

ABSTRACT

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FACTORS RELATED WITH CHRONIC KIDNEY DISEASE IN THE HEMODIALYSIS UNIT OF RSUD 45 KUNINGAN, WEST JAVA

Chronic kidney disease (CKD) is a progressive kidney function disorder that causes metabolic instability resulting in accumulation of waste, fluids and toxins in the body. In Indonesia, the prevalence of chronic kidney disease has doubled in 2018. The purpose of this study was to analyze the risk factors associated with chronic kidney disease in the Hemodialysis Unit of RSUD 45 Kuningan. This research used a case control design. The research sample consisted of 124 people (62 cases and 62 controls). The case sample was an outpatient diagnosed with CKD and undergoing hemodialysis. The control sample was outpatients who were not diagnosed with CKD. Samples in case group were taken by the Accidental Sampling and samples in control group were taken by Purposive Sampling. The independent variables in this study were history of hypertension, history of diabetes mellitus, obesity, history of herbal medicines consumption, and history of energy supplement drinks consumption. Data was taken using a questionnaire instrument. Data analysis consisted of univariate analysis and bivariate analysis using the chi-square test. The results of the bivariate analysis showed that the variables associated with CKD were history of hypertension (OR=3.87; 95% CI=1.829-8.190; p value=0.001), history of diabetes mellitus (OR=2.968; 95% CI=1.132-7.786; p value=0.041), obesity (OR=2.531; 95% CI=1.223-5.236; p value=0.019); and history of energy supplement drinks consumption (OR=5; 95%CI=1.810-13.812; p value=0.004). Meanwhile, an unrelated variable was history of herbal medicine consumption. Therefore, it is hoped that people can create a healthy lifestyle to avoid chronic kidney disease.

Keywords: risk factors, chronic kidney disease, hypertension, diabetes mellitus, obesity energy supplement drinks

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