

ABSTRAK

Vhounic Thassa Vita Hernaningsih (2026). *Hubungan Interdialytic Weight Gain (IDWG) Terhadap Tekanan Darah Sistolik Intradialisis Pada Pasien Dialisis Di Unit Hemodialisa RSUD Arifin Achmad Pekanbaru*. Karya Tulis Akhir, Program Studi DIV Keperawatan, Jurusan Keperawatan, Politeknik Kesehatan Kemenkes Riau. Pembimbing (I) Ns.Erni Forwaty,S.Kep.,M.Kep., Pembimbing (II) Dr. Ibnu Rusdi,S.Kp.,M.Kes.

Gagal ginjal kronik (GGK) merupakan kondisi penurunan fungsi ginjal yang menyebabkan pasien memerlukan terapi hemodialisa. Salah satu masalah yang sering terjadi pada pasien hemodialisa adalah peningkatan IDWG yaitu peningkatan berat badan akibat akumulasi cairan antar sesi hemodialisis yang berpotensi memengaruhi perubahan tekanan darah selama proses dialisis. Penelitian ini bertujuan untuk menganalisis hubungan *Interdialytic Weight Gain* (IDWG) dengan tekanan darah sistolik intradialisis pada pasien dialisis di Unit Hemodialisa RSUD Arifin Achmad Pekanbaru. Penelitian ini menggunakan pendekatan *cross sectional*. Sampel penelitian berjumlah 60 responden yang menjalani hemodialisa. Pengukuran IDWG dilakukan berdasarkan selisih berat badan sebelum hemodialisa dengan berat badan kering sebelumnya, sedangkan tekanan darah sistolik intradialisis diukur menggunakan monitor mesin hemodialisa. Analisis data dilakukan menggunakan uji *Spearman-rank*. Hasil penelitian menunjukkan sebagian besar pasien berada pada rentang usia 46–55 tahun, berjenis kelamin laki-laki, menjalani hemodialisa kurang dari 5 tahun, serta penyebab terbanyak GGK adalah hipertensi. Sebagian besar responden memiliki IDWG ringan (<4%) dengan rata-rata IDWG 1.85 Kg dan rata-rata tekanan darah intradialisis 154/83 mmHg. Hasil uji statistik menunjukkan nilai *p-value* 0,203 (>0,05) dan koefisien korelasi *r*-0,167 yang menunjukkan kekuatan sangat lemah. Disimpulkan bahwa tidak terdapat hubungan signifikan antara IDWG dengan tekanan darah sistolik intradialisis pada pasien hemodialisa di RSUD Arifin Achmad Pekanbaru.

Kata kunci: IDWG, Tekanan Darah Sistolik Intradialisis, Hemodialisa, Gagal Ginjal Kronik.

ABSTRACT

Vhounic Thassa Vita Hernaningsih (2026). The Relationship Between Interdialytic Weight Gain (IDWG) and Intradialytic Systolic Blood Pressure in Dialysis Patients at the Hemodialysis Unit of Arifin Achmad Regional General Hospital, Pekanbaru. Final Scientific Paper, Diploma IV Nursing Study Program, Department of Nursing, Riau Ministry of Health Polytechnic. Supervisor (I): Ns. Erni Forwaty, S.Kep., M.Kep. Supervisor (II): Dr. Ibnu Rusdi, S.Kp., M.Kes.

Chronic Kidney Disease (CKD) is a condition characterized by a progressive decline in kidney function, requiring patients to undergo hemodialysis therapy. One of the common problems experienced by hemodialysis patients is an increase in Interdialytic Weight Gain (IDWG), which refers to weight gain caused by fluid accumulation between hemodialysis sessions and may affect blood pressure changes during the dialysis process. This study aimed to analyze the relationship between Interdialytic Weight Gain (IDWG) and intradialytic systolic blood pressure among hemodialysis patients at the Hemodialysis Unit of Arifin Achmad Regional General Hospital, Pekanbaru. This study employed a cross-sectional design. The sample consisted of 60 patients undergoing hemodialysis. IDWG was measured based on the difference between pre-dialysis body weight and the previous dry weight, while intradialytic systolic blood pressure was measured using the hemodialysis machine monitor. Data were analyzed using the Spearman rank correlation test. The results showed that most patients were aged 46–55 years, male, had undergone hemodialysis for less than five years, and hypertension was the most common cause of CKD. The majority of respondents had mild IDWG (<4%), with a mean IDWG of 1.85 kg and an average intradialytic blood pressure of 154/83 mmHg. Statistical analysis revealed a p-value of 0.203 (>0.05) and a correlation coefficient of $r = -0.167$, indicating a very weak correlation. It can be concluded that there was no significant relationship between IDWG and intradialytic systolic blood pressure among hemodialysis patients at Arifin Achmad Regional General Hospital, Pekanbaru.

Keywords: IDWG, Intradialytic Systolic Blood Pressure, Hemodialysis, Chronic Kidney Disease (CKD).