

**PROGRAM STUDI SARJANA TERAPAN MANAJEMEN INFORMASI KESEHATAN
UNIVERSITAS IMELDA MEDAN**

Nama : Firsten Marshariyoani Waoma
NIM : 2113363009
Judul : Analisis Beban Biaya (*Cost Burden*) Pada Penyakit Gagal Ginjal Kronik: *Literature Review*

ABSTRAK

Gagal Ginjal Kronik merupakan salah satu penyakit tidak menular dengan prevalensi tinggi secara global yang menimbulkan beban biaya signifikan bagi pasien maupun sistem kesehatan, khususnya pada stadium lanjut yang membutuhkan terapi mahal seperti hemodialisis dan transplantasi ginjal. Penelitian ini bertujuan untuk mengetahui beban biaya dari pada penanganan pasien gagal ginjal kronik dari hasil kajian literature. Metode yang digunakan adalah *literature review*, data diperoleh melalui pencarian artikel dari 3 database utama yaitu (*Pubmed, Science Direct, dan Taylor and Francis*) menggunakan kata kunci terkait beban biaya (*cost burden*) dan gagal ginjal kronik (*chronic kidney disease*) dengan tahun terbit artikel 2020-2025 dan 10 artikel yang dipilih berdasarkan kriteria inklusi dan eksklusi. Hasil menunjukkan bahwa komponen biaya terbesar berasal dari prosedur hemodialisis, dan beban biaya meningkat signifikan pada pasien dengan stadium akhir (*end-stage renal disease*). Di negara berkembang seperti Indonesia, beban biaya gagal ginjal kronik sangat tinggi dan menjadi tantangan tersendiri bagi sistem pembiayaan Kesehatan. Selain biaya medis langsung, pasien juga menanggung beban biaya tidak langsung seperti transportasi, kehilangan produktivitas kerja, serta kebutuhan nutrisi dan pengobatan tambahan. Upaya promotif dan preventif seperti skrining dini, edukasi gaya hidup sehat, serta implementasi *integrated care* terbukti efektif menekan beban biaya jangka panjang. Penelitian ini merekomendasikan penguatan layanan primer dan penyusunan kebijakan pembiayaan yang lebih efisien sebagai strategi untuk menurunkan beban ekonomi dan meningkatkan kualitas hidup pasien gagal ginjal kronik di Indonesia.

Kata Kunci : Gagal Ginjal Kronik, Beban Biaya, Literature Review.
Referensi : 24 (2010-2025)

**BACHELOR OF APPLIED HEALTH INFORMATION MANAGEMENT
PROGRAM IMELDA UNIVERSITY MEDAN**

Name : Firsten Marshariyoani Waoma
NIM : 2113363009
Title : *Cost Burden Analysis on Chronic Kidney Disease:
Literature Review*

ABSTRACT

Chronic Kidney Disease is one of the major non-communicable diseases with a high global prevalence that imposes a significant cost burden on both patients and healthcare system, particularly substantial in the advanced stages, where costly therapies such as hemodialysis and kidney transplantation are required. This study aims to examine the cost burden associated with the management of chronic kidney disease patients based on a literature review. The method employed was a literature review, with data obtained from three main databases (PubMed, ScienceDirect, and Taylor and Francis) using keywords related to cost burden and chronic kidney disease with article publication years 2020-2025 and 10 articles selected based on inclusion and exclusion criteria. The findings indicate that the largest cost component arises from hemodialysis procedures, with costs significantly increasing among end-stage renal disease patients. In developing countries such as Indonesia, the financial burden of chronic kidney disease is particularly high, posing a serious challenge to the healthcare financing system. In addition to direct medical costs, patients also face indirect costs, including transportation, loss of work productivity, and the need for nutritional and supplemental treatments. Preventive and promotive measures such as early screening, health education, healthy lifestyle promotion, and the implementation of integrated care have been proven effective in reducing long-term financial burdens. This study recommends strengthening primary healthcare services and developing more efficient financing policies as strategic efforts to reduce the economic burden and improve the quality of life for chronic kidney disease patients in Indonesia.

Keywords : *Chronic Kidney Disease, Cost Burden, Literature Review*
References : 24 (2010-2025)

