

PROSES ASUHAN GIZI TERSTANDAR PADA PASIEN DEWASA PENYAKIT DEMAM BERDARAH DENGUE DI RSUD WATES

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ABSTRAK

Latar Belakang: Kasus demam berdarah dengue memiliki angka kejadian yang cukup tinggi di Indonesia. Menurut data Kementerian Kesehatan RI jumlah penderita demam berdarah dengue (DBD) di Indonesia tahun 2017 sebanyak 59.047 orang dengan jumlah kematian 444 orang. Sedangkan menurut Dinkes DIY tahun 2017, penderita demam berdarah dengue di Provinsi DIY sebanyak 1686 orang penderita DBD dengan rincian penderita laki-laki 947 orang dan perempuan 739 orang.

Tujuan: Mengkaji pelaksanaan Proses Asuhan Gizi Terstandar Pada Pasien Dewasa Penyakit Demam Berdarah Dengue Di RSUD Wates.

Metode: Jenis penelitian ini yang dilakukan yaitu deskriptif. Rancangan penelitian yang digunakan yaitu studi kasus. Sampel penelitian merupakan pasien dewasa penderita penyakit demam berdarah dengue yang sedang dirawat inap di RSUD Wates dengan kriteria inklusi dan eksklusi.

Hasil: Hasil pengkajian gizi diperoleh data antropometri pada pasien dan pasien memiliki status gizi *overweight*. Pasien memiliki kebiasaan makan kurang baik. Diagnosis gizi meliputi domain asupan domain klinis. Intervensi gizi ditetapkan berdasarkan permasalahan diagnosis gizi, monitoring dan evaluasi berkaitan dengan data biokimia, fisik klinis, dan asupan makan pasien.

Kesimpulan: Dari hasil penelitian, pasien memiliki status gizi *overweight* dan trombosit rendah. Berdasarkan pelaksanaan monitoring dan evaluasi asupan makan pasien meningkat setelah keluhan yang dialami pasien berkurang.

Kata Kunci: Demam berdarah dengue, asuhan gizi, asupan zat gizi

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NUTRITION CARE PROCESS IN ADULT PATIENT WITH DENGUE HEMORRHAGIC FEVER IN RSUD WATES

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ABSTRACT

Background: Cases of dengue hemorrhagic fever have a high incidence rate in Indonesia. According to data from the Ministry of Health, the number of people with dengue hemorrhagic fever in Indonesia in 2017 was 59,047 people with 444 deaths. Whereas according to the Yogyakarta Health Office in 2017, there were 1,686 people with dengue fever in the province of male sufferers 947 people and 729 women.

Objektiv: Reviewing the implementation of Nutrition care process in adult patient with dengue hemorrhagic fever in RSUD Wates.

Method: This type of research is descriptive. The research design used was a case study. Study sample an adult patient with dengue hemorrhagic fever who was hospitalized in the Wates Hospital with inclusion and exclusion criteria.

Results: Assessment results obtained anthropometric data in patient, patient had overweight nutrition status. Patient have good eating habits. Nutrition diagnoses include the intake domain and the biochemical domain. Nutrition interventions established based on nutrition diagnoses problems, monitoring and evaluations relating to biochemical, clinical, and patient food intake.

Conclusion: From the results of the study, patient had overweight nutrition status and low platelets, based on the implementation of monitoring and evaluation of eating food intake of patient experienced by patients reduced.

Keywords: dengue haemorrhagic fever, nutrition care, nutrition intake.

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