

**The Difference Levels Of Nutritional Makro And Nutritional Status Before
And After Providing Nutritional Counseling (Studi In Patients With
Chronic Renal Failure With Hemodialysis)**

Rezie Octavianie
Study Program of Clinical Nutrition
Majoring of Health
Program Studi Gizi Klinik
Jurusan Kesehatan

ABSTRACT

Kidney failure is the problem that really big in Indonesia. Providing nutritional counseling is really important for the patient to improve health so that do not make patients always ask about the type of food that must be improved or limited consumption to help healing illness. Food intake is a complex patient behavior, depend on various influences from within and outside the body. This research aims to determine the difference intake level of gizi makro and nutritional status before and after providing nutrditional counseling in patients with chronic renal failure with hemodialysis. The type of research conducted is observational analytics with cross sectional design. This research was carried out on October 10th 2016 - November 17th 2016 in Regional Hospitals Soebandi Jember (x Hospital Jember). Data retrieval using form recall. This research involved 24 respondents. Based on Bivariat analysis that have been tasted with Wilcoxon statistic, on the test of different levels of energy intake before and after providing nutritional counseling obtained value $p = 0,002$ which indicates a significant difference. Then test the difference of energy intake level of protein before and after providing nutritional counseling obtained value $p = 0,238$ which indicates there is no significant difference, test the difference of carbohydrates intake before and after providing nutritional counseling obtained value $p = 0,005$ which indicates a significant difference, and test the difference of nutritional status before and after providing nutritional counseling obtained value $p = 0,317$ which indicates there is no significant difference.

Keywords: *The level of gizi makro, nutritional counseling before and after providing nutritional counseling.*