

The Relationship Between Protein Intake and Hemodialysis Frequency with Serum Creatinine Levels in Chronic Kidney Disease Patients at RSU Kaliwates Jember

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ABSTRACT

Chronic kidney failure is a condition caused by the progressive decline in the kidneys' ability to maintain the body's balance. One of the indicators for diagnosing chronic kidney failure patients need to undergo hemodialysis therapy is by measuring the creatinine levels. According to the 2023 Indonesian Health Survey (SKI), the prevalence of individuals who have ever undergone dialysis due to chronic kidney disease in Indonesia in 2023 is 21.1%. The prevalence of chronic kidney disease in East Java Province in 2023 is 0.12% of the total population of East Java Province. RSU Kaliwates Jember, as one of the hospitals with hemodialysis services, experienced a significant increase of 23% from 2022 to 2023. The purpose of this study is to determine the relationship between protein intake and the frequency of hemodialysis with the creatinine levels of chronic kidney failure patients at RSU Kaliwates Jember. The type of this research is observational analytic with a cross-sectional study design. The subjects in this study were 45 individuals selected using purposive sampling, and data collection was conducted using a subject identity instrument and a 1x24-hour food recall questionnaire administered twice. The normality test of the data used the Shapiro Wilk test. Bivariate analysis uses the Pearson correlation test for normally distributed data and the Spearman correlation test for non-normally distributed data. The research results show that 86.7% had insufficient protein intake, 95.6% underwent hemodialysis frequency of 2 times/week, and 100% had high creatinine levels. The conclusion of this study is that there is no relationship between protein intake and the creatinine levels of chronic kidney failure patients at RSU Kaliwates Jember, and there is no relationship between the frequency of hemodialysis and the creatinine levels of chronic kidney failure patients at RSU Kaliwates Jember.

Keyword: *Chronic Kidney Failure, Creatinine Levels, Hemodialysis Frequency, Protein Intake*