

Peran latihan fisik intradialitik terhadap kapasitas fisik, inflamasi, dan status nutrisi pasien hemodialisis dua kali seminggu = The role of intradialytic exercise in physical capacity, inflammation, and nutritional status of twice-a-week dialysis patients

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Abstrak

Latar Belakang: Pasien hemodialisis HD memiliki tingkat aktivitas yang rendah sehingga menurunkan kualitas hidup dan meningkatkan kematian. Inaktivitas pada pasien HD dipengaruhi inflamasi kronik dan malnutrisi. Latihan fisik intradialitik adalah upaya untuk meningkatkan kapasitas fisik, menurunkan tingkat inflamasi, dan memperbaiki status nutrisi. Belum diketahui peran latihan fisik intradialitik pada pasien HD dua kali seminggu. Tujuan: Mengetahui peran latihan fisik intradialitik dua kali seminggu terhadap kapasitas fisik, inflamasi, dan status nutrisi serta mengetahui jenis latihan fisik yang lebih baik untuk pasien HD dua kali seminggu. Metode: Penelitian uji klinis terbuka terhadap pasien HD rutin RSUPN Dr. Cipto Mangunkusumo Jakarta berusia lebih dari 18 tahun dan menjalani HD minimal 3 bulan. Subjek dikelompokkan secara acak menjadi 3 kelompok, yaitu kelompok kontrol, latihan aerobik, dan latihan kombinasi aerobik dan resistensi. Latihan fisik intradialitik dilakukan selama 12 minggu. Luaran yang dinilai adalah massa otot, kekuatan otot, performa fisik, hsCRP, skor malnutrisi inflamasi dan indeks kualitas hidup. Analisis data menggunakan uji T tidak berpasangan untuk data yang terdistribusi normal dan Mann-Whitney untuk data terdistribusi tidak normal. Hasil: Randomisasi dilakukan terhadap 123 pasien yang memenuhi kriteria. Sebesar 55 laki-laki dengan rerata durasi HD 48 4-240 bulan. Rerata IMT laki-laki 22.53 SB 4.43 kg/m² dan perempuan 24.34 SB 4.91 kg/m². Status nutrisi 63.4 subjek kategori baik dengan 56.9 termasuk kategori inaktif. Terdapat peningkatan signifikan p<hr />Background Hemodialysis HD patient has low physical activity. This contributes to decreased quality of life and increased mortality. Inactivity is also associated with chronic inflammation and malnutrition. Intradialytic exercise is an effort to prevent these conditions. There is still lack of evidence about the role of intradialytic exercise of twice a week dialysis patients Objective To determine the role of intradialytic exercise in physical capacity, inflammation, and nutritional status of dialysis patients, as well as to determine which type of physical activity is more appropriate for twice a week HD patients. Methods This is a randomized clinical trial of maintenance HD patients aged over 18 years who have undergone routine dialysis for over 3 months in RSUPN Dr. Cipto Mangunkusumo Jakarta. Subjects were randomly assigned into 3 groups, namely control, aerobic exercise, and combination of aerobic and resistance exercise. After 12 weeks, the measured outcomes were muscle mass, muscle strength, physical performance, hsCRP, Malnutrition Inflammation Score MIS, and quality of life. Data were analyzed using independent t test for normally distributed data or Mann Whitney for abnormally distributed data. Results One hundred and twenty three patients who fulfil study criteria were randomized. About 55 subjects were men and mean of dialysis vintage was 48 4 240 months. Mean of BMI was 22.53 SD 4.43 kg m² for men and 24.34 SD 4.91 kg m² for women. About 63.4 patients were categorized as well nourished and 56.9 patients were inactive. There was significant increase p