

**STANDARDIZED NUTRITIONAL CARE PROCESS
FOR PATIENT WITH DM, CHF, DYSPNEU, PLEURAL EFFUSION
AT RSUD DR. TJITROWARDOJO PURWOREJO TYPE B EDUCATION**

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ABSTRACT

Background: Facts in many countries show an increasing prevalence of heart disease, diabetes melitus, and other chronic diseases. The results of Riskesdas in 2018 show the prevalence of diabetes melitus in Indonesia based on doctor's diagnosis in the population aged ≥ 15 years as much as 2.0%. Meanwhile, the results of Riskesdas in 2018 showed the prevalence of heart disease in Indonesia based on doctors' diagnoses in the population of all ages as much as 1.5%.

Objective: To describe the implementation of the Standardized Nutritional Care Process for DM, CHF, Dyspnea, and Pleural Effusion Patients in RSUD dr. Tjitrowardojo Purworejo Type B Education.

Methods: This type of research is descriptive, with a case study research design. The data was collected using anthropometric measurement methods, interviews, secondary data, observation, and documentation. The study subjects were 1 person with inclusion and exclusion criteria. The focus of the study is nutrition screening, nutrition assessment, nutrition diagnosis, nutrition intervention, and nutrition evaluation monitoring.

Results: Nutrition screening using the NRS-2002 form showed that respondents were at risk of malnutrition. LILA length 23 cm with poor nutritional status. High blood glucose levels. Complaints felt by respondents were shortness of breath, nausea, stomach bloating, edema of the hands, and abdominal ascites, high blood pressure and rapid respiration. The results of nutritional evaluation monitoring were increased food intake and fulfilled fluid intake, poor nutritional status, decreased blood glucose levels, reduced complaints, and decreased blood pressure but was high at the end of the intervention, rapid respiration.

Conclusion: From the results of the study, it can be concluded that the respondent's increased food intake and fulfilled fluid intake, poor nutritional status, decreased blood glucose levels, decreased respondent complaints, and decreased blood pressure but was high at the end of the intervention with rapid respiration during the intervention.

Keywords: CHF, Diabetes Melitus, Dyspneu, Efusi Pleura, Standardized Nutritional Care Process.

1. Research Students
2. The Supervisor
3. Supervisors

**PROSES ASUHAN GIZI TERSTANDAR PADA PASIEN DM, CHF,
DYSPNEU, EFUSI PLEURA DI RSUD DR. TJITROWARDOJO
PURWOREJO TIPE B PENDIDIKAN**

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ABSTRAK

Latar Belakang: Fakta di banyak negara menunjukkan bahwa terjadi peningkatan prevalensi penyakit jantung, diabetes melitus dan penyakit kronis lainnya. Hasil Riskesdas tahun 2018, menunjukkan prevalensi diabetes melitus di Indonesia berdasarkan diagnosis dokter pada penduduk umur ≥ 15 tahun sebanyak 2,0%. Sedangkan, hasil Riskesdas tahun 2018 menunjukkan prevalensi penyakit jantung di Indonesia berdasarkan diagnosis dokter pada penduduk semua umur sebanyak 1,5%.

Tujuan: Mendeskripsikan pelaksanaan Proses Asuhan Gizi Terstandar pada Pasien *DM, CHF, Dyspneu, Efusi Pleura* di RSUD dr. Tjitrowardojo Purworejo Tipe B Pendidikan.

Metode: Jenis penelitian deskriptif, dengan desain penelitian studi kasus. Pengumpulan data dengan metode pengukuran antropometri, wawancara, data sekunder, observasi dan dokumentasi. Subjek studi berjumlah 1 orang dengan kriteria inklusi dan eksklusi. Fokus studi yaitu skrining gizi, assessment gizi, diagnosis gizi, intervensi gizi, monitoring evaluasi gizi.

Hasil: Skrining gizi menggunakan formulir NRS-2002 didapatkan hasil responden beresiko malnutrisi. Panjang LILA 23 cm dengan status gizi kurang. Kadar glukosa darah tinggi. Keluhan yang dirasakan responden yaitu sesak nafas, mual, perut begah, odem kaki tangan, asites perut, tekanan darah tinggi dan respiration cepat. Hasil monitoring evaluasi gizi yaitu asupan makan meningkat dan asupan cairan terpenuhi, status gizi kurang, kadar glukosa darah menurun, keluhan berkurang serta tekanan darah menurun namun tinggi di akhir intervensi, respiration cepat.

Kesimpulan: Hasil penelitian dapat disimpulkan bahwa asupan makan responden meningkat dan asupan cairan terpenuhi, status gizi kurang, kadar glukosa darah menurun, keluhan berkurang serta tekanan darah menurun namun tinggi di akhir intervensi dengan respiration cepat selama intervensi.

Kata Kunci: CHF, Diabetes Melitus, *Dyspneu, Efusi Pleura*, Proses Asuhan Gizi Terstandar.

1. Mahasiswa Peneliti
2. Pembimbing Utama
3. Pembimbing Pendamping