

ABSTRAK

Angka kejadian penyakit ginjal kronik masih tergolong tinggi yaitu sebesar 252.124.458 jiwa, dengan pasien aktif hemodialisis sebesar 132.142 orang. Penatalaksanaan pada pasien hemodialisis yaitu dengan cara *self care management* berdasarkan aspek pengaturan diet, pembatasan cairan, pengobatan, dan akses vaskuler. Penelitian ini bertujuan untuk mengetahui gambaran *self care management* pada pasien hemodialisis di Rumah Sakit Al-Ihsan Baleendah Kabupaten Bandung.

Jenis penelitian ini adalah deskriptif. Populasi yaitu semua pasien yang aktif menjalankan hemodialisis di RSUD Al-Ihsan periode Januari-Juni sebanyak 180 orang. Sampel berjumlah 65 orang, diambil secara *purposive sampling*. Instrumen yang digunakan yaitu instrument *hemodialysis patients self care management scale*. Analisis data menggunakan analisis univariat.

Hasil penelitian diperoleh sebagian besar pasien hemodialisis (55.4%) pelaksanaan *self care managemen* kategori tinggi.

Hasil penelitian menunjukkan bahwa *self care managemet* pada pasien hemodialisis dengan tingkat sedang, oleh karena itu perlunya upaya peningkatan penyuluhan-penyuluhan tentang penatalaksanaan hemodialisis terhadap pasien, agar dengan informasi yang banyak dan tingkat pemahaman pasien tinggi tentang penatalaksanaan hemodialisis yang harus dilakukan oleh pasien maka dapat meningkat juga *self care managemet* yang dilakukan oleh pasien.

Kata Kunci : Hemodialisis, Pasien, *Self Care Management*

Kepustakaan : 9 Buku (2016-2021)

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ABSTRACT

The incidence of chronic kidney disease is still relatively high at 252,124,458 people, with active hemodialysis patients of 132,142 people. Management in hemodialysis patients is by means of self-care management based on aspects of dietary regulation, fluid restriction, treatment, and vascular access. This study aims to determine the picture of self-care management in hemodialysis patients at Al-Ihsan Baleendah Hospital, Bandung Regency.

This type of research is descriptive. The population, namely all patients who are actively undergoing hemodialysis at Al-Ihsan Hospital for the January-June period, is 180 people. The sample was 65 people, taken by purposive sampling. The instrument used is the hemodialysis patients self care management scale instrument. Data analysis using univariate analysis.

The results of the study obtained most hemodialysis patients (55.4%) implementation of self-care management of the high category.

The results showed that self-care management in hemodialysis patients with moderate levels, therefore the need for efforts to increase counseling on hemodialysis management of patients, so that with a lot of information and a high level of patient understanding of hemodialysis management that must be done by patients, it can also increase self-care management carried out by patients.

Keywords : Hemodialysis, Patients, Self Care Management

Bibliography : 9 Books (2016-2021)

11 Journals (2016-2020)