**APPLICATION OF INTRADIALYTIC STRETCHING EXERCISE TO REDUCE MUSCLE CRAMPS IN PATIENTS HEMODIALYSIS DR. BRATANATA HOSPITAL**

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**ABSTRACT**

**Introduction:** Chronic kidney disease or end-stage renal failure disease is a progressive and irreversible of renal function where the body's ability to maintain metabolism and balance of fluids and electrolytes fails to cause uremia, which is the retention of urea and other nitrogen waste in the blood**.**

**Objective**: To find out the general overview of the application of Intradialytic Stretching Exercise to reduce muscle cramps in patients hemodialysis Dr.Bratanata Hospital

**Method :** This research method uses a descriptive method with a case study design with a sample size of 1 person with muscle cramp problems using the Cramp Questionnaire Chart.

**Results :** The results obtained before (pre test) and after (post test) were carried out intradialytic stretching exercise on respondents, carried out on June 13 and 20, 2024. At the first meetings the respondent experienced a cramp score level from 9 (severe cramps) to 2 (mild cramps) at the second meeting the respondent experienced a decrease in the cramp score level from 2 (mild cramps) to 0 (no cramps).

**Conclusion :** The application of intradialytic stretching exercise to reduce muscle cramps in patients hemodialysis Dr. Bratanata Hospital can reduce muscle cramps in respondents.

**Keywords :** : CKD ,hemodialisis, *intradialytic stretching exercise*

**References :** 3 books (2008 – 2017), 22 journals (2013 – 2023)