

PROSES ASUHAN GIZI TERSTANDAR PADA PASIEN DIABETES MELLITUS DI RSUD WATES

ABSTRAK

Latar Belakang: Diabetes Mellitus (DM) merupakan suatu kelompok penyakit metabolik dengan karakteristik hiperglikemia yang terjadi karena kelainan sekresi insulin, kerja insulin, atau kedua-duanya. Proses Asuhan Gizi Terstandar diperlukan pada pasien DM agar tidak dalam kondisi malnutrisi serta membantu mengurangi gejala atau keluhan dan membantu mengontrol glukosa darah pasien.

Tujuan: Mengetahui proses asuhan gizi terstandar pada pasien Diabetes Mellitus.

Metode: Jenis dan rancangan penelitian yang digunakan adalah penelitian deskriptif dengan rancangan studi kasus.

Hasil: Hasil pengkajian gizi yaitu pasien dengan diagnosis gizi penurunan karbohidrat sederhana, data antropometri status gizi lebih, data biokimia diperoleh kadar GDS pasien tinggi, data fisik/klinis tekanan darah dan RR rendah, mudah lapar, lemas, dan mual, dan data riwayat makan bahwa kebiasaan makan pasien kurang baik serta asupan zat gizi pasien kurang. Monitoring yang dilakukan meliputi antropometri, biokimia, fisik/klinis, serta asupan makan dan diperoleh hasil bahwa kadar glukosa darah dan keluhan fisik menurun serta asupan makan pasien meningkat fluktuatif.

Kesimpulan: Dari hasil penelitian dapat ditemukan pasien dengan status gizi lebih, kadar GDS tinggi, keluhan fisik, serta asupan zat gizi kurang. Berdasarkan intervensi gizi, monitoring dan evaluasi, selama pelayanan kadar GDS turun mencapai normal, keluhan fisik membaik, serta asupan meningkat.

Kata kunci : Proses Asuhan Gizi Terstandar, Diabetes Mellitus, Diagnosis Gizi, Intervensi Gizi, Monitoring dan Evaluasi

A STANDARDIZED NUTRITION CARE PROCESS IN PATIENTS

DIABETES MELLITUS IN RSUD WATES

ABSTRACT

Background: Diabetes Mellitus (DM) is a group of metabolic diseases characterized by hyperglycemia that occurs due to abnormalities in insulin secretion, insulin action, or both. The standardized nutritional care process is needed for DM patients so that they are not in a condition of malnutrition and help reduce symptoms or complaints and help control the patient's blood glucose.

Objective: To know the process of standardized nutrition care for Diabetes Mellitus patients.

Methods: The type and research design used is descriptive research with a case study design.

Results: The results of the nutritional assessment were patients with a nutritional diagnosis of a decrease in simple carbohydrates, anthropometric data on excess nutritional status, biochemical data obtained by high patient GDS levels, physical/clinical data of low blood pressure and RR, easy hunger, weakness, and nausea, and eating history data that showed that the habitual The patient's diet is not good and the patient's nutritional intake is less. Monitoring carried out included anthropometry, biochemistry, physical/clinical, and food intake and the results showed that blood glucose levels and physical complaints decreased and the patient's food intake fluctuated increased.

Conclusion: From the results of the study, it was found that patients with more nutritional status, high GDS levels, physical complaints, and poor nutrient intake. Based on nutritional interventions, monitoring and evaluation, during the service, GDS levels fell to normal, physical complaints improved, and intake increased.

Keywords: Standardized Nutrition Care Process, Diabetes Mellitus, Nutritional Diagnosis, Nutritional Intervention, Monitoring and Evaluation.

