

# PROSIDING

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# TERAPI NUTRISI ENTERAL PADA PASIEN KRITIS DI INTENSIVE CARE UNIT (Systematika Review)

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## Abstract

**Background:** Nutrition therapy is very important in giving treatment to critically ill patients in the ICU. Critically ill patients have high risk to experience malnutrition as an impact from hypermetabolic stress as a respon to respond to their critical condition and other physical conditions which are having impairment, thus impair gastrointestinal process. Malnutrition caused some complications, such as impairment immune function, impairment respiratory system, prolonged the time of dependent to mechanical ventilator, increased infectious morbidity and mortality. As the result, critically ill patients will experience more complication and have to stay longer in the ICU than patients with normal nutrition status.

**Methods:** Using four bibliography databases (MEDLINE, CINAHL, and Proquest) which were sought between 2000 until 2009 for original research reports and reviews which discussed enteral nutrition therapy in critically ill patients. The key words nutrition, enteral therapy, and critically ill patient were used in searching the electronic literatures. By using these terms, there were 14 journals. After sorting the content of the literatures, there were 11 journals suited the discussion about enteral nutrition therapy support for critical ill patient.

**Results:** Enteral nutrition therapy is one of the preferable types in providing nutrition to the patients. There are a lot of benefits from this therapy, some of them are maintaining the function of gastrointestinal system to work normally, maintaining the gut barrier function, decreasing the infectious morbidity, maintaining the immunity system, higher survival rate, and also saving time to stay in the ICU and it is cheaper than TPN patients. Nevertheless there are various possibilities of complication that nurses have to understand. The nurses have to pay attention on the type of implementing NGT, ways of giving nutrition, positioning the patient while giving the nutrition and the procedure of giving enteral nutrition in order to provide safe and advantageous enteral nutrition to the patients.

**Conclusion:** Providing enteral nutrition to the critically ill patients within the first 24 hours with intermittent feeding technique will give many benefits for the patients.

**Key words:** nutrition, enteral, critically ill patient

## Abstrak

**Latar belakang:** Terapi nutrisi sangat penting dalam penanganan pasien kritis di ruang Intensive Care Unit (ICU). Pasien kritis memiliki resiko yang tinggi mengalami malnutrisi sebagai akibat dari stress hipermetabolik dalam merespon kondisi kritisnya dan juga kondisi fisik lainnya yang mengalami kerusakan sehingga mengganggu proses pencernaan nutrisi.

**Metode:** menggunakan 4 database ( MEDLINE, Sagepub, CINAHL, dan Proquest) yang dicari pada antara tahun 2000 sampai 2009 berupa laporan hasil penelitian dan review yang membahas terapi nutrisi enteral pada pasien kritis. Kata kunci nutrisi, terapi enteral dan pasien kritis digunakan untuk mencari pada database elektronik. Didapatkan 14 jurnal dari hasil pencarian menggunakan kata kunci tersebut. Kemudian setelah dilakukan seleksi isi jurnal, diperoleh 11 jurnal yang sesuai dengan pembahasan terapi nutrisi enteral pasien kritis.

**Hasil:** Terapi nutrisi enteral merupakan salah satu tipe pemberian nutrisi yang menjadi pilihan dalam pertimbangan memberikan terapi nutrisi pada pasien. Berbagai keuntungan yang akan didapat antara lain menjaga fungsi sistem gastrointestinal bekerja secara normal, dan mampu memelihara