

## **PROSES ASUHAN GIZI TERSTANDAR PADA PASIEN ULKUS DIABETES MELLITUS DENGAN CHF DI RUMAH SAKIT UMUM DAERAH WATES**

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### **ABSTRAK**

Latar Belakang : Diabetes Melitus (DM) merupakan salah satu penyakit kronis yang ditandai dengan terjadinya hiperglikemia dan intoleransi glukosa yang dikarenakan kelenjar pankreas tidak mampu memproduksi insulin secara adekuat atau dikarenakan tubuh tidak mampu menggunakan insulin yang diproduksi secara efektif atau keduanya. Menurut Riskesdas tahun 2018, prevalensi penderita diabetes melitus berdasarkan pengukuran dokter di Kota Yogyakarta sebesar 4,79% atau sebanyak 15.540 jiwa. Gagal jantung secara klinis merupakan kumpulan gejala yang kompleks, dimana seseorang memiliki tampilan berupa : gejala gagal jantung (nafas pendek saat istirahat atau saat melakukan aktifitas disertai/tidak kelelahan); adanya gangguan struktur atau fungsi jantung saat istirahat (PERKI, 2015). Berdasarkan Riskesdas 2013, prevalensi gagal jantung terdiagnosis dokter di DIY sebanyak 0,25% merupakan prevalensi paling tinggi.

Tujuan : Mengetahui pelaksanaan asuhan gizi dengan proses Asuhan Gizi Terstandar pada pasien Ulkus Diabetes Melitus dengan CHF di RSUD Wates.

Metode : Penelitian ini menggunakan jenis penelitian deskriptif. Desain penelitian ini adalah studi kasus.

Hasil : Hasil pengkajian gizi yaitu data antropometri status gizi baik, data biokimia diperoleh kadar GDS pasien tinggi, kadar albumin rendah, data fisik/klinis normal, terdapat edema pada tangan kanan, adanya kardiomegali, nyeri pada kaki kanan, dan data riwayat makan atau kebiasaan makan pasien kurang baik serta asupan zat gizi pasien kurang. Monitoring yang dilakukan meliputi biokimia, serta asupan makan. 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 baik, kadar GDS tinggi, kadar albumin rendah, asupan zat gizi kurang. Berdasarkan monitoring, selama pelayanan kadar GDS turun, kadar albumin meningkat, serta asupan makan meningkat.

Kata Kunci : Proses Asuhan Gizi Terstandar, Ulkus Diabetes Mellitus, CHF

## STANDARDIZED NUTRITION CARE PROCESS ON PATIENTS DIABETIC ULCER WITH CHF IN WATES GENERAL HOSPITAL

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### ABSTRACT

**Background** : Diabetes Mellitus (DM) is a chronic disease characterized by the occurrence of hyperglycemia and glucose intolerance due to the pancreas gland not being able to produce insulin adequately or because the body is unable to use the insulin produced effectively or both. According to Riskesdas 2018, the prevalence of people with diabetes mellitus based on doctor measurements in the city of Yogyakarta was 4.79% or 15,540 people. Clinically heart failure is a complex collection of symptoms, where a person has the following appearance: symptoms of heart failure (short breath at rest or when doing activities with/not fatigue); the presence of structural or functional disturbances of the heart at rest (PERKI, 2015). Based on Riskesdas 2013, the prevalence of heart failure diagnosed by doctors in DIY was 0.25%, which is the highest prevalence.

**Objective:** To determine the implementation of nutritional care with the standardized nutritional care process in patients with diabetes mellitus ulcers with CHF at Wates Hospital.

**Methods:** This study uses a descriptive type of research. The design of this research is a case study.

**Results:** The results of the nutritional assessment are anthropometric data of good nutritional status, biochemical data obtained by high patient GDS levels, low albumin levels, normal physical/clinical data, edema in the right hand, cardiomegaly, pain in the right leg, and eating history or habits data. The patient's diet is not good and the patient's nutritional intake is less. Monitoring carried out includes biochemistry, as well as food intake. 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 can be found that patients with good nutritional status, high GDS levels, low albumin levels, lack of nutrient intake. Based on monitoring, during the service GDS levels decreased, albumin levels increased, and food intake increased.

**Keywords** : Standardized Nutrition Care Process, Diabetes Mellitus Ulcer, CHF

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