ABSTRAK

ALFI MAWARDAH AZMI. Gambaran Pengetahuan Dan Asupan Protein Terhadap Status Gizi Pasien Gagal Ginjal Kronik Dengan Hemodialisa di RSUD Padang Panjang. Dibimbing oleh Yessi Alza, SST, M. Biomed.

Latar Belakang: Makanan khas Sumatera Barat yang identik dengan cita rasa pedas, tinggi garam, serta penggunaan santan kental berkontribusi terhadap tingginya konsumsi lemak jenuh dan garam. Pola makan ini meningkatkan risiko hipertensi, yang apabila tidak dikontrol dapat merusak fungsi ginjal dan berujung pada gagal ginjal kronik (GGK), sehingga memerlukan terapi hemodialisis. Hemodialisis meningkatkan katabolisme protein, dan pengetahuan gizi yang memadai berperan penting dalam menjaga status gizi pasien GGK.**Tujuan:** Penelitian ini bertujuan untuk menggambarkan tingkat pengetahuan gizi dan asupan protein pasien GGK yang menjalani hemodialisis di RSUD Padang Panjang. **Metode:** Penelitian menggunakan desain cross-sectional, bersifat deskriptif dengan pendekatan kualitatif. Teknik sampling yang digunakan adalah accidental sampling dengan jumlah responden sebanyak 62 pasien hemodialisis. Data dikumpulkan melalui kuesioner pengetahuan gizi, form food recall 1x24 jam, timbangan digital, dan microtoise. **Hasil:** Mayoritas responden berjenis kelamin laki-laki (54,8%) dan berusia 46–55 tahun. Sebanyak 64,5% memiliki riwayat hipertensi dan 69,4% telah menjalani hemodialisis selama <1–5 tahun. Berdasarkan kategori pengetahuan gizi, 83,9% memiliki pengetahuan baik, 16,1% memiliki pengetahuan cukup, dan tidak ada yang memiliki pengetahuan kurang. Dari aspek asupan protein, 53,2% memiliki asupan kurang, sedangkan 46,8% cukup. Rata-rata pemenuhan kebutuhan protein hanya mencapai 78,5%. Untuk status gizi, 59,7% tergolong normal, 21% kurang, 12,9% obesitas I, 4,8% berat badan berlebih, dan 1,6% obesitas II. **Kesimpulan:** Sebagian besar pasien memiliki pengetahuan gizi yang baik, asupan protein masih belum mencukupi secara optimal. Diperlukan intervensi edukasi gizi yang lebih terstruktur oleh ahli gizi guna meningkatkan pemahaman dan motivasi pasien dalam pemenuhan kebutuhan protein harian, sehingga dapat mempertahankan status gizi yang baik dan meningkatkan kualitas hidup pasien hemodialisis.

Kata Kunci: gagal ginjal kronik, hemodialisis, pengetahuan gizi, asupan protein, status gizi

ABSTRACT

ALFI MAWARDAH AZMI. Overview of Nutritional Knowledge and Protein Intake on the Nutritional Status of Chronic Kidney Disease Patients Undergoing Hemodialysis at Padang Panjang Regional Public Hospital Supervised by: Yessi Alza, SST, M. Biomed.

Background: Traditional foods from West Sumatra are characterized by spicy flavors, high salt content, and heavy use of coconut milk, all of which contribute to a high intake of saturated fats and sodium. This dietary pattern increases the risk of hypertension, which, if left uncontrolled, can impair kidney function and ultimately lead to chronic kidney disease (CKD), requiring hemodialysis treatment. Hemodialysis increases protein catabolism, and adequate nutritional knowledge plays an essential role in maintaining the nutritional status of CKD patients. **Objective:** This study aims to describe the level of nutritional knowledge and protein intake among chronic kidney disease patients undergoing hemodialysis at Padang Panjang Regional Public Hospital (RSUD Padang Panjang). **Methods:** This research utilized a descriptive cross-sectional design with a qualitative approach. The sampling technique used was accidental sampling, involving a total of 62 hemodialysis patients. Data collection was conducted using a nutritional knowledge questionnaire, 1x24-hour food recall form, a digital scale, and a microtoise. **Results:** The majority of respondents were male (54.8%) and aged 46–55 years. About 64.5% had a history of hypertension, and 69.4% had been undergoing hemodialysis for less than one to five years. Regarding nutritional knowledge, 83.9% of respondents had good knowledge, 16.1% had moderate knowledge, and none had poor knowledge. In terms of protein intake, 53.2% had insufficient intake, while 46.8% had adequate intake. On average, respondents met only 78.5% of their daily protein requirements. As for nutritional status, 59.7% had normal status, 21% were undernourished, 12.9% had obesity class I, 4.8% were overweight, and 1.6% had obesity class II. **Conclusion:** Most patients demonstrated good nutritional knowledge, protein intake remained suboptimal. Structured and intensive nutrition education by dietitians is necessary to improve patients' understanding and motivation in meeting their daily protein needs. Such a comprehensive approach is expected to help maintain adequate nutritional status and enhance the quality of life for hemodialysis patients.

Keywords: chronic kidney disease, hemodialysis, nutritional knowledge, protein intake, nutritional status