

**PENGARUH KEPATUHAN DIET  
TERHADAP STATUS GIZI PASIEN  
PENYAKIT GINJAL KRONIK (*Chronic Kidney Disease*)  
YANG MENJALANI HEMODIALISIS**

**LITERATUR REVIEW**

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**Abstrak**

**Latar Belakang :** Penderita penyakit ginjal kronik akan mengalami penurunan kadar hemoglobin, gangguan kardiovaskuler, gangguan kulit, gangguan system syaraf dan gangguan gastrointestinal berupa mual-muntah dan kehilangan nafsu makan. Sehingga dapat menyebabkan perubahan asupan pada pasien dan berisiko terjadinya malnutrisi. Penatalaksanaan gizi yang benar dan tepat sangat dibutuhkan agar status gizi pasien baik. Kepatuhan diet pada penderita penyakit ginjal kronik merupakan hal yang perlu diperhatikan, karena jika pasien gagal ginjal kronik tidak patuh diet akan terjadi penumpukan zat-zat hasil metabolisme dalam darah dan dapat menyebabkan penderita mengalami penurunan status gizi

**Metode :** Metode pengumpulan data penelitian ini adalah studi pustaka. Metode yang akan digunakan untuk pengkajian ini adalah studi literatur. Data yang diperoleh dikompulsi, dianalisis, dan disimpulkan sehingga mendapatkan kesimpulan mengenai studi literatur.

**Kesimpulan :** Tidak ada pengaruh kepatuhan diet terhadap status gizi pasien penyakit ginjal kronik (*Chronic Kidney Disease*) yang menjalani hemodialisis. Status gizi pada pasien hemodialisis tidak hanya dipengaruhi oleh kepatuhan diet pasien saja, tetapi banyak faktor.

**Kata Kunci :** Kepatuhan diet, status gizi, penyakit ginjal kronik, hemodialisis

# **EFFECT OF DIET COMPLIANCE ON THE NUTRITIONAL STATUS OF THE PATIENT CHRONIC KIDNEY DISEASE (CHRONIC KIDNEY DISEASE) THOSE WHO DO HEMODIALYSIS**

## **LITERATUR REVIEW**

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### **Abstract**

Patients with chronic kidney disease will experience a decrease in hemoglobin, cardio disorders, skin disorders, nervous system and gastrointestinal disorders in the form of nausea, vomiting and loss of appetite. So that it can cause changes in the patient's intake and risk of malnutrition. Correct and appropriate nutritional management is needed so that the nutritional status of the patient is good. Dietary compliance in patients with chronic kidney disease is something that needs to be considered, because if chronic kidney failure does not comply with the diet there will be changes in the metabolic products in the blood and can cause the patient to experience a decrease in nutritional status.

The data collection method of this research is literature study. The method that will be used for this study is a literature study. The data obtained were compiled, analyzed, and opened in order to obtain library research.

There is no effect of dietary compliance on the nutritional status of chronic kidney disease (Chronic Kidney Disease) patients undergoing hemodialysis. Nutritional status in hemodialysis patients is not only influenced by the patient's dietary compliance factor, but many people.

**Keywords: Dietary compliance, nutritional status, chronic kidney disease, hemodialysis**