

**THE PROCESS OF STANDARDIZED NUTRITION CARE FOR
HYPERGLYCEMIC DIABETES MELLITUS WITH FOOT
ULCER IN ALAMANDA II WARD,
GENERAL HOSPITAL OF SLEMAN**

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ABSTRACT

Background: Diabetes mellitus is a health disorder in the form of a collection of symptoms caused by an increase in blood sugar (glucose) levels due to lack or insulin resistance. The city of Yogyakarta ranks 3rd as the highest prevalence of diabetes mellitus. Other complications of diabetes mellitus can be excessive susceptibility to infection as a result of the easy occurrence of urinary tract infections, pulmonary tuberculosis and foot infections, which can later develop into diabetic ulcers / gangrene. Intake of nutrients that do not meet needs is closely related to the increased risk of illness or complications. This requires quality nutritional care to maintain optimal nutritional status and to accelerate healing.

Objective: To carry out a standardized nutrition care process for respondents with hyperglycemia diabetes mellitus with foot ulcer.

Method: The type and design of the study used in the study of nutrition care in patient with diabetes mellitus in General Hosiptal of Sleman is a case study

Results: The results of the nutritional assessment obtained anthropometric data of patients having underweight nutritional status. Biochemical data obtained that patients with hyperglycemia, anemia and infection. Patient's clinical-physical data are normal blood pressure, pulse, temperature and breathing. Patient's eating history can be seen that patients have bad habits. Nutritional diagnosis includes domain intake, clinic and behavior. Nutrition interventions are determined based on the problem of nutritional diagnosis. Monitoring evaluation is related to anthropometric, biochemical, physical-clinical and patient intake data.

Conclusion: From the results of the study it can be found patients who have underweight nutritional status. The patient's biochemistry is high blood glucose, hemoglobin levels and low albumin levels. Nauseous complaints are still felt and based on the implementation of monitoring food intake from the first day to the third day the intervention decreases

Keywords: Standardized Nutrition Care Process, Diabetes Mellitus, Ulcer

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**PROSES ASUHAN GIZI TERSTANDAR PASIEN DIABETES
MELLITUS HIPERGLIKEMIA DENGAN ULKUS PEDIS
DI BANGSAL ALAMANDA II RSUD SLEMAN**

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ABSTRAK

Latar Belakang: Diabetes mellitus adalah gangguan kesehatan yang berupa kumpulan gejala yang disebabkan oleh peningkatan kadar gula (glukosa) darah akibat kekurangan ataupun resistensi insulin. Kota Yogyakarta menempati posisi ke 3 prevalensi tertinggi penyakit diabetes mellitus. Komplikasi lain diabetes mellitus dapat berupa kerentanan berlebih terhadap infeksi dengan akibat mudahnya terjadi infeksi saluran kemih, tuberkulosis paru dan infeksi kaki, yang kemudian dapat berkembang menjadi ulkus/gangren diabetes. Asupan zat gizi yang tidak sesuai kebutuhan sangat berkaitan dengan peningkatan risiko penyakit maupun komplikasi. Hal tersebut memerlukan asuhan gizi yang bermutu guna mempertahankan status gizi yang optimal dan untuk mempercepat penyembuhan.

Tujuan: Melaksanakan proses asuhan gizi terstandar responden diabetes mellitus hiperglikemia dengan ulkus pedis.

Metode: Jenis dan rancangan penelitian yang digunakan dalam penelitian asuhan gizi pada pasien diabetes mellitus di RSUD Sleman ini merupakan penelitian studi kasus

Hasil: Hasil pengkajian gizi diperoleh data antropometri pasien memiliki status gizi kurus. Data biokimia diperoleh bahwa pasien hiperglikemia, anemia dan infeksi. Data klinis-fisik pasien tekanan darah, nadi, suhu dan pernapasan normal. Riwayat makan pasien dapat diketahui pasien memiliki kebiasaan kurang baik. Diagnosis gizi meliputi domain asupan, klinis dan perilaku-lingkungan. Intervensi gizi ditetapkan berdasarkan permasalahan diagnosis gizi. Monitoring evaluasi berkaitan dengan data antropometri, biokimia, fisik-klinis dan asupan makan pasien.

Kesimpulan: Dari hasil penelitian dapat ditemukan pasien yang memiliki status gizi kurus. Biokimia pasien yaitu glukosa darah yang tinggi, kadar hemoglobin serta kadar albumin yang rendah. Keluhan mual masih dirasakan dan berdasarkan pelaksanaan monitoring asupan makan pasien dari hari pertama hingga hari ketiga intervensi menurun

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

1. Mahasiswa peneliti
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