

**NUTRITIONAL CARE FOR ELDERLY WITH DIABETES MELLITUS,
HYPERTENSION AND HISTORY OF CARCINOMA MAMMAE SINISTRA
IN WORKING AREA OF PUSKESMAS DEPOK III**

Adelia Pradipta¹, Slamet Iskandar², Almira Sitasari³

^{1 2 3}Nutrition Department Poltekkes Kemenkes Yogyakarta

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

(e-mail : praditaadelia2212@gmail.com)

ABSTRACT

Background : Health problems due to degenerative processes are one of the most basic problems in the elderly. Non-communicable diseases such as hypertension, diabetes mellitus, tooth-mouth problems are the most common diseases in the elderly. The risk of malnutrition is a factor that needs to be considered in sufferers of non-communicable diseases, especially the elderly. Standardized nutritional care processes are needed to sufficient patient needs and reduce the risk of malnutrition.

Objective : To know Nutritional Care for Elderly With Diabetes Mellitus, Hypertension and History of Carcinoma Mammae Sinistra in working area of Puskesmas Depok III.

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. Biochemical examination showed that the patient had hyperglycemia and hypercholesterolemia. Physical and clinical examination showed that the patient had high blood pressure. The result of a 24-hour recall results were a severe deficit from her needs. The nutritional diagnosis made includes the intake domain and the behavior domain. Nutrition interventions are carried out according to diet purposes, requirements, and dietary prescriptions. Providing a diet according to the patient's needs. Nutrition counseling is carried out using leaflets, discussions and questions and answers.

Conclusion : Nutritional Care for Elderly With Diabetes Mellitus, Hypertension and History of Carcinoma Mammae Sinistra in working area of Puskesmas Depok III includes nutrition screening, nutrition studies, nutrition diagnosis, nutrition intervention, nutrition monitoring, nutrition evaluations, and nutrition counseling

Keyword : Diabetes Mellitus, Hypertension, Carcinoma Mammae, Nutritional Care

**ASUHAN GIZI LANSIA DENGAN DIABETES MELLITUS (DM),
HIPERTENSI DAN RIWAYAT *CARCINOMA MAMMAE SINISTRA* DI
WILAYAH KERJA PUSKESMAS DEPOK III**

Adelia Pradipta¹, Slamet Iskandar², Almira Sitasari³

^{1 2 3}Jurusan Gizi Poltekkes Kemenkes Yogyakarta

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

(e-mail : praditaadelia2212@gmail.com)

ABSTRAK

Latar Belakang : Masalah kesehatan akibat proses degeneratif merupakan salah satu permasalahan yang sangat mendasar pada lanjut usia. Penyakit tidak menular seperti hipertensi, diabetes mellitus, masalah gigi-mulut merupakan penyakit terbanyak pada lanjut usia. Risiko malnutrisi menjadi salah satu faktor yang perlu diperhatikan pada penderita PTM khususnya lansia. Proses asuhan gizi terstadar dibutuhkan untuk memenuhi kebutuhan pasien dan menurunkan risiko malnutrisi.

Tujuan : Mengetahui asuhan gizi lansia dengan Diabetes Mellitus (DM), Hipertensi dan Riwayat *Carcinoma Mammae Sinistra* di wilayah kerja Puskesmas Depok III

Metode : Studi Kasus. Studi kasus dilakukan di wilayah kerja Puskesmas Depok III

Hasil : Skrining gizi dengan formulir MNA menunjukkan pasien berisiko mengalami malnutrisi. Hasil pengkajian gizi menunjukkan bahwa pasien memiliki status gizi normal berdasarkan IMT. Pemeriksaan biokimia menunjukkan bahwa pasien mengalami hiperglikemia dan hiperkolesetrol. Pemeriksaan fisik dan Klinis didapatkan hasil pasien mengalami tekanan darah tinggi. Hasil recall 24 jam pasien yaitu defisit berat dari kebutuhannya. Diagnosis gizi yang ditegakkan adalah meliputi domain intake dan domain behaviour. Intervensi gizi dilakukan sesuai dengan tujuan, syarat, dan preskripsi diet. Pemberian diet sesuai dengan kebutuhan pasien. Konseling gizi dilakukan dengan media leaflet, diskusi dan tanya jawab

Kesimpulan : Asuhan gizi pada lansia dengan Diabetes Melitus, Hipertensi dan riwayat *Carcinoma Mammae* meliputi skrining gizi, pengkajian gizi, diagnosis gizi, intervensi gizi, monitoring evaluasi gizi dan koneling gizi

Kata Kunci : Diabetes Melitus, Hipertensi, *Carcinoma Mammae*, Asuhan Gizi