

STUDI KASUS PROSES ASUHAN GIZI TERSTANDAR PADA PASIEN DEMAM TIFOID

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ABSTRAK

Latar Belakang : Pada tahun 2013 di Kabupaten Gunung Kidul demam tifoid termasuk dalam 10 besar penyakit dengan jumlah 1512 kasus. Pada pasien demam tifoid diperlukan penatalaksanaan gizi untuk membantu mempercepat proses penyembuhan pasien.

Tujuan Penelitian : Melaksanakan asuhan gizi terstandar pasien demam tifoid.

Metode Penelitian : Penelitian ini menggunakan desain studi Kasus. Lokasi penelitian di RSUD Wonosari. Subyek penelitian 1 orang pasien rawat inap dengan kriteria inklusi. Fokus studi yaitu melakukan penapisan gizi, pengkajian gizi, diagnosa gizi, intervensi gizi dan monitoring evaluasi. Analisis data dilakukan secara deskriptif dan penyajian data dengan tabulasi.

Hasil : Skrinning gizi dilakukan menggunakan form *Strong Kids*, pasien beresiko sedang mengalami malnutrisi. Hasil pengkajian gizi, diperoleh data antropometri, pasien memiliki status gizi kurus berdasarkan indeks IMT/U. Data biokimia diperoleh hasil uji widal positif, hemoglobin, leukosit, trombosit dan hematocrit rendah. Data fisik klinis diperoleh hasil suhu tinggi, pasien mengeluh mual, pusing dan nyeri perut. Pasien memiliki kebiasaan makan yang kurang baik. Diagnosis gizi ditegakkan untuk menentukan proses intervensi gizi meliputi penentuan tujuan, syarat, dan preskripsi diet. Monitoring dan evaluasi berkaitan dengan data antropometri, biokimia, fisik klinis dan asupan makan pasien.

Kesimpulan : Pasien memiliki status gizi kurus, hasil uji widal positif, hemoglobin, leukosit, trombosit dan hematocrit rendah. Berdasarkan hasil monitoring evaluasi terjadi peningkatan berat badan, perkembangan fisik dan klinis yang membaik, dan asupan makan yang meningkat.

Kata Kunci : Demam Tifoid, Asuhan Gizi

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CASE STUDY OF NUTRITION CARE PROCESS IN TYPHOID FEVER PATIENT

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ABSTRACT

Background: In 2013 in Gunung Kidul Regency typhoid fever was included in the top 10 diseases with a total number of 1512 cases. Typhoid fever patients needed nutritional management to help speed up the patient's healing process.

Objectives: Implement standardized nutrition care for typhoid fever patients.

Methods: This study uses a Case study design. The location of the study in Wonosari General Hospital. The research subjects were 1 patient with inclusion criteria. The focus of the study is to conduct nutritional screening, nutritional assessment, nutritional diagnosis, nutrition intervention, and monitoring evaluation. Data analysis was carried out descriptively and presented data by tabulation.

Results: Nutrition screening is done using the Strong Kids form, patients are at risk of being malnourished. The results of the nutritional assessment, obtained anthropometric data, patients had underweight nutritional status based on the BMI / U index. Biochemical data obtained positive widal test results, hemoglobin, leukocytes, platelets and low hematocrit. Clinical physical data obtained from high temperature results, the patient complained of nausea, dizziness and abdominal pain. Patients have poor eating habits. Nutritional diagnosis is made to determine the nutrition intervention process including determining dietary goals, requirements, and prescriptions. Monitoring and evaluation are related to anthropometric, biochemical, physical clinical and patient intake.

Conclusion: Patients have underweight nutritional status, positive widal test results, hemoglobin, leukocytes, platelets and low hematocrit. Based on the results of monitoring evaluation of an increase in body weight, improved physical and clinical development, and increased food intake.

Keywords: Typhoid Fever, Nutrition Care

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