

ABSTRAK

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HUBUNGAN *HEALTH CARE TRANSITION* DENGAN *SELF-CARE* PADA PASIEN CHRONIC KIDNEY DISEASE YANG MENJALANI HEMODIALISIS DI SATU RUMAH SAKIT SWASTA

(xiii + 77 Halaman; 1 Bagan; 4 Tabel; 14 Lampiran)

Chronic Kidney Disease (CKD) merupakan salah satu penyakit kronis yang dapat menyebabkan morbiditas dan mortalitas global, dengan prevalensi yang terus meningkat. Penatalaksanaan CKD melalui hemodialisis menuntut pasien untuk melakukan *self-care* secara mandiri dan efektif. Namun, *health care transition* menjadi tantangan yang signifikan bagi pasien. Berdasarkan survei awal yang dilakukan pada enam pasien CKD di satu rumah sakit swasta, didapatkan hasil bahwa sebagian besar pasien memiliki pemahaman dasar *self-care*, namun masih ada ketidakpatuhan. Hal ini menunjukkan pentingnya *health care transition* untuk meningkatkan kemandirian dan *self-care* pasien. Tujuan penelitian ini adalah menganalisis hubungan *health care transition* dengan *self-care* pada pasien *Chronic Kidney Disease* yang menjalani hemodialisis di satu rumah sakit swasta. Penelitian ini menggunakan metode kuantitatif dengan desain penelitian *cross sectional*. Teknik *sampling* yang digunakan dalam yaitu *purposive sampling* dengan sampel sebanyak 126 responden. Instrumen penelitian menggunakan kuesioner. Alat ukur yang digunakan adalah kuesioner *STARx Questionnaire* dan *Hemodialysis Patients Self Care Measurement Scale to Assess Self-care*. Teknik analisa data yang digunakan adalah analisis univariat dan bivariat dengan uji *chi-square*. Penelitian ini dilakukan pada tanggal 14 sampai 16 April 2025. Hasil uji univariat menunjukkan mayoritas responden memiliki *health care transition* yang baik dengan presentase 61,1% dan memiliki *self-care* yang baik juga dengan presentase 51,6%. Hasil uji bivariat menunjukkan terdapat hubungan antara *health care transition* dengan *self-care* pada pasien CKD yang menjalani hemodialisis di satu rumah sakit swasta. Diharapkan tenaga kesehatan dapat mengoptimalkan dukungan pada proses *health care transition* guna meningkatkan kemandirian pasien dalam melakukan *self-care*.

Kata kunci: *Chronic Kidney Disease*, *Health care transition*, Hemodialisis, *Self-care*

Referensi: 58 (2001-2024)

ABSTRACT

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THE RELATIONSHIP BETWEEN HEALTH CARE TRANSITION AND SELF-CARE IN CHRONIC KIDNEY DISEASE PATIENTS UNDERGOING HEMODIALYSIS AT A PRIVATE HOSPITAL

(xiii + 77 Pages; 1 Charts; 4 Table; 14 Attachments)

Chronic Kidney Disease (CKD) is one of the chronic conditions that contributes to global morbidity and mortality, with a continuously increasing prevalence. The management of CKD through hemodialysis requires patients to perform self-care independently and effectively. However, the process of health care transition poses a significant challenge for patients. Based on a preliminary survey conducted among six CKD patients at a private hospital, it was found that most patients had a basic understanding of self-care, but non-adherence was still present. This indicates the importance of health care transition in improving patients' independence and self-care practices. The aim of this study was to analyze the relationship between health care transition and self-care among patients with Chronic Kidney Disease undergoing hemodialysis at a private hospital. This research employed a quantitative method with a cross-sectional study design. The sampling technique used was purposive sampling, with a total of 126 respondents. The research instruments used were questionnaires. The tools used were the STARx Questionnaire and the Hemodialysis Patients Self-Care Measurement Scale to assess self-care. The data analysis techniques included univariate and bivariate analyses using the chi-square test. The study was conducted from April 14 to 16, 2025. The results of the univariate analysis showed that the majority of respondents had a good level of health care transition (61.1%) and a good level of self-care (51.6%). The results of the bivariate analysis indicated a significant relationship between health care transition and self-care among CKD patients undergoing hemodialysis at the private hospital. It is expected that health care professionals can optimize support during the health care transition process to enhance patients' independence in performing self-care.

Keywords: Chronic Kidney Disease, Health care transition, Hemodialysis, Self-care

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