

ABSTRAK

ASSOCIATION PROTEIN INTAKE, COPPER INTAKE, AND SLEEP QUALITY WITH HEMOGLOBIN LEVELS IN HEMODIALYSIS PATIENTS WITH CHRONIC KIDNEY DISEASE AT Ir. SOEKARNO HOSPITAL, SUKOHARJO REGENCY

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Changed to chronic kidney disease changed to reduced kidney function, and changed to could cause anemia. Hemodialysis changed to was catabolic process in which amino acids are excreted through dialysis and protein synthesis is decreased which can reduce hemoglobin levels. In addition, factors that could affect both high and low hemoglobin levels included macronutrient intake such as protein, micronutrient intake, such as copper, and sleep quality. The purpose of this study was to analyze the association protein intake, copper, and sleep quality with hemoglobin levels in hemodialysis chronic renal disease patients at Ir. Soekarno Hospital, Sukoharjo Regency. This study used a cross-sectional design with purposive sampling technique. The number of samples used was 40 patients undergoing HD twice/week. The instrument used to measure protein and copper intake was the SQ-FFQ (semi-quantitative food frequency questionnaire). Sleep quality was assessed using the Pittsburgh Sleep Quality Index (PSQI) questionnaire. Correlation analysis was conducted using the Pearson test. The showed a significant relationship between protein intake and hemoglobin (p-value = 0.001), sleep quality and Hb (p-value = 0.001) However, there was no significant association copper intake and hemoglobin levels with hemoglobin of (p-value = 0.374). Conclusion there is a significant association protein intake and sleep quality with hemoglobin levels, but there is no association copper intake and hemoglobin levels in hemodialysis chronic kidney disease patients at Ir. Soekarno Hospital, Sukoharjo Regency.

Keywords: Chronic Kidney Disease, Copper, Hemoglobin, Protein intake Sleep quality.