

***The Effect of Nutrition Counseling Using Pocket Book and Electronic Leaflet
Media on Knowledge and Sodium Intake in Hemodialysis Patients
(Study at Kaliwates General Hospital Jember)***

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ABSTRACT

Chronic kidney disease is a progressive and irreversible kidney function disorder in which the body fails to maintain metabolism and fluid and electrolyte balance. Nutritional counseling is a series of activities between clients and counselors to improve nutrition based on healthy behavior and attitudes toward the body. Nutritional counseling is carried out with the help of pocket books and e-leaflets. This study aims to determine the effect of nutritional counseling with pocket books and e-leaflets on knowledge and sodium intake in hemodialysis patients. The type of research used is a quasi-experimental design with a pre-test and post-test group design. Respondents numbered 36 subjects with each group consisting of 18 subjects. Nutritional counseling was carried out in 3 meetings. Data collection was carried out for 4 weeks. Data analysis was carried out using the Mann-Whitney test and the Wilcoxon test. The result of the data analysis of knowledge and sodium intake before nutritional counseling between groups showed no significant differences with values ($p=0,163$) for knowledge and ($p=0,133$) for sodium intake. The results of the data analysis of knowledge between groups after nutritional counseling showed no significant differences in values ($p=0,058$). Sodium intake between groups after nutritional counseling showed a significant difference with value ($p=0,012$). Knowledge before and after nutritional counseling in the pocket book group and e-leaflet group did not differ significantly ($p=0,655$) for the pocket book group and ($p=0,414$) for the e-leaflet group. Sodium intake before and after nutritional counseling in the e-leaflet and pocket book groups did not differ significantly ($p=0,705$) for the pocket book group and ($p=0,083$) for the e-leaflet group.

Keywords: *Sodium intake, chronic kidney disease, hemodialysis, nutritional counseling, knowledge*