

PROSES ASUHAN GIZI TERSTANDAR (PAGT) PADA PASIEN GAGAL GINJAL KRONIS (GGK) DENGAN ANEMIA DAN HIPERTENSI URGENSI RAWAT INAP DI RSUD MUNTILAN

Fitria Tajmila¹, Weni Kurdanti², Almira Sitasari³

¹²³Jurusan Gizi Poltekkes Kemenkes Yogyakarta

Jalan Tata Bumi Nomor 3 Banyuraden, Gamping, Sleman Yogyakarta 55293

(e-mail: tajmila01@gmail.com)

ABSTRAK

Latar Belakang: Gagal Ginjal Kronis (GGK) adalah gangguan fungsi ginjal yang bersifat progresif dan *irreversible* dimana tubuh tidak dapat mempertahankan metabolisme dan menjaga keseimbangan cairan dan elektrolit, sehingga terjadi peningkatan ureum. Asupan gizi pasien harus sesuai dengan kebutuhan agar tidak meningkatkan keparahan penyakit Gagal Ginjal Kronis (GGK) yang diderita, sehingga pasien perlu mendapatkan penatalaksanaan gizi yang tepat untuk menjaga status gizi yang optimal.

Tujuan: Mengetahui asuhan gizi pada pasien Gagal Ginjal Kronis dengan Anemia dan Hipertensi Urgensi rawat inap di RSUD Muntilan

Metode: Studi kasus. Studi kasus dilakukan di RSUD Muntilan. Subyek penelitian adalah pasien Gagal Ginjal Kronis rawat inap dengan kriteria inklusi. Fokus studi yaitu melakukan skrining gizi, pengkajian data, menganalisis diagnosis gizi, intervensi gizi, dan monitoring evaluasi serta konseling gizi. Analisis data dilakukan secara deskriptif yaitu dengan tabulasi dan narasi.

Hasil: Skrining gizi dengan formulir MNA menunjukkan pasien memiliki risiko malnutrisi. Hasil pengkajian gizi menunjukkan bahwa pasien memiliki status gizi baik atau normal berdasarkan IMT. Pemeriksaan biokimia menunjukkan bahwa ureum dan kreatinin tinggi. Pemeriksaan fisik dan klinis didapatkan hasil pasien mengalami konstipasi dan tekanan darah tinggi. Hasil recall 24 jam pasien yaitu diatas angka kebutuhan. Diagnosis gizi yang ditegakkan saat pasien sebelum dan setelah hemodialisis berbeda. Intervensi gizi dilakukan sesuai dengan tujuan, syarat, dan preskripsi diet. Pemberian diet sesuai dengan kebutuhan pasien. Perkembangan biokimia dan fisik/klinis semakin hari membaik. Konseling gizi dilakukan dengan media leaflet, diskusi, dan tanya jawab.

Kesimpulan: Proses Asuhan Gizi Terstandar (PAGT) pada Pasien Gagal Ginjal Kronis (GGK) dengan Anemia dan Hipertensi Urgensi meliputi skrining gizi, pengkajian gizi, diagnosis gizi, intervensi gizi, monitoring evaluasi gizi, dan konseling gizi

Kata Kunci: Gagal Ginjal Kronis, Asuhan Gizi

¹=Mahasiswa Peneliti, ²=Pembimbing Utama, ³=Pembimbing Pendamping

INTERNATIONAL DIETETICS NUTRITION TERMINOLOGY (IDNT) CHRONIC KIDNEY DISEASE (CKD) PATIENTS WITH ANEMIA AND HYPERTENSION URGENCY IN REGIONAL PUBLIC HOSPITAL OF MUNTILAN

Fitria Tajmila¹, Weni Kurdanti², Almira Sitasari³
¹²³Nutrition Department Poltekkes Kemenkes Yogyakarta
Jalan Tata Bumi Nomor 3 Banyuraden, Gamping, Sleman Yogyakarta 55293
(e-mail: tajmila01@gmail.com)

ABSTRACT

Background: Chronic Kidney Disease (CKD) is progressive and irreversible kidney function where the body cannot maintain metabolism and maintain fluid balance and electrolytes, resulting in increased ureum. The patient's nutritional intake must match the need to not increase the severity of the Chronic Kidney Disease (CKD), so the patient needs proper nutritional wisdom to maintain optimum nutritional status.

Objective: To know International Dietetics Nutrition Terminology (IDNT) Chronic Kidney Disease (CKD) patients with Anemia and Hypertension Urgency in Regional Public Hospital of Muntilan

Methods: Case studies. The location of this research at the Regional Public Hospital of Muntilan. Research subjects are Chronic Kidney Disease patients inpatient with inclusion criteria. The study focuses on nutrition screening, data review, analyzing nutrition diagnoses, nutrition interventions, and monitoring evaluations and nutrition counseling. Data analysis is done in a descriptive way with tabulation and narration.

Result: Nutritional screening with mna forms suggests patients have a risk of malnutrition. The results of nutrition studies indicate that patients have a healthy or normal nutritional status based on BMI. A biochemical examination indicates the ureum and creatinine are high. Physical and clinical examinations result from constipated and high blood pressure. The result of a 24-hour recall above the need of Numbers. The nutritional diagnosis established in patients before and after different hemodialysis. Nutrition interventions are carried out according to diet purposes, requirements, and transcription. Dietary feeding according to the patient's needs. Biochemical and physical/clinical developments are getting better and better. Nutrition counseling is carried out with media leaflet, discussion, and questio.

Conclusions: International Dietetics Nutrition Terminology (IDNT) Chronic Kidney Disease (CKD) patients with Anemia and Hypertension Urgency includes nutrition screening, nutrition studies, nutrition diagnosis, nutrition intervention, nutrition monitoring, nutrition evaluations, and nutrition counseling

Keywords: Chronic Kidney Disease, International Dietetics Nutrition Terminology

¹=Student Researcher, ²=The Supervisor, ³=Supervisors