

**ANALISIS KUALITAS HIDUP PADA PASIEN PENYAKIT GINJAL
KRONIS DENGAN ANEMIA DI UNIT HEMODIALISIS RSUP Dr.
SARDJITO YOGYAKARTA**

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INTISARI

Penyakit ginjal kronis merupakan kondisi kerusakan ginjal yang ditandai dengan penurunan laju filtrasi glomerulus selama 3 bulan serta terjadi penurunan laju filtrasi glomerulus < 60 ml/ menit/ $1,73$ m². Penyakit ginjal kronis sering diikuti komplikasi anemia. Anemia yang dialami oleh penderita penyakit ginjal kronis dapat diterapi dengan eritropoetin, zat besi, transfusi darah. Penurunan kadar hemoglobin berhubungan dengan gangguan pada kualitas hidup pasien. Tujuan dari penelitian adalah untuk mengetahui gambaran terapi, nilai kualitas hidup, perubahan kadar hemoglobin dan hubungan antara perubahan kadar hemoglobin terhadap kualitas hidup pasien penyakit ginjal kronis dengan anemia yang menjalani hemodialisis di RSUP Dr. Sardjito Yogyakarta. Penelitian menggunakan metode observasional dengan rancangan potong lintang (*cross sectional*) dan *cohort retrospektif*. Teknik pengumpulan data primer dilakukan dengan pengisian kuisioner EQ5D-5L secara langsung oleh responden dan data sekunder diperoleh dari rekam medis yang dilakukan secara retrospektif di bagian rekam medis. Analisis kualitas hidup dilakukan dengan *value set* EQ5D-5L dan hubungan antara perubahan kadar hemoglobin dengan nilai kualitas hidup dianalisis menggunakan uji statistik *spearman*. Total sampel yang diperoleh sebanyak 65 responden. Hasil penelitian yang diperoleh bahwa gambaran terapi pasien penyakit ginjal kronis dengan anemia di RSUP Dr. Sardjito Yogyakarta sebanyak 24 pasien (36,92%) memperoleh terapi kombinasi eritropoetin alfa dan asam amino, sebanyak 21 pasien (32,31%) memperoleh terapi eritropoetin alfa. Nilai rata-rata utilitas pasien penyakit ginjal kronis dengan anemia yaitu sebesar 0,648, sedangkan nilai utilitas rata-rata EQ-VAS sebesar 72. Rata-rata peningkatan kadar hemoglobin tertinggi sebesar 0,70 mg/dl pada pasien yang memperoleh terapi kombinasi eritropoetin alfa, eritropoetin beta dan asam amino. Tidak terdapat hubungan antara perubahan nilai hemoglobin dengan nilai kualitas hidup, dimana hasil nilai korelasi *spearman* pada delta Hb dan kualitas hidup memiliki nilai -0,021 yaitu korelasi dapat dikatakan sangat lemah.

Kata kunci : Penyakit ginjal kronis, anemia, kualitas hidup, EQ-5D

Analysis Quality of Life on Chronic Kidney Disease Patients with Anemia in Hemodialysis Unit of RSUP Dr. Sardjito Yogyakarta

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ABSTRACT

Chronic kidney disease is a condition of kidney damage that characterized by reduction of glomerular filtration rate for 3 months and reduction of glomerular filtration rate <60 ml/ minute/ 1.73 m². Chronic kidney disease is often followed by anemia complication. Anemia that happened by patients with chronic kidney failure can be treated with erythropoietin, iron, blood transfusions. Decreased hemoglobin levels are related with disturbances in the quality of life of patients. The purpose of the study was to determine the description of therapy, the value of quality of life, changes in hemoglobin levels and the connection between changes in hemoglobin levels to the quality of life of patients with chronic kidney disease with anemia that undergoing hemodialysis in RSUP Dr. Sardjito Yogyakarta. The study used an observational method with cross sectional design and cohort retrospective. The primary data collection technique was carried out by filling out the EQ5D-5L questionnaire directly by respondents and secondary data obtained from medical records conducted retrospectively in the medical record section. Quality of life analysts was did by the EQ5D-5L value set and the relationship between changes in hemoglobin levels and the quality of life values was analyzed using the spearman statistical test. Total of the sample obtained was 65 respondents. The results of the study obtained a description of the therapy of patients with chronic kidney disease with anemia in RSUP Dr. Sardjito Yogyakarta are 24 patients (36.92%) received a combination therapy of erythropoietin alpha and amino acids, 21 patients (32.31%) received erythropoietin alpha therapy. The average utility value of patients with chronic kidney disease with anemia is 0.648, while the average utility value of EQ-VAS is 72. The highest increase in hemoglobin levels is 0.70 mg/ dl in patients that receiving erythropoietin alfa combination therapy, erythropoietin beta and amino acids. There is no correlation between changes in hemoglobin value and the quality of life, and the results of the spearman correlation value on delta Hb and quality of life have a value of -0.021, it means the correlation is very weak.

Keywords: Chronic kidney disease, anemia, quality of life, EQ-5D