

Pengaruh latihan fisik saat hemodialisis terhadap kadar ureum dan kreatinin pada pasien Penyakit Ginjal Tahap Akhir (PGTA) di RSUD Dr. Achmad Mochtar Bukittinggi = Effect of physical exercise during hemodialysis on levels of urea and creatinine in patients with end stage renal disease at RSUD Dr. Achmad Mochtar Bukittinggi

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Abstrak

Latihan fisik saat hemodialisis dapat meningkatkan sirkulasi sehingga proses difusi ureum dan kreatinin dari ekstrasvaskuler terutama di otot menuju ke intravaskuler semakin meningkat. Penelitian ini bertujuan untuk mengetahui pengaruh latihan fisik saat hemodialisis terhadap kadar ureum dan kreatinin, dimana desain penelitian ini menggunakan pre test - post test without control dengan jumlah sampel 31 responden. Pengaruh latihan fisik saat hemodialisis terhadap kadar ureum dan kreatinin diuji dengan paired t-test. Rata - rata kadar ureum sebelum latihan fisik 46,84 mg/dl dengan standar deviasi 14,94. Kadar ureum sesudah latihan fisik sebesar 43,23 mg/dl dengan standar deviasi 15,05. Sedangkan rata - rata kadar kreatinin sebelum latihan 4,4 mg/dl dengan standar deviasi 1,49 dan rata - rata kreatinin sesudah latihan sebesar 4,15 mg/dl. Hasil uji statistik menunjukkan ada perbedaan yang signifikan antara kadar ureum dan kreatinin sebelum dan sesudah latihan fisik nilai  $p = 0,000$ . Hasil penelitian ini dapat dijadikan dasar untuk melakukan penelitian lebih lanjut dengan desain penelitian yang berbeda untuk melihat faktor - faktor lain yang mempengaruhi penurunan kadar ureum dan kreatinin setelah diberi latihan fisik.

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Exercise during hemodialysis can improve circulation, so the process of diffusion of urea and creatinine from extravascular especially in muscles leading to intravascular can be increased. This study aimed to determine the effect of physical exercise during hemodialysis on urea and creatinine levels. The design was pretest - post test without control with 31 respondents. Effect of physical exercise during hemodialysis on urea and creatinine levels were tested by paired t-test. Mean urea levels before physical exercise was 46.84 mg / dl, with a standard deviation of 14.94. Urea levels after exercise was 43.23 mg / dl with a standard deviation of 15.05. Mean creatinine levels before exercise 4.4 mg / dl with a standard deviation of 1.49 and mean creatinine after exercise of 4.15 mg / dl. Statistical test results showed a significant difference between urea and creatinine levels before and after physical exercise with  $p$  value = 0.000. This result could be used as a basis for further research with different research designs looking for other factors affecting the decreased levels of urea and creatinine after being given physical exercise.