

ABSTRAK

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KEEFEKTIFAN *INTRADIALYTIC EXERCISE* TERHADAP NILAI *ADEQUACY HEMODIALYSIS*: KAJIAN LITERATUR

(xiii + 109 Halaman; 2 Bagan; 7 Tabel; 4 Lampiran)

Latar Belakang: Gagal ginjal tahap akhir adalah keadaan penurunan fungsional ginjal yang bersifat *progresif* dan *irreversible*. Pasien gagal ginjal tahap akhir memerlukan terapi pengganti ginjal berupa *hemodialysis*. *Hemodialysis* dilakukan untuk menarik zat toksik dan sisa metabolisme dari dalam tubuh ke dalam *dialyzer* untuk dibersihkan kemudian dikembalikan ke dalam tubuh. Keefektifan *hemodialysis* dapat diukur dengan melihat nilai *adequacy hemodialysis* melalui nilai Kt/V dan URR. *Adequacy hemodialysis* dapat ditingkatkan dengan *intradialytic exercise* (IDE). **Tujuan Penelitian:** untuk mengidentifikasi keefektifan *intradialytic exercise* terhadap nilai *adequacy hemodialysis*. **Metode Penelitian:** Pencarian data menggunakan *database online* yaitu, EBSCO, PUBMED dan Google Scholar. Kriteria inklusi yaitu artikel asli, full text, tahun 2010-2020, berbahasa Indonesia dan Inggris, menggunakan *intradialytic exercise*, menyediakan data sebelum dan sesudah latihan dan menampilkan hasil Kt/V atau URR. Menggunakan empat kata kunci. Penulis menggunakan *Critical appraisal tools* yang dikembangkan Joanna Briggs Institute (2017). Metode pendekatan sistematis dengan *simplified approach*. **Hasil:** Hasil *review* menunjukkan IDE efektif meningkatkan nilai *adequacy hemodialysis* ditinjau dari nilai Kt/V dan URR. Tidak semua jenis IDE efektif diberikan kepada setiap pasien. Frekuensi IDE yang efektif yaitu satu sampai dua jam pertama *hemodialysis*, durasi lima sampai enam puluh menit, selama dua hingga enam bulan dengan periode tiga kali seminggu. IDE juga dapat memberikan manfaat lain pada pasien *hemodialysis*. **Rekomendasi :** Bagi pelayan kesehatan khususnya di ruang hemodialisa, dapat membuat satuan operasional pelaksanaan IDE sebagai program terapi dan rehabilitasi karena terbukti bermanfaat bagi peningkatan *adequacy hemodialysis*.

Kata kunci : Keefektifan *intradialytic exercise*, *adequacy*, *hemodialysis*
Referensi : (2010-2019)

ABSTRACT

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EFFECTIVENESS OF INTRADIALYTIC EXERCISE ON ADEQUACY HEMODIALYSIS VALUE : LITERATURE REVIEW

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Background: Kidney failure eventually becomes functional and cannot be recovered. Patients with kidney failure. Finally undergoing kidney therapy. Hemodialysis. Hemodialysis is carried out to attract toxic substances and waste from the body into the dialyzer to secure then enter the body. The effectiveness of hemodialysis can be obtained by looking at the adequacy of hemodialysis values through Kt / V and URR values. Adequate hemodialysis can be increased by intradialytic exercise (IDE). **Objectives:** To examine the effectiveness of intradialytic training on the adequacy of hemodialysis values. **Methods:** Search for data using online databases, EBSCO, PUBMED, and Google Scholar. Inclusion criteria are original article, full text, 2010-2020, discussing Indonesian and English, using IDE, providing data before and completing the exercise, and displaying Kt / V or URR results. Use four keywords. The author uses a critical assessment tool developed by the Joanna Briggs Institute (2017). The method of systematic approach with a simplified approach. **Results:** The results of the review indicate that IDE is effective in increasing the adequacy of hemodialysis values in terms of Kt / V and URR values. Not all types of IDE are effectively given to every patient. The effective IDE frequency is the first one to two hours of hemodialysis, the duration of five to six minutes, for two to six months with a period of three times a week. IDE can also have other effects on hemodialysis patients. **Recommendation:** For health care workers, especially in the hemodialysis room, they can make an operational unit implementing IDE as a therapeutic and rehabilitation program because it has proven to be beneficial for improving hemodialysis adequacy.

Keywords: Intradialytic effectiveness, exercise, adequacy, hemodialysis

Reference: (2010-2019)