

**MATERNAL NUTRITIONAL CARE FOR PATIENTS WITH IMMINENT
PREMATURE PARTUS, POLYHYDRAMNION, G₃P₂A₀ 34 WEEKS OF
PREGNANCY, PREGESTATIONAL DIABETES MELLITUS IN
THERAPY IN THE MATERNAL AND PERINATAL INSTALLATION
ROOM OFRSUP Dr. SARDJITO**

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ABSTRACT

Background: *Partus Prematurus Imminens (PPI) is a serious threat to pregnancy because it can cause premature birth. Polyhydramnios, which is a buildup of amniotic fluid, may be one cause. Pregestational diabetes mellitus can also worsen this condition. The Standardized Nutrition Care Process (PAGT) is important in providing nutritional care services to patients with this condition. Providing an appropriate diet is an important part of managing dietary patterns to meet nutritional needs and control blood glucose levels in pregnant women with diabetes, thereby increasing the potential for maternal and fetal survival.*

Objective: *To implement standardized nutritional care and diet management for patients with imminens premature labor, polyhydramnios, G₃P₂A₀ 34 weeks gestation, pregestational diabetes mellitus in therapy in the Maternal and Perinatal Installation Room at RSUP Dr. Sardjito.*

Method: *This research is descriptive research with a qualitative research design in the form of a case study. The research was carried out on June 13rd-15th 2023. The research utilized primary and secondary data. The study focuses on nutrition screening, data review, analyzing nutrition diagnoses, nutrition interventions, monitoring evaluations, and nutrition counseling. The data presented in this research is in narrative/textual and tabular form.*

Result: *The results of the patient's screening using the Obstetrics Nutritional Risk Score (NRS) form obtained a score of 3 so that the patient was at risk of experiencing malnutrition, anthropometric assessment showed that the patient's nutritional status was good nutrition, biochemical examination of the patient revealed that the patient's blood glucose level was still experiencing fluctuations, development The patient's physical/clinical condition shows that the patient's general condition is good, composmentis, and vital signs (pulse, respiration, blood pressure) are sometimes high and low, complaints of wheezing are felt to be gradually improving.*

Conclusion: *The diet given to the patient is a 1900 kcal diabetes mellitus diet in the form of rice via the oral route with a meal frequency of 3x main meals and 2x snacks, the patient's appetite is relatively good, the patient can understand and is willing to carry out the nutritional education and counseling that has been provided.*

Keywords: *nutritional care, maternal, pregestational diabetes mellitus*

**ASUHAN GIZI MATERNAL PADA PASIEN
PARTUS PREMATURUS IMMINENS, POLIHIDRAMNION,
G₃P₂A₀ USIA KEHAMILAN 34 MINGGU, DIABETES MELLITUS
PREGESTASIONAL DALAM TERAPI
DI RUANG INSTALASI MATERNAL DAN PERINATAL
RSUP Dr. SARDJITO**

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ABSTRAK

Latar Belakang: Partus Prematurus Imminens (PPI) merupakan ancaman serius bagi kehamilan karena dapat menyebabkan kelahiran prematur. Polihidramnion, yang merupakan penumpukan cairan ketuban, dapat menjadi salah satu penyebabnya. Diabetes mellitus pregestasional juga dapat memperburuk kondisi ini. Proses Asuhan Gizi Terstandar (PAGT) menjadi penting dalam memberikan pelayanan asuhan gizi kepada pasien dengan kondisi tersebut. Pemberian diet yang sesuai merupakan bagian penting dalam pengaturan pola makan untuk memenuhi kebutuhan gizi dan mengontrol kadar glukosa darah pada ibu hamil dengan diabetes, sehingga meningkatkan potensi keselamatan hidup ibu dan janin.

Tujuan: Melaksanakan asuhan gizi terstandar dan penatalaksanaan diet pada pasien partus prematurus imminens, polihidramnion, G₃P₂A₀ usia kehamilan 34 minggu, diabetes mellitus pregestasional dalam terapi di Ruang Instalasi Maternal dan Perinatal RSUP Dr. Sardjito.

Metode: Penelitian ini adalah penelitian deskriptif dengan rancangan penelitian kualitatif dalam bentuk studi kasus. Penelitian dilaksanakan pada 13-15 Juni 2023. Penelitian memanfaatkan data primer dan sekunder. Fokus studi yaitu melakukan skrining gizi, pengkajian data, menganalisis diagnosis gizi, intervensi gizi, monitoring evaluasi, dan konseling gizi. Penyajian data pada penelitian ini yaitu dalam bentuk narasi/tekstular dan tabel.

Hasil: Hasil skrining pasien dengan form *Nutritional Risk Score* (NRS) Obstetrik diperoleh skor 3 sehingga pasien berisiko mengalami malnutrisi, pengkajian antropometri menunjukkan bahwa status gizi pasien yaitu gizi baik, pemeriksaan biokimia pasien diketahui bahwa kadar glukosa darah sewaktu pasien masih mengalami naik turun, perkembangan fisik/klinis pasien menunjukkan keadaan umum pasien baik, composmentis, dan *vital sign* (denyut nadi, respirasi, tekanan darah) terkadang tinggi dan rendah, keluhan kenceng-kenceng dirasakan berangsur membaik.

Kesimpulan: Diet yang diberikan kepada pasien yaitu diet diabetes mellitus 1900 kkal dalam bentuk nasi melalui route oral dengan frekuensi makan 3x makan utama dan 2x selingan, daya terima makan pasien tergolong baik, pasien dapat memahami dan bersedia menjalankan edukasi dan konseling gizi yang telah diberikan.

Kata Kunci: asuhan gizi, maternal, diabetes mellitus pregestasional