

STANDARDIZED NUTRITIONAL CARE PROCESS IN PATIENTS DIABETES MELLITUS TYPE II WITH PEDIC ULCERS AND HYPERTENSION AT PANEMBAHAN SENOPATI BANTUL HOSPITAL

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ABSTRACT

Background: Diabetes mellitus occurs when blood sugar levels are higher than normal, because the pancreas cannot produce insulin. Based on Riskesdas data, the prevalence of Diabetes Mellitus in Indonesia was 6.9% in 2013 and increased by 8.5% in 2018. The nutritional care process is needed for diabetes mellitus type II patients with pedis ulcers and hypertension in order to prevent disease severity and control blood sugar.

Objective: Know the Standardized Nutritional Care Process in patients Diabetes Mellitus Type II with Pedis Ulcer and Hypertension at Panembahan Senopati Bantul Hospital

Method: This research uses a type of descriptive research with a case study design. Data analysis is presented in the form of tabulations and narratives.

Results: Based on the screening results of patients at risk of malnutrition. The nutritional status of patients based on LILA percentile is included in the category of malnutrition. Biochemical examination of the patient's GDS and leukocyte levels at the time of hospital admission is included in the high category. Physical examination showed the patient was in a state of composmentis, the body felt weak and pain in the wound on the big toe of the right foot. Examination of vital signs shows that the patient's pulse belongs to the fast category. The patient's 24-hour recall intake falls into the deficient category. The intervention given was a DM Diet of 1500 kcal High Protein with the usual form of food and a frequency of 3x main meals 3x interludes. The results of monitoring and evaluation obtained the results GDS levels still increasing and decreasing, physical complaints have decreased, pulse fast, and patient food intake gradually increased on the first and third days but on the second day decreased.

Conclusion: From the results of the study it can be seen that patients with poor nutritional status, high GDS levels, the body feels weak and complaints of pain in the wound on the big toe of the right foot, rapid pulse, and insufficient nutritional intake. Based on monitoring during the intervention, GDS levels still increased and decreased, the body felt weak and complaints of pain in the wound on the big toe of the right foot decreased, rapid pulse during the intervention, and the patient's food intake gradually increased on the first and third days but on the second day decreased.

Keywords: Standardized Nutritional Care Process (PAGT), Diabetes Melitus Type II, Pedis Ulcer, Hypertension

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**PROSES ASUHAN GIZI TERSTANDAR PADA PASIEN DIABETES
MELITUS TIPE II DENGAN ULKUS PEDIS DAN HIPERTENSI DI RSUD
PANEMBAHAN SENOPATI BANTUL**

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ABSTRAK

Latar Belakang : Diabetes melitus terjadi ketika kadar gula darah lebih tinggi dari normal, karena pankreas tidak dapat memproduksi insulin. Berdasarkan data Riskesdas menunjukkan prevalensi Diabetes Melitus di Indonesia 6,9% pada tahun 2013 dan meningkat 8,5% pada tahun 2018. Proses asuhan gizi diperlukan bagi pasien diabetes melitus tipe II dengan ulkus pedis dan hipertensi agar mencegah keparahan penyakit dan mengontrol gula darah.

Tujuan : Diketuinya Proses Asuhan Gizi Terstandar pada pasien Diabetes Melitus tipe II dengan Ulkus Pedis dan Hipertensi di RSUD Panembahan Senopati Bantul

Metode : Penelitian ini menggunakan jenis penelitian deskriptif dengan desain studi kasus. Analisis data disajikan dalam bentuk tabulasi dan narasi.

Hasil : Berdasarkan hasil skrining pasien berisiko mengalami malnutrisi. Status gizi pasien berdasarkan percentile LILA termasuk dalam kategori gizi buruk. Pemeriksaan biokimia kadar GDS dan leukosit pasien pada saat masuk rumah sakit termasuk dalam kategori tinggi. Pemeriksaan fisik menunjukkan pasien dalam keadaan composmentis, tubuh merasa lemas dan nyeri pada luka di ibu jari kaki kanan. Pemeriksaan *vital sign* menunjukkan bahwa nadi pasien termasuk kategori cepat. Asupan *recall* 24 jam pasien termasuk dalam kategori kurang. Intervensi yang diberikan yaitu Diet DM 1500 kkal Tinggi Protein dengan bentuk makanan biasa dan frekuensi 3x makan utama 3x selingan. Hasil monitoring dan evaluasi diperoleh hasil kadar GDS masih mengalami kenaikan dan penurunan, keluhan fisik sudah berkurang, nadi cepat, serta asupan makan pasien sedikit demi sedikit mengalami peningkatan pada hari pertama dan ketiga namun pada hari kedua mengalami penurunan.

Kesimpulan : Dari hasil penelitian dapat diketahui bahwa pasien dengan status gizi buruk, kadar GDS tinggi, tubuh merasa lemas dan keluhan nyeri pada luka di ibu jari kaki kanan, nadi cepat, serta asupan zat gizi kurang. Berdasarkan monitoring selama intervensi kadar GDS masih mengalami kenaikan dan penurunan, tubuh merasa lemas dan keluhan nyeri pada luka di ibu jari kaki kanan berkurang, nadi cepat selama intervensi, serta asupan makan pasien sedikit demi sedikit mengalami peningkatan pada hari pertama dan ketiga namun pada hari kedua mengalami penurunan.

Kata Kunci : Proses Asuhan Gizi Terstandar (PAGT), Diabetes Melitus Tipe II, Ulkus Pedis, Hipertensi

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