

THE PROCESS OF STANDARDIZED NUTRITION CARE IN PATIENTS
FOR NSTEMIC WITH HYPERTENSION IN RSUP dr SOERADJI
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ABSTRACT

Background : *Non-ST-segment Elevation Myocardial Infarction (NSTEMI)* is a partial grafting of a coronary artery without involving the entire thickness of the myocardium so that there is no ST segment elevation on the EKG. A person with heart disease is at risk of experiencing malnutrition, this is because people with heart disease experience depression which triggers angina. Shortness of breath in heart patients will affect nutritional intake in the body, this is because someone with shortness of breath will have difficulty swallowing food. Therefore it is necessary to carry out nutritional care to help achieve optimal conditions in meeting the nutritional needs of patients.

Research Objective : Reviewing the implementation of the standardized Nutrition Care process for Nstemic Patients with Hypertension.

Research Metode : The research used a descriptive observational with case study design.

Result and Discussion : PAGT in the hospital uses a descriptive observational method with a case study design, The results of anthropometric calculations of patients are categorized as malnourished. The physical condition under monitoring for 3 days, the general condition of CM, has gradually improved, the patient has been able to defecate and the chest pain has decreased and feels light. The patient's clinical condition is under monitoring after 3 days, namely normal blood pressure, normal pulse, normal temperature, normal breathing. Patient's nutritional needs giving the patient's diet, namely DJRG with an energy requirement of 1527,56 kcal, 51,45 grams of protein, 42 grams of fat, 234,96 grams of carbohydrates, 400 mg of sodium.

Conslusion : The results of anthropometric calculatiions of patients are categorized as malnourished. The physical condition of the patient is the general state of CM. The clinical condition of the patient is blood pressure, temperature, pulse and normal respiration. The development of the patient's diet is carried out by several changes in the form of food.

Keywords : NSTEMI, heart disease, Hypertension, nutritional care process.

PROSES ASUHAN GIZI TERSTANDAR PADA PASIEN NSTEMI DENGAN HIPERTENSI DI RSUP dr SOERADJI TIRTONEGORO KLATEN

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ABSTRAK

Latar Belakang : *Non-ST-segment Elevation Myocardial Infarction* (NSTEMI) merupakan okulasi sebagian dari arteri koroner tanpa melibatkan seluruh ketebalan miokardium sehingga tidak ada elevasi segmen ST pada EKG. Seorang dengan penyakit jantung berisiko terkena malnutrisi hal ini disebabkan karena penderita penyakit jantung mengalami depresi yang memicu angina. Sesak nafas pada pasien jantung akan mempengaruhi asupan gizi dalam tubuh, hal ini disebabkan seorang dengan gangguan sesak nafas akan mengalami kesulitan dalam menelan makanan, Oleh karena itu perlu dilakukan asuhan gizi untuk membantu mencapai kondisi yang optimal dalam memenuhi kebutuhan gizi bagi pasien.

Tujuan : Mengkaji pelaksanaan Proses Asuhan Gizi terstandar Pasien NSTEMI dengan Hipertensi.

Metode : jenis penelitian menggunakan deskriptif observasional dengan rancangan studi kasus.

Hasil dan Pembahasan : PAGT di RS menggunakan metode deskriptif observasional dengan rancangan studi kasus, Hasil perhitungan antropometri pasien dikategorikan Gizi Kurang. Keadaan fisik dalam pemantauan 3 hari keadaan umum CM, sudah berangsur membaik pasien sudah bisa BAB dan nyeri dada berkurang sudah terasa ringan. Keadaan klinik pasien dalam pemantauan setelah 3 hari yaitu tekanan darah, nadi, suhu, respirasi normal. Kebutuhan gizi pasien. pemberian diet pasien yaitu DJRG dengan kebutuhan energi 1527,56 kkal, Protein 51,45 gram, lemak 42 gram, karbohidrat 234,96 gram, natrium 400 mg.

Kesimpulan : Hasil perhitungan antropometri disimpulkan pasien dikategorikan Gizi kurang. Keadaan fisik pasien yaitu keadaan umum CM. Keadaan klinik pasien yaitu tekanan darah, suhu, nadi, dan respirasi normal. Perkembangan diet pasien dilakukan dengan beberapa perubahan bentuk makanan.

Kata Kunci : NSTEMI, Penyakit jantung, Hipertensi, Proses Asuhan Gizi.