THE CORRELATION OF FLUID RESTRICTION ADHERENCE AND *INTERDIALYTIC WEIGHT GAIN* IN CHRONIC KIDNEY DISEASE PATIENTS UNDERGOING HEMODIALYSIS AT RSUD NGUDI WALUYO WLINGI

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ABSTRACT

Introduction: Chronic kidney disease is a global health problem that requires long-term hemodialysis therapy. Adherence to fluid restriction is an important aspect in preventing fluid overload, which is reflected by *Interdialytic Weight Gain* (IDWG). Uncontrolled IDWG may increase the risk of complications; therefore, monitoring adherence to fluid restriction is crucial. This study aimed to determine the relationship between adherence to fluid restriction and IDWG among patients with chronic kidney disease undergoing hemodialysis at RSUD Ngudi Waluyo Wlingi.. **Methods:** This study employed a quantitative method with a cross-sectional design. A total of 83 respondents were selected using a simple random sampling technique. Bivariate analysis was conducted using the Spearman Rank correlation test. **Results:** Most respondents were in middle adulthood and had undergone hemodialysis for more than two years. The majority of respondents demonstrated a moderately adherent level of fluid restriction, with an average IDWG in the moderate category. The bivariate analysis showed a correlation coefficient of $r = -0.974$ with $p < 0.001$, indicating a very strong relationship between adherence to fluid restriction and IDWG, in which lower adherence was associated with higher IDWG. **Discussion:** Increased IDWG is also influenced by excessive salt intake, as sodium has osmotic properties that promote fluid retention and increase thirst. In addition, an imbalance between fluid intake and output contributes to fluid retention, thereby increasing IDWG.

Keywords: Fluid Restriction Adherence, IDWG, Hemodialysis