Kt/V dan tekanan darah, kualitas hidup diukur dengan KDQOL-SF 36.

**Hasil:** *Exercise intradialytic* meningkatkan adekuasi dialisis yang ditinjau dari penilaian URR  $P\text{-value} = 0,027$  dan Kt/V  $P\text{-value} = 0,017$  dan menurunkan tekanan darah sistolik  $P\text{-value} = 0,001$ . *Exercise intradialytic* meningkatkan kualitas hidup pada penilaian *Symptom/ Problem List* dengan  $P\text{-value} = 0,000$ . *Effect Kidney Disease* dengan  $P\text{-value} = 0,032$ . Penilaian *SF-12 Physical Health Composite* dengan  $P\text{-value} = 0,000$ .

**Kesimpulan:** Terdapat perbedaan perubahan signifikan antar kelompok setelah pelaksanaan *exercise intradialytic* pada nilai tekanan darah dan penilaian fisik kualitas hidup. Tetapi tidak pada adekuasi dialisis yang ditinjau dari URR, Kt/V dan penilaian mental kualitas hidup.

**Kata Kunci:** *Exercise intradialytic*, Adekuasi dialisis, Kualitas hidup.

# EFFECTS OF INTRADIALYTIC EXERCISE ON DIALYSIS ADEQUACY AND QUALITY OF LIFE IN PATIENT CHRONIC KIDNEY DISEASE MAINTENANCE HEMODIALYSIS

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## **ABSTRACT**

**Background:** Intradialytic exercise has been shown potential benefits on cardiovascular, dialysis adequacy, physical function, and health-related quality of life.

**Objective:** To determine effectiveness of intradialytic exercise on dialysis adequacy and quality of life in patients with chronic kidney failure undergoing haemodialysis therapy.

**Methods:** Experimental study using Pre-Post Test Design with Control Group, sample 48 respondents divided 24 intervention groups and 24 control groups. Range of motion exercise is done 2 times a week with a duration 15 minutes in the first two hours of haemodialysis therapy. Dialysis adequacy is measured by calculating URR, Kt/V and blood pressure. Whereas quality of life measured by KDQOL-SF 3.6.

**Results:** Intradialytic exercise increases dialysis adequacy in terms URR P-value = 0.027 and Kt/V P-value = 0.017 and decreases systolic blood pressure P-value = 0.001. Intradialytic exercise improves quality of life in the Symptom / Problem List assessment P-value = 0,000. Effect of Kidney Disease P-value = 0.032. SF-12 Physical Health Composite P-value = 0,000.

**Conclusion:** There were significant differences in changes between groups after the implementation of intradialytic exercise on blood pressure and physical assessment of quality of life. But not on dialysis adequacy in URR, Kt/V and mental assessment of quality of life.

Keywords: intradialytic exercise, dialysis adequacy, quality of life