

ABSTRACT

APPLICATION OF SUCKING ICE CUBES TO REDUCE THIRSTY IN CHRONIC KIDNEY FAILURE PATIENTS UNDERGOING HEMODIALYSIS IN THE ICU ROOM OF PANDAN ARANG BOYOLALI HOSPITAL

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Background: Chronic kidney failure is a progressive and irreversible disorder of kidney function, where the body is unable to maintain metabolism, fluid balance and electrolytes which results in urea. Patients suffering from chronic kidney failure who are undergoing hemodialysis are required to limit fluid intake. Restricting fluids can cause thirst which results in patients not adhering to a fluid intake diet. To reduce thirst, give ice cube therapy, which is a form of therapy by sucking ice cubes which can have the effect of holding back thirst to prevent body imbalance due to overhydration. **Objective:** to determine the results of applying sucking ice cubes to reduce thirst in chronic kidney failure patients undergoing hemodialysis. **Method:** research design with a descriptive case study method for 2 respondents who were undergoing hemodialysis. Thirst was observed before and after ice cube sucking therapy. Using the VAS scale (Visual Analog Scale). **Results:** The results of the application showed that after the ice cube sucking therapy was given to both patients, there was a decrease in the level of thirst experienced by both patients, namely that initially they experienced moderate thirst. After being given the ice cube sucking therapy, the level of thirst decreased. Based on these results, it shows that the author's sucking of ice cubes is able to reduce the level of thirst in chronic kidney failure patients who are undergoing hemodialysis. **Conclusion:** after applying ice cube sucking therapy, the results showed that ice cube sucking therapy could reduce the level of thirst in patients with chronic kidney failure who were undergoing hemodialysis.

Keywords : chronic kidney failure, ice cubes, hemodialysis, thirst