

**Efek Konseling Terhadap Perubahan Pengetahuan dan Sisa Makanan Pasien Gagal Ginjal Kronik di Ruang Interna RSD dr. Soebandi Jember** (*Counseling Effect for Changes In Knowledge and Food Waste of Chronic Kidney Disease Patients at Interna's Room RSD dr. Soebandi Jember*)

**Fadilla Ayu Sanputri**  
*Program Study Clinical Nutrition*  
*Health Department*

**ABSTRACT**

*Chronic Kidney Disease is in degenerative disease that can be increase and growing. In indonesia, Chronic Kidney disease based on the prevalence of riskesdas ( 2013 ) of 0,2 %, in east java of 0,3 %, according to a medical records RSD dr. Soebandi Jember in january to march was 130 patients. Chronic Kidney disease define downgrade in the functions of the kidney into which lasted for a long time and slowly, so that the rate of filtration the glomerulus less than 25 ml/minute. The purpose of this research to know effect of impact counseling for changes in knowledge and food waste of patients chronic kidney disease at room interna RSD dr. Soebandi Jember. This research method using pre-experimental designs with one group pre-test and post-test, and respondents is 16 people. The results of the analysis obtained there was a difference of knowledge before and after counseling nutrition ( $p = 0.001$  ) and there is no difference of food waste before and after counseling nutrition ( $p = 0,157$  ). The results of this study suggest a need for information and the provision about the treatment of chronic kidney disease to respondents because it is very beneficial for the respondent to change the behavior of respondents.*

**Keywords:** *Counseling, food waste, knowledge*