

***The Effect of Nutrition Counseling Using Pocket Book and E-leaflet Media on Diet Compliance and Protein Intake in Hemodialysis Patients  
(Study at Kaliwates General Hospital, Jember)***

**Sahlimia Malik**  
Program Studi Gizi Klinik  
Jurusan Kesehatan

***ABSTRACT***

*Chronic kidney disease is a health problem that is of global concern with cases of end-stage kidney failure increasing significantly in developing countries such as Indonesia. Chronic kidney disease patients with long-term hemodialysis often experience a decrease in enthusiasm for life which can affect their dietary compliance. Patients with hemodialysis who are not compliant with their diet are more likely to have low knowledge compared to those with high knowledge. Chronic kidney disease patients with hemodialysis often face problems, namely malnutrition which leads to a decline in nutritional status. One of the efforts to improve patient dietary compliance and protein intake is by providing nutritional counseling. The purpose of this study was to determine the effect of nutritional counseling using pocket books and e-leaflets on dietary compliance and protein intake in hemodialysis patients at Kaliwates General Hospital, Jember. The research method used is quasi experimental with the non-randomized control group prepost test design. The number of subjects used is 36 consisting of 18 pocket book groups and 18 e-leaflet groups with a sampling technique using purposive sampling. The data analysis used was the Wilcoxon test and the Mann Whitney test. The results showed that there was no significant effect of nutritional counseling using pocket books and e-leaflets on dietary compliance and protein intake of hemodialysis patients.*

**Keywords:** *Protein Intake, Chronic Kidney Disease, Hemodialysis, Diet Compliance, Nutrition Counseling.*