

ABSTRACT

Nella Windalia Putri, 2023. Study of Protein Intake Before and After Hemodialysis with Creatinine Levels and BUN Levels in Chronic Kidney Failure (CKD) Patients at dr.R.Koesma General Hospital, Tuban. Scientific Writing, D-III Nutrition Study Program, Health Polytechnic Ministry of Health Malang.

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Background: Chronic Kidney Disease (CKD) is a pathophysiological process that causes a decrease in kidney function. Based on data from Basic Health Research (Riskesdas) in 2013 the prevalence of CKD in Indonesia with a population aged \geq 15 years who were diagnosed with CKD. BUN and creatinine levels in patients with chronic kidney failure show a prevalence of 82.7%, this shows that the prevalence of cases of chronic kidney failure is still quite high. The recommendation to consume protein should be 50% derived from protein with high biological value because it contains more complete essential amino acids. So patients with chronic kidney failure must pay attention to their protein intake, so as not to give the kidneys a harder job to filter some of the protein that enters the body through food.

Method: This type of research was observational using the case study research method, conducted on April 28-May 10 2023 at the Hemodialysis Installation of dr.R. Tuban coesma. The sample size studied was 3 respondents who were diagnosed with CKD and underwent outpatient hemodialysis using purposive random sampling technique. The data taken were in the form of characteristics, protein intake data, creatinine level data, BUN level data. **Results:** The average level of protein intake before hemodialysis is 0.5 g/KgBB/day, this value is still below the standard used by Dr.R.Koesma Tuban General Hospital and still under Pernefri's recommendations. The average level of protein intake after hemodialysis is 0.8 g/KgBB/day, this value is still below the standard used by Dr.R.Koesma Tuban General Hospital and still under Pernefri's recommendation. All respondents have optimal creatinine levels. All respondents had BUN levels that exceeded normal BUN levels. **Conclusion:** The average protein intake before and after hemodialysis is still in the low category. The average creatinine level of the respondents shows the optimal creatinine level. The average BUN level for respondents showed BUN levels that exceeded normal BUN levels.

Keywords: CKD, Protein Intake, Hemodialysis, Creatinine Levels, BUN Levels.