

THE PROCESS OF STANDARDIZED NUTRITION CARE (NCP) IN
PATIENTS *NON-ST-SEGMENT ELEVATION MYOCARDIAL INFARCTION*
(NSTEMI) WITH *HYPERTENSIVE HEART DISEASE* (HHD), *ACUTE KIDNEY*
INJURY (AKI), *DISLIPIDEMIA* AND *OSTEOARTHRITIS* IN NAKULA
WARD REGIONAL PUBLIC HOSPITAL NYI AGENG SERANG

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ABSTRACT

Background : Disease prevalence in Nyi Ageng Serang General Hospital is included in the top ten diseases in the internal medicine ward. In 2021 it is ranked seventh in Congestive Heart Failure or heart failure with a total of 400 cases. Currently, coronary heart disease is still the largest spectrum of heart disease in the world which causes high levels of morbidity and mortality.

Research Objectives : To examine the implementation of standardized nutritional care processes for inpatients with heart disease specifically at Nyi Ageng Serang General Hospital.

Research Methods : This type of research uses a descriptive observational case study design.

Results and Discussion : The Process of Standardized Nutrition Care uses a descriptive observational method with a case study design. The assessment results show that the patient's anthropometry is categorized as normal nutritional status. Monitoring and evaluation of the patient for 3 days found that the physical condition of the CM patient and intermittent chest pain. The patient's clinical condition, namely blood pressure remains normal, temperature is normal, pulse is normal and respiration is normal. The patient's nutritional needs according to calculations with energy 1559.5 kcal, protein 58.4 g, fat 34.65 g, and carbohydrates 253.42 g. Provision of diet adjusted to the ability of the patient.

Conclusion : The results of the patient's anthropometric assessment were categorized as normal nutritional status. CM patient's physical condition. The patient's clinical condition, namely blood pressure, temperature, pulse, and normal respiration. The development of the patient's diet is carried out by changing the texture of the food.

Keywords : Heart Disease, Myocardial Infarction, NSTEMI, Nutrition Care Process

PROSES ASUHAN GIZI TERSTANDAR (PAGT) PADA PASIEN RAWAT INAP *NON-ST-SEGMENT ELEVATION MYOCARDIAL INFARCTION* (NSTEMI) DENGAN *HYPERTENSIVE HEART DISEASE* (HHD), *ACUTE KIDNEY INJURY* (AKI), DISLIPIDEMIA DAN OSTEOARTHRITIS DI BANGSAL NAKULA RSUD NYI AGENG SERANG

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ABSTRAK

Latar Belakang : Prevalensi penyakit di RSUD Nyi Ageng Serang masuk ke dalam sepuluh besar penyakit di bangsal penyakit dalam. Pada tahun 2021 menduduki peringkat ke tujuh penyakit *Congestive Heart Failure* atau kegagalan jantung dengan jumlah 400 kasus. Saat ini, penyakit jantung koroner masih menjadi spektrum penyakit jantung terbesar di dunia yang menyebabkan tingginya tingkat morbiditas dan mortalitas.

Tujuan Penelitian : Mengkaji pelaksanaan proses asuhan gizi terstandar pasien rawat inap dengan gangguan penyakit jantung secara spesifik RSUD Nyi Ageng Serang.

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

Hasil dan Pembahasan : Proses Asuhan Gizi Terstandar menggunakan metode deskriptif observasional dengan desain studi kasus diperoleh hasil penilaian yaitu antropometri pasien dikategorikan status gizi normal. Monitoring dan evaluasi pasien selama 3 hari diketahui kondisi fisik pasien CM dan nyeri dada hilang timbul. Keadaan klinis pasien yaitu tekanan darah tetap normal, suhu normal, nadi normal dan respirasi normal. Kebutuhan gizi pasien sesuai perhitungan dengan energi 1559,5 kkal, protein 58,4 g, lemak 34,65 g, dan karbohidrat 253,42 g. Pemberian diet disesuaikan dengan kemampuan pasien.

Kesimpulan : Hasil penilaian antropometri pasien dikategorikan status gizi normal. Kondisi fisik pasien CM. Keadaan klinis pasien yaitu tekanan darah, suhu, nadi, dan respirasi normal. Perkembangan diet pasien dilakukan dengan mengganti tekstur makanan.

Kata Kunci : Penyakit Jantung, Infark Miokard, NSTEMI, Proses Asuhan Gizi Terstandar