

INTRADIALYSIS EXERCISE INCREASING THE HEMODIALYSIS ADEQUACY ON CHRONIC KIDNEY DISEASE PATIENTS

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ABSTRACT

Introduction: Hemodialysis is treatment to replace the excretion function of kidney, a live saving treatment for patient with chronic kidney disease (CKD) at the end stage condition of kidney disease. The effectiveness of hemodialysis in giving back the oxygenated blood in to the body is called as hemodialysis adequacy. Intradialysis Exercise is an alternative intervention to increase hemodialysis adequacy. This study was purposed to examine the effect of Intradialysis Exercise in increasing the hemodialysis adequacy in terms of : body weigth, ureum level, intradialysis blood pressure, post dialysis blood pressure and pulse . **Method:** This research was a quasy - experimental study with pre-post test design. Using simple random sampling technique, 64 eligible hemodialysis patient at DR. Pirngadi Medan Hospital were recruited as the participants. The number of the participants was then devided into 16 patients for control group and 48 patients for intervention group. The Intradialysis Exercises were given for eight weeks. The statistic methods used to analyzed the data was t-test and multiple regression. **Result:** The results of the study identified that the Intradialysis Excercise was influencing hemodialysis adequacy in decreasing body weight ($p=0,000$), and ureum level ($p=0,043$), but there was no significant effect on intra and post dialysis blood pressure and pulse ($p>0,05$). Intradialysis Exercise in accordance with age, gender, BMI, fluid intake were significantly interfere body weight ($p=0,002$), but not for the ureum level, intra and post dialysis blood pressure and pulse ($p>0,05$). **Discussion:** There was a significant effect of Intradialysis Exercise in increasing hemodialysis adequacy. This study recommended to introduce the Intradialysis Exercise as a method of an independent nursing intervention in hemodialysis unit through sosialition, training and a policy.

Key words : hemodialysis; hemodialysis adequacy; intradialysis exercise; chronic kidney disease