

PENGARUH *INTRADIALYTIC EXERCISE* TERHADAP *FATIGUE* PADA PASIEN HEMODIALISA : *LITERATURE REVIEW*

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INTISARI

Gagal ginjal kronik merupakan masalah kesehatan masyarakat multidimensi di berbagai negara dengan prevalensi yang semakin meningkat di tiap tahunnya. Hemodialisa merupakan terapi pengganti fungsi ginjal dalam hal membersihkan darah dan produk sisa dimana hemodialisa harus dilakukan sepanjang hidup hingga menerima transplantasi ginjal yang baru. Sebanyak 70%-90% individu dengan kasus gagal ginjal kronik yang menjalani hemodialisa mengeluhkan *fatigue*. Keluhan *fatigue* pada pasien gagal ginjal yang menjalani hemodialisa tidak bisa dipandang sebelah mata. *Fatigue* yang berlebih pada pasien dapat menyebabkan komplikasi berkepanjangan serta mempengaruhi kualitas hidup. Metode penelitian ini menggunakan teknik *literature review*. Pengumpulan data dilakukan melalui penelusuran di internet menggunakan *Google Scholar*, *PubMed*, dan *Proquest* dengan kata kunci *intradialytic exercise*, *fatigue*, dan *hemodialysis*. Hasil pencarian dengan kata kunci yang dimasukkan adalah 2.449 jurnal penelitian. Selanjutnya dilakukan proses *skinning* dan didapatkan 10 jurnal yang sesuai dengan kriteria inklusi. Dari hasil *review* secara keseluruhan, *intradialytic exercise* berpengaruh terhadap level *fatigue*. Selain itu, *intradialytic exercise* juga memberikan dampak terhadap peningkatan aktifitas fisik, perbaikan tekanan darah dan serum elektrolit, perbaikan kualitas hidup serta peningkatan kualitas tidur. Dalam penerapannya *intradialytic exercise* terbukti efektif dan sederhana untuk dilakukan dalam mengatasi keluhan pasien yang menjalani hemodialisa serta tidak membutuhkan biaya tambahan. Beberapa jenis *intradialytic exercise* yang dapat digunakan adalah *Qigong Training*, *Deep Breathing Exercise*, *Leg Ergometry Exercise*, *Intradialytic Acute Therapeutic Exercise (I-ACETD)*, *Strengthening Exercise*, *Regular Flexibility*, *Range of Motion Exercise*.

Kata Kunci : latihan intradialisis, kelelahan, hemodialisa

IMPACT OF INTRADIALYTIC EXERCISE ON FATIGUE IN PATIENT WITH HEMODIALYSIS : LITERATURE REVIEW

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ABSTRACT

Chronic kidney failure is a multidimensional health problem in various countries with increasing prevalence in every years. Hemodialysis is a recovery therapy that functions in the blood. Hemodialysis must be carried out throughout life until receive a new kidney transplant. As many as 70% - 90% of patients with chronic kidney failure complain of fatigue in hemodialysis. Complaints of fatigue in patients with kidney failure in hemodialysis cannot be ignored. Excessive fatigue in patients can cause prolonged complications and affect quality of life. This research method uses a literature review technique. Data collection through research on the internet using Google Scholar, PubMed, and Proquest with key words intradialytic exercise, fatigue, and hemodialysis. The results with the keywords entered were 2,449 research journals. Then do the screening process and get 10 journals are in accordance with the criteria of discussion. From the results of a review, intradialytic exercises has an impact to the level of fatigue. In addition, intradialytic exercise also provides an increase physical improvement, increased blood pressure and serum electrolytes, improved quality of life and improved sleep quality. In applying intrdialytic exercises, it is proven effective and simple to do in dealing with complaints of patients who need hemodialysis and do not require additional costs. Some types of intradialitic exercises that can be used are Qigong Training, Deep Breathing Exercises, Leg Ergometry Exercises, Intradialitic Acute Therapy Exercises (I-ACETD), Strengthening Exercises, Regular Flexibility, Range of Motion Exercises.

Keywords: intradialytic exercise, fatigue, hemodialysis