

## INTISARI

**Latar Belakang :** Penyakit gagal ginjal merupakan penyakit dengan salah satu terapinya yaitu hemodialisis. Menurut data unit hemodialisis RSUD dr. Doris Sylvanus Provinsi Kalimantan Tengah sebanyak 160 orang yang menjalani hemodialisis pada tahun 2024. Terapi Hemodialisis dapat membuat penderita mengalami malnutrisi akibat dari sindrom uremia yang menyebabkan hubungan antara asupan protein dan asupan kalium penderita. **Tujuan :** Penelitian ini bertujuan untuk mengetahui asupan protein dan kalium pada penderita gagal ginjal kronik yang menjalani hemodialisis frekuensi yang berbeda di RSUD dr. Doris Sylvanus Provinsi Kalimantan Tengah. **Metode penelitian :** Penelitian ini dilaksanakan pada tanggal 12 Maret – 17 April 2024 di ruang hemodialisis RSUD dr. Doris Slyvanus Provinsi Kalimantan Tengah. Data langsung diambil dari *food record* 2x 24 jam dan juga wawancara dengan jumlah sampel 10 melalui *purposive sampling* dan dijabarkan secara deskriptif. **Hasil :** Pada penelitian ini sampel memiliki frekuensi hemodialisis 1 kali dan 2 kali dalam seminggu, sampel terbanyak menunjukkan usia 50-65 tahun (60%) dan berjenis kelamin perempuan (60%) dengan hasil asupan protein dan asupan kalium rata-rata defisit antara responden hemodialisis 1 kali dan 2 kali dalam seminggu disebabkan oleh dianjurkan dokter untuk membatasi protein serta kalium tetapi tidak mengetahui berapa kebutuhan yang diperlukan oleh responden. **Kesimpulan :** Asupan protein dan asupan kalium pada responden yang menjalani hemodialisis 1x dan 2x seminggu pada tingkat asupan defisit.

Xiv +51 lembar : 2024, 8 tabel, 1 gambar

**Daftar Pustaka** : 30 buah (2017-2023)

**Kata Kunci** : Hemodialisis, gagal ginjal, protein, kalium

## ABSTRACT

**Background:** Kidney failure is a disease with one of its hemodialysis treatments. According to data on Dr. Doris sylvanus central kalimantan's hemodialysis unit as many as 160 people had hemodialysis in 2024. Hemodialysis therapy can lead to malnutrition from uremia syndrome that leads to a relationship between protein intake and potassium intake. **Objective:** The study aims to find protein and potassium intake in chronic renal failure sufferers who have a different frequency hemodialysis in the central kalimantan province. **Research methods:** This research was carried out on March 12 – April 17, 2024 in the hemodialysis room of RSUD dr. Doris Slyvanus, Central Kalimantan Province. Direct data was taken from food records 2x 24 hours and also interviews with a sample number of 10 through purposive sampling and described descriptively. **Results:** In this study the sample had a hemodialysis frequency 1 time and 2 times a week, the most samples showed the age of 50-65 years (60%) and female (60%) with the results of protein intake and potassium intake the average deficit between hemodialysis respondents 1 time and 2 times a week was caused by the doctor's recommendation to limit protein and potassium but did not know how much the needs were needed by respondents. **Conclusions:** Protein intake and potassium intake in respondents undergoing hemodialysis 1x and 2x a week at deficit intake levels.

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**References** : 30 (2017-2023)

**Keywords** : hemodialysis, chronic kidney, protein, potassium