

**NUTRITIONAL CARE FOR PATIENTS WITH CHRONIC KIDNEY  
DISEASE STAGE V ON HEMODIALYSIS AND ANEMIA IN ROOM C2  
RSPAL dr. RAMELAN SURABAYA**

Beautifa Syaftia<sup>1</sup>, Isti Suryani<sup>2</sup>, Slamet Iskandar<sup>3</sup>

<sup>123</sup>Nutrition Departement of the Ministry of Health Polytechnic Yogyakarta  
Jl. Tata Bumi No. 3, Banyuraden, Gamping, Sleman, Yogyakarta 55293  
(*email*: [beautifasyaftia03032000@gmail.com](mailto:beautifasyaftia03032000@gmail.com))

**ABSTRACT**

**Background:** Chronic kidney failure (CKD) is one of the most dangerous kidney diseases. Kidney disease is a non-communicable disease, but can cause death. CKD is a global public health problem with increasing prevalence and incidence of kidney failure, poor prognosis and high costs. Nutritional therapy is part of the treatment of diseases and clinical conditions that must be taken into account so that the patient's diet must be in accordance with organ function, then it must be evaluated. Nutritional management of CKD aims to improve quality of life, reduce morbidity and mortality and slow the progression of kidney disease. Therefore, there is a need for management with a standardized nutritional care process for patients with Chronic Kidney Disease Stage V on Hemodialysis in Room C2 RSPAL dr. Ramelan Surabaya.

**Purpose:** Able to carry out clinical nutrition care for patients with Chronic Kidney Disease Stage V on Hemodialysis and anemia in Room C2 RSPAL dr. Ramelan Surabaya.

**Method:** The type of research carried out is a case study. The research subjects were Chronic Kidney Disease Stage V patients on Hemodialysis. The focus of the study is conducting nutritional screening, nutritional assessments, establishing nutritional diagnoses, carrying out interventions, and carrying out monitoring and evaluation. Data analysis was carried out descriptively, namely tabulation and narrative.

**Result:** Nutritional screening using the MNA form showed that the patient was at risk of malnutrition, so further screening was carried out using the SGA form. After a nutritional assessment, the patient is given intervention. The results of monitoring and evaluation were that there was an increase in patient intake during the 3 days of the intervention period. Patient intake increased to >80%. Patients are also given nutritional education related to the disease they are experiencing using the questions and answer method and leaflet media.

**Conclusion:** The importance of implementing a Standardized Nutritional Care Process (NCP) for patients with Chronic Kidney Disease Stage V on Hemodialysis and anemia to improve quality of life, reduce morbidity and mortality and slow the progression of kidney disease.

**Keywords:** Chronic Kidney Disease, Anemia, Nutritional Care Process

**ASUHAN GIZI PADA PASIEN *CHRONIC KIDNEY DISEASE STAGE V on HEMODIALYSIS* DAN ANEMIA DI RUANG C2  
RSPAL dr. RAMELAN SURABAYA**

Beautifa Syaftia<sup>1</sup>, Isti Suryani<sup>2</sup>, Slamet Iskandar<sup>3</sup>  
<sup>123</sup>Jurusan Gizi Politeknik Kesehatan Kemenkes Yogyakarta  
Jl. Tata Bumi No. 3, Banyuraden, Gamping, Sleman, Yogyakarta 55293  
(email: [beautifasyaftia03032000@gmail.com](mailto:beautifasyaftia03032000@gmail.com))

**ABSTRAK**

**Latar Belakang:** Penyakit gagal ginjal kronik (GGK) termasuk salah satu penyakit ginjal yang paling berbahaya. Penyakit ginjal merupakan penyakit tidak menular, namun dapat menyebabkan kematian. Penyakit GGK merupakan masalah kesehatan masyarakat global dengan prevalensi dan insidensi gagal ginjal yang meningkat, prognosis yang buruk dan biaya yang tinggi. Terapi gizi merupakan bagian dari perawatan penyakit dan kondisi klinis yang harus diperhatikan agar pemberian diet pasien harus sesuai dengan fungsi organ, kemudian harus dievaluasi. Penatalaksanaan gizi pada penyakit GGK bertujuan untuk memperbaiki kualitas hidup, menurunkan morbiditas dan mortalitas serta memperlambat progresivitas penyakit ginjal. Oleh karena itu perlu adanya penatalaksanaan dengan proses asuhan gizi terstandar pada pasien *Chronic Kidney Disease Stage V on Hemodialysis* di Ruang C2 RSPAL dr. Ramelan Surabaya.

**Tujuan:** Mampu melaksanakan asuhan gizi klinik pada pasien *Chronic Kidney Disease Stage V on Hemodialysis* dan anemia di Ruang C2 RSPAL dr. Ramelan Surabaya.

**Metode:** Jenis penelitian yang dilakukan adalah studi kasus. Subjek penelitian adalah pasien *Chronic Kidney Disease Stage V on Hemodialysis*. Fokus studi yaitu melakukan skrining gizi, asesmen gizi, menegakkan diagnosis gizi, melakukan intervensi, serta melakukan monitoring dan evaluasi. Analisis data dilakukan secara deskriptif yaitu tabulasi dan narasi.

**Hasil:** Skrining gizi dengan menggunakan formulir MNA diperoleh hasil bahwa pasien berisiko malnutrisi, sehingga dilakukan skrining lanjutan menggunakan formulir SGA. Setelah dilakukan pengkajian gizi, pasien diintervensi. Hasil monitoring dan evaluasi yaitu terjadi peningkatan asupan pasien selama 3 hari masa intervensi. Asupan pasien meningkat menjadi >80%. Pasien juga diberi edukasi gizi terkait dengan penyakit yang dialami menggunakan metode tanya jawab dan media leaflet.

**Kesimpulan:** Pentingnya dilakukan Proses Asuhan Gizi Terstandar (PAGT) pada pasien *Chronic Kidney Disease Stage V on Hemodialysis* dan anemia untuk memperbaiki kualitas hidup, menurunkan morbiditas dan mortalitas serta memperlambat progresivitas penyakit ginjal.

**Kata Kunci:** *Gagal Ginjal Kronis, Anemia, Asuhan Gizi*