

**PROGRAM STUDI PROFESI NERS  
FAKULTAS KEPERAWATAN  
INSTITUT KESEHATAN PAYUNG NEGERI PEKANBARU**

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Mahfudz Nofriyadi  
24501067

Penerapan *Range Of Motion* (Rom) Untuk Mengatasi Keletihan Pasien CKD on HD Di Ruang Hemodialisa RSUD Arifin Achmad Provinsi Riau

XXIII + 70 Halaman + 1 Skema + 8 Tabel + 10 Lampiran

**ABSTRAK**

*Chronic kidney disease* (CKD) adalah keadaan di mana ginjal mengalami kerusakan secara bertahap dan tidak dapat diperbaiki sehingga gagal mempertahankan keseimbangan metabolik, cairan, elektrolit, dan asam basa, serta mengalami peningkatan ureum kreatinin, penurunan laju filtrasi glomerulus dan memerlukan terapi pengganti ginjal, seperti hemodialisis. Hemodialisis berfungsi seperti nefron sehingga dapat mengeluarkan produk sisa metabolisme dan mengoreksi gangguan keseimbangan cairan. Salah satu efek samping yang terjadi selama hemodialisa berlangsung dan selama prosedur hemodialisa adalah keletihan karena aliran darah dan pompa darah akan terhenti, keletihan atau lebih dikenal dengan kelelahan, keletihan, lesu. Keletihan yang dialami pasien CKD disebabkan oleh akumulasi racun dalam darah serta penurunan produksi eritropoietin, yang memicu anemia dan penurunan kualitas hidup. Penanganan keletihan meliputi intervensi terapi komplementer, diikuti dengan latihan fisik seperti latihan ROM untuk meningkatkan sirkulasi dan mengurangi gejala keletihan. Beberapa latihan fisik yang dapat dilakukan untuk mengatasi keletihan diantaranya adalah latihan kaki intradialitik dan latihan rentang gerak (ROM). ROM (*Range Of Motion*) merupakan suatu gerakan yang dilakukan pada sendi dan dapat dilakukan secara mandiri (ROM aktif) atau dengan bantuan (ROM pasif). Latihan *Range Of Motion* (ROM) dapat meningkatkan aliran darah pada otot dan memperbesar luas permukaan kapiler sehingga meningkatkan perpindahan urea dan toksin dari jaringan ke vaskuler kemudian dialirkan kedializer atau mesin hemodialisis.

Kata Kunci : *Range Of Motion* (ROM), *Chronic kidney disease* (CKD), keletihan  
Daftar Pustaka : 15 (2020-2024)

**NERS STUDY PROGRAM**  
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Mahfudz Nofriyadi  
24501067

*Application of Range Of Motion (ROM) to Overcome Fatigue of CKD Patients on HD in the Hemodialysis Room of Arifin Achmad Hospital, Riau Province*

*XXIII + 70 Pages + 1 Scheme + 8 Tables + 10 Attachments*

**ABSTRACT**

Chronic kidney disease (CKD) is a condition in which the kidneys are gradually damaged and cannot be repaired so that they fail to maintain metabolic, fluid, electrolyte, and acid-base balance, and experience increased urea creatinine, decreased glomerular filtration rate and require renal replacement therapy, such as hemodialysis. Hemodialysis functions like a nephron so that it can remove metabolic waste products and correct fluid balance disorders. One of the side effects that occurs during hemodialysis and during the hemodialysis procedure is fatigue because blood flow and blood pumping will stop, fatigue or better known as fatigue, fatigue, lethargy. Fatigue experienced by CKD patients is caused by the accumulation of toxins in the blood and decreased production of erythropoietin, which triggers anemia and decreased quality of life. Fatigue management includes complementary therapy interventions, followed by physical exercises such as ROM exercises to improve circulation and reduce symptoms of fatigue. Some physical exercises that can be done to overcome fatigue include intradialytic leg exercises and range of motion (ROM) exercises. ROM (Range Of Motion) is a movement performed on the joints and can be done independently (active ROM) or with assistance (passive ROM). Range Of Motion (ROM) exercises can increase blood flow to the muscles and enlarge the surface area of the capillaries, thereby increasing the transfer of urea and toxins from the tissue to the vascular and then flowing into the dialyzer or hemodialysis machine.

**Keywords** : Range Of Motion (ROM), Chronic kidney disease (CKD), fatigue  
**References** : 15 (2020-2024)