

THE PROCESS OF STANDARDIZED NUTRITION CARE (NCP) IN
PATIENTS WITH CONGESTIVE HEART FAILURE ET CAUSA DILATED
CARDIOMYOPATHY (LOW EJECTION FRACTION) SUSPECTED LUNG
TUBERCULOSIS IN HOSPITAL PKU MUHAMMADIYAH YOGYAKARTA

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ABSTRACT

Background: Heart disease cases recorded at PKU Muhammadiyah Hospital in 2018 were ranked ninth out of the top ten diseases treated with the most cases being Congestive Heart Failure or Heart Failure with a total of 197 cases. Cases of Congestive Heart Failure are a form of complications and the peak of true heart disease. These complications can begin with coronary heart disease, narrowing of blood vessels, and even stroke.

Research Objective: Knowing the implementation of the diet through PAGT in patients with heart disease disorders specifically at PKU Muhammadiyah Yogyakarta Hospital.

Research Methods: The research used a descriptive observational with case study design.

Results and Discussion: The results of the anthropometric assessment that the patient was categorized as underweight. The patient's physical condition under monitoring after 3 days is the general condition of CM. The clinical condition of the patient was monitored after 3 days, namely blood pressure remained low, normal temperature, normal pulse and normal respiration. The recommended nutritional needs of patients are 80% of daily needs with 1188.64 kcal energy, 43.2 g protein, 33 g fat, and 175 g carbohydrates. The diet is adjusted according to the ability of the patient.

Conclusion: The results of the anthropometric assessment concluded that the patient was categorized as underweight. The patient's physical condition is the general condition of CM. The clinical condition of the patient is low blood pressure, normal temperature, normal pulse and normal respiration. The development of the patient's diet was carried out by several changes in the form of food.

Keywords: Heart Disease, Heart Failure, Congestive Heart Failure, Pulmonary Tuberculosis, Standardized Nutritional Care Processes

PROSES ASUHAN GIZI TERSTANDARD PADA PASIEN DENGAN
CONGESTIVE HEART FAILURE ET CAUSA DILATED CARDIOMYOPATHY
(LOW EJECTION FRACTION) SUSPEK TUBERKULOSIS PARU
DI RUMAH SAKIT PKU MUHAMMADIYAH YOGYAKARTA

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ABSTRAK

Latar Belakang : Tercatat kasus penyakit jantung di RS PKU Muhammadiyah pada tahun 2018 menduduki peringkat ke sembilan dari sepuluh besar penyakit yang ditangani dengan kasus terbanyak adalah Congestive Heart Failure atau Kegagalan Jantung dengan jumlah 197 kasus. Kasus Congestive Heart Failure merupakan bentuk komplikasi dan puncak dari penyakit jantung yang sesungguhnya. Komplikasi tersebut bisa diawali dengan penyakit jantung koroner, penyempitan pembuluh darah, bahkan stroke.

Tujuan Penelitian : Mengetahui implementasi pelaksanaan diet melalui PAGT pada pasien dengan gangguan penyakit jantung secara spesifik di RS PKU Muhammadiyah Yogyakarta.

Metode Penelitian : Jenis penelitian menggunakan deskriptif observasional dengan design studi kasus.

Hasil dan pembahasan : Hasil penilaian antropometri pasien dikategorikan *underweight*. Keadaan fisik pasien dalam pemantauan setelah 3 hari yaitu keadaan umum CM. Keadaan klinik pasien dalam pemantauan setelah 3 hari yaitu tekanan darah tetap rendah, suhu normal, nadi normal dan respirasi normal. Kebutuhan gizi pasien direkomendasikan 80% kebutuhan harian dengan energi 1188,64 kkal, protein 43,2 g, lemak 33 g, dan karbohidrat 175 g. Pemberian diet disesuaikan dengan kemampuan pasien.

Kesimpulan : Hasil penilaian antropometri disimpulkan pasien dikategorikan *underweight*. Keadaan fisik pasien yaitu keadaan umum CM. Keadaan klinik pasien yaitu tekanan darah tetap rendah, suhu normal, nadi normal dan respirasi normal. Perkembangan diet pasien dilakukan beberapa perubahan bentuk makanan

Kata Kunci : Penyakit Jantung, Kegagalan Jantung, Kegagalan Jantung Kongestif, TBC Paru, Proses Asuhan Gizi Terstandard