The Effect of Intradialytic Exercise and Slow Deep Breathing on Fatigue in Patients with Chronic Kidney Disease Who Are on Hemodialysis at Hope and Prayer Hospital Bengkulu City

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Abstract

Fatigue is one of the problems that occurs in Chronic kidney disease (CKD) patients undergoing hemodialysis the side effects caused in CKD patients undergoing hemodialysis therapy experience fatigue as much as 44.7% - 97%. Fatigue is a subjective feeling of discomfort in the form of fatigue, weakness and decreased energy. Therefore it is important to overcome this fatigue. One way to overcome fatigue is to provide a combination therapy of intradialitic exercise and slow deep breathing. This is to see if the combination of intradialytic exercise and slow deep breathing has an influence on fatigue in CKD patients who are being hemodialyzed at RSHD, Bengkulu city. This type of research will be conducted using quantitative research with a quasi-experimental design with a total sample of 33 people. The sample was selected using purposive sampling technique. The questionnaire used was funcitional assessment chronic illness therapy (FACIT) to assess the level of fatigue. Statistical tests obtained the average value of fatigue before 24.52 and after 27.42. Using the Wilcoxon test shows a p value of 0.000 (p value $\leq \alpha$ 0.05) which indicates that there is an effect of intradialytic exercise and slow deep breathing on fatigue in CKD patients who are on hemodialysis. Thus intradialytic exercise and slow deep breathing provide benefits in overcoming fatigue in CKD patients. There is an effect of intradialytic exercise and slow deep breathing on fatigue. It is strongly recommended that patients with fatigue problems do intradialytic exercise and slow deep breathing interventions during hemodialysis.

Keywords

Intradialytic Exercise, Slow Deep Breathing, CKD, Fatigue, Hemodialysis