BAB 6
SIMPULAN DAN SARAN

6.1. Kesimpulan

Penelitian tentang Pengaruh *Exercise* Intradialisis terhadap Adekuasi Hemodialisis dilaksanakan selama delapan minggu. Jumlah responden penelitian 64 pasien hemodialisis yang terdiri dari 48 orang (75%) kelompok intervensi *exercise* intradialisis dan 16 orang (25%) kelompok kontrol.

Berdasarkan hasil penelitian dapat disimpulkan bahwa :

1. Karakteristik responden pada kelompok intervensi *exercise intradialysis* adalah sebagai berikut : Usia 20 – 40 tahun 22,9%, 41 – 65 tahun 66,7%, dan >65 tahun 10,4%; Jenis kelamin laki-laki 64,6%, perempuan 35,4%; Nilai BMI normal 52,1%, gemuk 13,3%, obesitas 16,7%. Sedangkan pada kelompok kontrol usia 20 – 40 tahun 6,3%, 41 – 65 tahun 81,3%, dan >65 tahun 12,5%; Jenis kelamin laki-laki 75%, perempuan 25%; Nilai BMI normal 56,3%, gemuk 25%, dan obesitas 18,8%.
2. Rata-rata asupan cairan 715,54±79,80cc/hari pada kelompok intervensi dan 795,73±55,11cc/hari pada kelompok kontrol; Rata-rata lama *exercise* interdialisis 22,77±6,29 menit/hari pada kelompok intervensi dan 20,36±6,43 menit/hari pada kelompok kontrol; Rata-rata selisih berat badan sebelum hemodialisis dan setelah hemodialisis periode sebelumnya 3,04±1,21 kilogram pada kelompok intevensi dan 2,78±0,91 kilogram pada kelompok kontrol; Rata-rata level ureum 167,17±50,58 mg/dl pada kelompok intervensi dan 169±36,62 mg/dl pada kelompok kontrol; Rata-rata tekanan darah sistolik intradialisis 150,99±24,15 mmHg pada kelompok intervensi dan 165,04±26,07 mmHg pada kelompok kontrol; Rata-rata tekanan darah diastolik intradialisis 87,13±13,56 mmHg pada kelompok intervensi dan 89,91±12,52 mmHg pada kelompok kontrol; Rata-rata tekanan darah sistolik

pasca dialisis 152,63±27,91 mmHg pada kelompok intervensi dan 168,88±30,81; Rata-rata tekanan darah diastolik pasca dialisis 87,33±13,16 mmHg pada kelompok intervensi dan 88,5±13,07 mmHg pada kelompok kontrol; dan rata-rata frekuensi nadi 83,89±11,60x/mt pada kelompok intervensi dan 79,81±11,74x/mt pada kelompok kontrol.

3. Berat badan pada kelompok intervensi sesudah *exercise* intradialisis 1,6±0,98 kilogram, level ureum 135,44±41,74 mg/dl, tekanan darah diastolik intradialisis 86,61±9,98 mmHg, secara statistik berbeda pada α 5% dibandingkan sebelum *exercise* dengan berat badan 3,04±1,21kilogram, level ureum 167,17±50,58, dan tekanan darah diastolik intradialisis 87,13±13,56. Sedangkan indikator lain yang meliputi tekanan darah sistolik intradialisis, tekanan darah sistolik pasca dialisis, tekanan darah diastolik pasca dialisis, secara statistik tidak berbeda.
4. Berat badan, level ureum, dan nadi kelompok intervensi secara statistik juga berbeda pada α 5% dengan kelompok kontrol pada berat badan 2,98±0,95, level ureum 164,43±40,17, dan nadi 76,25±8,36. Sedangkan indikator lain yang meliputi tekanan darah intradialisis dan tekanan darah pasca dialisis secara statistik tidak berbeda.
5. Variabel utama *exercise* intradialisis secara statistik berpengaruh pada α 5% terhadap berat badan (p=0,000) dan level ureum (p=0,043), namun tidak berpengaruh terhadap tekanan darah intradialisis, tekanan darah pasca dialisis, dan nadi.
6. Secara parsial konfonding variabel usia secara statistik berpengaruh terhadap adekuasi hemodialisis yaitu tekanan darah diastolik intradialisis (p=0,003) dan BMI pada tekanan darah sistolik pasca dialisis (p=0,029). Sedangkan pada indikator lain tidak berpengaruh. Demikian pula konfonding faktor variabel lain yang meliputi jenis kelamin,asupan cairan, dan *exercise* interdialisis tidak berpengaruh terhadap indikator adekuasi hemodialisis.

7. Secara simultan variabel utama *exercise* intradialisis dan konfonding variabel secara statistik berpengaruh pada α 5% terhadap adekuasi hemodialisis yaitu berat badan (p=0,002), sedangkan pada indikator adekuasi yang lain tidak berpengaruh.

6.2. Saran

1. *Exercise* intradialisis terbukti efektif meningkatkan adekuasi hemodialisis yaitu penurunan berat badan, oleh karena itu sebaiknya institusi rumah sakit memperkenalkan *exercise* intradialisis dimulai dengan melakukan sosialisasi, pelatihan bagi para perawat hemodialisis hingga membuat kebijakan sehingga tindakan *exercise* intradialisis dapat diterapkan di unit hemodialisa sebagai tindakan mandiri perawat.
2. Disarankan melakukan penelitian lanjut tentang adekuasi hemodialisis dengan melibatkan faktor – faktor yang belum dikendalikan dalam penelitian ini yaitu dosis hemodialisis, lama waktu *exercise* yang lebih dari delapan minggu, jenis *exercise*, tingkat kecemasan pasien hemodialisis, dan penelitian lanjut tentang pengaruh *exercise* intradialisis terhadap kualitas hidup pasien hemodialisis.

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