

ABSTRACT
STANDARDIZED NUTRITION PROCESS IN DIABETES MELLITUS
PATIENTS OF LEUKOSITOSIS HYPERGLYCEMIC IN BANGSAL
GARDENIA A1 WATES REGIONAL GENERAL HOSPITAL

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Background: Diabetes mellitus is a group of metabolic diseases with characteristics of hyperglycemia that occur due to abnormal insulin secretion, insulin action or both. Chronic hyperglycemia in diabetes is associated with long-term damage, dysfunction of several organs, especially the eyes, kidneys, nerves, heart and blood vessels.

Objective: To find out the results of the study of standardized nutrition care processes in patients with diabetes mellitus at the Gardenia A1 ward in Wates Regional General Hospital.

Research Method: Case study. The location of the study at the Wates Regional General Hospital. The subjects of the case study were one patient with diabetes mellitus. The focus of the study is conducting nutrition screening, nutritional assessment, analyzing nutritional diagnosis, conducting nutrition interventions, monitoring and evaluation, nutrition education and nutritional counseling. Descriptive data analysis and data seizure by tabulation.

Results: Nutritional screening using the Mini Nutritional Assessment (MNA) form, the patient is malnourished. The results of the nutritional assessment showed that patients had poor nutritional status based on %LLA. The biochemical examination showed high patient GDS, clinical physical examination of patients experiencing nausea, decreased appetite, shortness of breath, frequent drowsiness, and weakness. The results of the 24-hour hospital recall show that the patient's food intake is less than hospital standards. Nutritional diagnosis is enforced according to the results of nutritional studies. Nutrition interventions are carried out according to dietary goals, requirements, and prescriptions. Giving a diet according to the patient's needs. The development of GDS, physical clinical, and food intake improves every day. Nutrition education and nutritional counseling is done by lecturing and question and answer methods.

Conclusion: Patients are given nutrition care including nutritional screening, nutritional assessment, nutritional diagnosis, nutrition intervention, monitoring and evaluation, nutrition education and nutritional counseling.

Keywords: Diabetes Mellitus, Nutrition Care.

1. Student Researcher
2. The Supervisor
3. Supervisors

ABSTRAK
**PROSES ASUHAN GIZI TERSTANDAR PADA PASIEN DIABETES
MELLITUS HIPERGLIKEMI LEUKOSITOSIS DI BANGSAL
GARDENIA A1 RUMAH SAKIT UMUM DAERAH WATES**

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Latar Belakang : Diabetes mellitus merupakan suatu kelompok penyakit metabolik dengan karakteristik hiperglikemia yang terjadi karena kelainan sekresi insulin, kerja insulin atau kedua-duanya. Hiperglikemia kronik pada diabetes berhubungan dengan kerusakan jangka panjang, disfungsi beberapa organ tubuh, terutama mata, ginjal, syaraf, jantung, dan pembuluh darah.

Tujuan Penelitian : Mengetahui hasil kajian proses asuhan gizi terstandar pada pasien diabetes mellitus di bangsal Gardenia A1 Rumah Sakit Umum Daerah Wates.

Metode Penelitian : Studi kasus. Lokasi penelitian di Rumah Sakit Umum Daerah Wates. Subyek studi kasus sebanyak satu pasien diabetes mellitus. Fokus studi yaitu melakukan penapisan gizi, pengkajian gizi, menganalisis diagnosis gizi, melakukan intervensi gizi, monitoring dan evaluasi, edukasi gizi dan konseling gizi. Analisis data secara deskriptif dan penyajian data dengan tabulasi.

Hasil : Penapisan gizi menggunakan formulir Mini Nutritional Assessment (MNA), pasien mengalami malnutrisi. Hasil pengkajian gizi menunjukkan bahwa pasien memiliki status gizi buruk berdasarkan %LLA. Pemeriksaan biokimia menunjukkan GDS pasien tinggi, dilakukan pemeriksaan fisik klinis pasien mengalami mual, penurunan nafsu makan, sesak nafas, sering mengantuk, dan lemas. Hasil recall 24 jam rumah sakit menunjukkan bahwa asupan makan pasien kurang dibandingkan standar rumah sakit. Diagnosis gizi ditegakkan sesuai dengan hasil pengkajian gizi. Intervensi gizi dilakukan sesuai dengan tujuan, syarat, dan preskripsi diet. Pemberian diet sesuai kebutuhan pasien. Perkembangan GDS, fisik klinis, dan asupan makan membaik setiap hari. Edukasi gizi dan konseling gizi dilakukan dengan metode ceramah dan tanya jawab.

Kesimpulan : Pasien diberikan asuhan gizi meliputi penapisan gizi, pengkajian gizi, diagnosis gizi, intervensi gizi, monitoring dan evaluasi, edukasi gizi dan konseling gizi.

Kata kunci : Diabetes Mellitus, Asuhan Gizi.

1. Mahasiswa Peneliti
2. Pembimbing Utama
3. Pembimbing Pendamping