

ABSTRACT

Description Of Fatigue Level In Chronic Kidney Disease (Ckd) Patients Undergoing Regular Hemodialysis At Tabanan Hospital

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The number of chronic kidney disease (CKD) patients undergoing hemodialysis continues to increase. Fatigue is one of the complaints that often arise in patients undergoing hemodialysis (60-97%). This has a serious impact on the quality of life and daily activities. This study aims to provide an overview of the level of fatigue in CKD patients undergoing regular hemodialysis at Tabanan Hospital. This study used a quantitative descriptive design, involving 151 respondents through purposive sampling techniques. The instrument used was the Functional Assessment of Chronic Illness Therapy-Fatigue (FACIT-F) questionnaire, with data analysis using descriptive and univariate statistics. The results of the study from a total of 151 respondents were obtained with moderate fatigue levels of 78 respondents (51.6%), severe fatigue as many as 41 (27.2%), and mild fatigue as many as 32 (21.2%). Moderate levels of fatigue are thought to be related to biological factors, especially anemia, where low hemoglobin levels lead to reduced oxygen supply to tissues and cause sustained fatigue. In addition, the patient's psychological adaptation to chronic diseases and hemodialysis routines undergone for a long period of time can form a coping mechanism so that the level of fatigue tends to be in the moderate category. Thus, moderate fatigue is a dominant problem in CKD patients undergoing hemodialysis and requires special attention in nursing care.

Keywords: *Chronic Kidney Disease (CKD), Hemodialysis, Fatigue, FACIT-F.*