GAMBARAN KARAKTERISTIK PASIEN PENYAKIT GINJAL KRONIK DENGAN ANEMIA
(RSUP Dr Kariadi Semarang Tahun 2019 – 2023)

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ABSTRAK

Latar belakang: Penyakit Ginjal Kronik (PGK) merupakan masalah kesehatan global yang sering tidak terdeteksi pada tahap awal. Salah satu komplikasi utamanya adalah anemia akibat penurunan produksi eritropoetin, yang berdampak pada kualitas hidup serta meningkatkan morbiditas dan mortalitas. Pemahaman karakteristik klinis dan laboratorium pasien PGK dengan anemia penting untuk menunjang terapi yang tepat.

Tujuan: Mengetahui gambaran karakteristik, usia, jenis kelamin, IMT, derajat anemia, riwayat penyakit, kadar kreatinin, laju filtrasi glomerulus, kadar albumin, kadar ureum, pemeriksaan elektrolit, pemeriksaan urinalisis, pemeriksaan darah lengkap, pemeriksaan zat besi pada pasien penyakit ginjal kronik dengan anemia di RSUP Dr. Kariadi Semarang tahun 2019–2023.

Metode: Penelitian ini merupakan studi observasional deskriptif retrospektif pada 70 pasien penyakit ginjal kronik dengan anemia di RSUP Dr. Kariadi Semarang tahun 2019–2023.

Hasil: Berdasarkan hasil analisis data, sebagian besar pasien penyakit ginjal kronik dengan anemia berada pada rentang usia 41–60 tahun (41,4%), dengan distribusi jenis kelamin seimbang antara laki-laki dan perempuan (50%). Status gizi didominasi oleh pasien dengan IMT normal (50%), dan sebagian besar mengalami anemia derajat sedang (62,9%). Mayoritas pasien memiliki riwayat hipertensi tanpa DM (40 %) dan pasien dengan riwayat DM dan hipertensi (31,4%). Seluruh pasien menunjukkan kadar kreatinin dan ureum yang tinggi (100%), dengan sebagian besar berada pada stadium 5 PGK (94,3%). Kadar albumin rendah (hipoalbuminemia) ditemukan (51,4%) pasien. Pemeriksaan elektrolit menunjukkan natrium normal (52,9%) dan kalium normal (62,9%), namun hipokalsemia (90%) dan hipomagnesemia (87,1%) mendominasi. Hasil urinalisis menunjukkan temuan terbanyak berupa proteinuria 1+ (48,6%), eritrosit urin negatif (68,6%), silinder urin positif (64,3%), dan pH urin normal (74,3%). Jenis anemia terbanyak adalah normositik normokromik (91,4%), dengan sebagian besar pasien memiliki jumlah leukosit (65,7%) dan trombosit (78,6%) dalam batas normal. Berdasarkan status zat besi, *Anemia of Chronic Disease* (ACD) merupakan jenis terbanyak yang ditemukan (87,1%).

Kesimpulan: Sebagian besar pasien penyakit ginjal kronik dengan anemia di RSUP Dr. Kariadi merupakan usia 41-60, distribusi jenis kelamin seimbang dengan status gizi normal. Anemia derajat sedang paling banyak ditemukan. Hampir seluruh pasien berada pada stadium 5 PGK, dengan kondisi azotemia, serta gangguan elektrolit seperti hipokalsemia dan hipomagnesemia. Proteinuria, silindruria, dan anemia normositik normokromik merupakan temuan umum. Mayoritas mengalami *Anemia of Chronic Disease* (ACD) dengan riwayat penyakit terbanyak hipertensi tanpa disertai DM.

Kata Kunci: Penyakit Ginjal Kronik, Anemia, Karakteristik Pasien, Kreatinin, Laju Filtrasi Glomerulus, Albumin, Elektrolit, *Anemia of Chronic Disease* (ACD)

ABSTRACT

Background: Chronic Kidney Disease (CKD) is a global health problem that often goes undetected in its early stages. One of its major complications is anemia due to decreased erythropoietin production, which affects quality of life and increases morbidity and mortality. Understanding the clinical and laboratory characteristics of CKD patients with anemia is important to support appropriate therapy.

Objective: To describe the characteristics including age, sex, BMI, degree of anemia, medical history, creatinine levels, glomerular filtration rate, albumin levels, urea levels, electrolyte examinations, urinalysis, complete blood count, and iron studies in chronic kidney disease patients with anemia at Dr. Kariadi General Hospital Semarang during 2019–2023.

Methods: This study is a retrospective descriptive observational study involving 70 CKD patients with anemia at Dr. Kariadi General Hospital Semarang from 2019 to 2023.

Results: Data analysis showed that most CKD patients with anemia were aged between 41–60 years (41.4%), with an equal distribution of males and females (50%). Nutritional status was dominated by patients with normal BMI (50%), and most had moderate anemia (62.9%). The majority of patients had a history of hypertension without diabetes (40%) and those with both diabetes and hypertension (31.4%). All patients had elevated levels of creatinine and urea (100%), with most in CKD stage 5 (94.3%). Low albumin levels (hypoalbuminemia) were found in 51.4% of patients. Electrolyte tests showed normal sodium (52.9%) and potassium (62.9%) levels, but hypocalcemia (90%) and hypomagnesemia (87.1%) were predominant. Urinalysis showed the most common findings were proteinuria 1+ (48.6%), negative urine erythrocytes (68.6%), positive urine casts (64.3%), and normal urine pH (74.3%). The most common type of anemia was normocytic normochromic (91.4%), with the majority of patients having normal leukocyte (65.7%) and platelet (78.6%) counts. Based on iron status, Anemia of Chronic Disease (ACD) was the most frequently found type (87.1%).

Conclusion: Most CKD patients with anemia at Dr. Kariadi General Hospital were aged 41–60, with equal gender distribution and normal nutritional status. Moderate anemia was the most common degree found. Nearly all patients were in CKD stage 5, with azotemia and electrolyte imbalances such as hypocalcemia and hypomagnesemia. Proteinuria, cylindruria, and normocytic normochromic anemia were common findings. The majority experienced Anemia of Chronic Disease (ACD), with hypertension without diabetes being the most frequent comorbidity.