

STANDARD NUTRITION CARE PROCESS FOR STROKE INFARK, DIABETES MELLITUS, AND HYPERTENSION PATIENTS IN NYI AGENG SERANG HOSPITAL

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ABSTRACT

Background: Diabetes Mellitus is one of the biggest health problems. According to global survey data, the number of diabetics reached 366 million in 2011. This number is expected to increase by 552 million in 2030 if left untreated. Also, Diabetes Mellitus, with or without comorbidities is one of the health problem that commonly encountered in Nyi Ageng Serang Hospital. To prevent severity and speed up the healing process, a standardized nutritional care process is needed for people with Diabetes Mellitus.

Objective: Knowing the implementation of the Standardized Nutrition Care Process for Stroke Infarction, Diabetes Mellitus, and Hypertension patients at Nyi Ageng Serang General Hospital which includes screening, assessment, diagnosis, intervention, monitoring and evaluation, as well as understanding of the patient's nutritional problems.

Method: This research uses a descriptive research type with a case study design. Data analysis is presented in narrative, tabular, and graphical forms.

Results: The results of the nutritional screening of patients experiencing malnutrition, nutritional status using BMI, namely obesity. The results of the laboratory for high fasting blood sugar, the results of the physical examination showed that the patient's condition was apathetic, weak, with a weak right hand, stomach ache, and decreased appetite, and high blood pressure. Food intake improved after intervention and nutrition education were given so that intake was >80% of total energy needs. Nutrition counseling is carried out with lectures and questions and answers using the media leaflets, food models, lists of exchange food ingredients.

Conclusion: From the results of the study after the intervention was given, it was known that the GDP level was high, physical complaints disappeared, high blood pressure, and food intake increased. An increase in knowledge through education for the patient's family can increase family support for feeding patients in the hospital.

Keywords: Standardized Nutrition Care Process (PAGT), Diabetes Mellitus, Hypertension, Infarction Stroke

PROSES ASUHAN GIZI TERSTANDAR PADA PASIEN STROKE INFARK, DIABETES MELITUS, DAN HIPERTENSI DI RSUD NYI AGENG SERANG

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ABSTRAK

Latar Belakang: Diabetes Melitus merupakan salah satu masalah kesehatan terbesar. Menurut data survei global, jumlah penderita diabetes melitus mencapai 366 juta pada tahun 2011. Jumlah ini diperkirakan akan meningkat sebesar 552 juta pada tahun 2030 jika tidak ditangani. Begitupula permasalahan kesehatan yang sering kali terjadi di RSUD Nyi Ageng Serang yaitu Diabetes Melitus baik dengan penyakit penyerta maupun tidak. Untuk mencegah keparahan dan mempercepat proses penyembuhan, diperlukan proses asuhan gizi terstandar bagi penderita Diabetes Melitus.

Tujuan: Mengetahui pelaksanaan Proses Asuhan Gizi Terstandar pada pasien Stroke Infark, Diabetes Melitus, dan Hipertensi di RSUD Nyi Ageng Serang yang meliputi skrining, asesment, diagnosis, intervensi, monitoring dan evaluasi, serta pemahaman pasien terhadap masalah gizi yang diderita.

Metode: penelitian ini menggunakan jenis penelitian deskriptif dengan rancangan desain studi kasus. Analisis data disajikan dalam bentuk narasi, tabular, dan grafik.

Hasil: hasil skrining gizi pasien mengalami malnutrisi, status gizi menggunakan IMT yaitu obesitas. Hasil laboratorium Gula Darah Puasa tinggi, hasil pemeriksaan fisik bahwa kondisi pasien apatis, lemas, dengan tangan kanan lemah, perut terasa melilit, serta nafsu makan menurun, dan tekanan darah tinggi. Asupan makan membaik setelah diberikan intervensi dan edukasi gizi sehingga asupan >80% dari kebutuhan energi total. Konseling gizi dilakukan dengan ceramah dan tanya jawab menggunakan media leaflet, *food model*, daftar bahan makanan penukar.

Kesimpulan: dari hasil penelitian setelah diberikannya intervensi diketahui bahwa kadar GDP tinggi, keluhan fisik hilang, tekanan darah tinggi, serta asupan makan meningkat. Adanya peningkatan pengetahuan melalui edukasi pada keluarga pasien dapat meningkatkan dukungan keluarga terhadap pemberian makan pasien di rumah sakit.

Kata Kunci: Proses Asuhan Gizi Terstandar (PAGT), Diabetes Melitus, Hipertensi, Stroke Infark