

**PROSES ASUHAN GIZI TERSTANDAR PADA PASIEN BEDAH
APENDISITIS, DIABETES MILITUS *HIPERGLIKEMIA*, DAN
HIPERTENSI DI RS PRATAMA KOTA YOGYAKARTA**

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ABSTRAK

Latar Belakang : Apendisitis adalah suatu peradangan akibat dari infeksi yang terjadi pada appendix atau usus buntu. Menurut Depkes RI tahun 2010 kasus apendisitis termasuk dalam pola 10 penyakit terbanyak yang mendapatkan perawatan rawat inap di rumah sakit. Asuhan gizi pada pasien pasca bedah apendisitis diperlukan guna mengupayakan status gizi pasien agar tetap normal untuk mempercepat proses penyembuhan luka.

Tujuan : Mengetahui gambaran pelaksanaan Proses Asuhan Gizi Terstandar pada pasien pasca bedah apendisitis, diabetes militus *hiperglikemia*, dan hipertensi di Rumah Sakit Pratama Kota Yogyakarta.

Metode : Jenis penelitian ini adalah penelitian deskriptif menggunakan desain penelitian kualitatif dengan menggunakan rancangan studi kasus. Pengambilan data informasi pasien dilakukan dengan cara observasi, pengukuran langsung, wawancara, dan dokumentasi. Analisis data disajikan secara narasi/tekstual, tabular, dan grafik.

Hasil : Skrining gizi dilakukan menggunakan form skrining MST, pasien beresiko menengah hingga tinggi mengalami malnutrisi. Pengkajian gizi diperoleh bahwa status gizi pasien baik berdasarkan % percentile LILA. Pemeriksaan biokimia menunjukkan bahwa kadar GDS, hamatokrit, eritrosit, dan hemoglobin pasien normal, namun kadar leukosit pasien tinggi. Pemeriksaan fisik/ klinis didapatkan bahwa pasien mengalami nyeri luka bekas operasi. Hasil recall 24 jam pasien kurang dari 90% dibandingkan dengan kebutuhan pasien. Pemberian diet dilakukan secara bertahap. Perkembangan fisik-klinis, biokimia, dan asupan makan membaik setiap hari. Konseling gizi dilakukan dengan media leaflet, diskusi, dan tanya jawa

Kesimpulan : Proses Asuhan Gizi Terstandar pada pasien pasca bedah apendisitis, diabetes militus *hiperglikemia*, dan hipertensi meliputi pengkajian gizi, diagnosis gizi, intervensi gizi, monitoring evaluasi, dan konseling gizi.

Kata Kunci : Proses Asuhan Gizi Terstandar, Bedah Apendisitis.

STANDARDIZED NUTRITIONAL CARE PROCESS FOR POST-SURGICAL APPENDICITIS, DIABETES MELLITUS *HYPERGLYCEMIA* AND HYPERTENSION PATIENT IN PRATAMA YOGYAKARTA HOSPITAL

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ABSTRACT

Background : Appendicitis is an inflammation resulting from an infection that occurs in the appendix or appendix. According to the Ministry of Health in 2010, cases of appendicitis are included in the pattern of 10 most diseases that get inpatient treatment in the hospital. Nutritional care in patients post surgical appendicitis is necessary to strive for the patient's nutritional status to remain normal to speed up the wound healing process.

Objective : Knowing the description of the implementation of standardized nutritional care process in post-surgical patients with appendicitis, diabetes mellitus hyperglycemia , and hypertension at Pratama Hospital Yogyakarta.

Methods : This type of research is descriptive research using qualitative research design using case study design. Patient information data collection is done by observation, direct measurement, interview, and documentation. Data analysis is presented in narrative / textual, tabular, and graph.

Results : Nutritional screening uses the MST screening form, patients at medium to high risk of malnutrition. The nutritional assessment found that the patient's nutritional status was good based on % percentile LILA. Biochemical examination showed that the patient's GDS, hamatocrit, erythrocyte, and hemoglobin levels were normal, but the patient's leukocyte levels were high. Physical/ clinical examination obtained bring the patient to experience pain scars surgery. The result of 24-hour recall results were less than 90% compared to the patient's needs. The diet was given in stages. Physical development-clinical, biochemical, and eating intake improving every day. Nutrition counseling is carried out using leaflets, discussions and questions and answers.

Conclusions : The standard nutritional treatment process for post surgical patients with appendicitis, diabetes mellitus hyperglycemia , and hypertension includes nutritional assessment, nutritional diagnosis, nutritional intervention, monitoring evaluation, and nutritional counseling.

Keyword : Nutrition Care Process, Surgical Appendicitis