

**STANDARDIZED NUTRITIONAL CARE PROCESS FOR PATIENTS WITH  
ABDOMINAL PAIN DUE TO GASTRITIS AND CHOLECYSTITIS WITH  
HYPERTENSION UNDERGOING INPATIENT TREATMENT AT PKU  
MUHAMMADIYAH GAMPING HOSPITAL**

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**ABSTRACT**

**Background:** *Gastritis is among the top ten most prevalent diseases in hospitals in Indonesia, with 33,580 cases reported among inpatients. Elderly patients are highly susceptible to gastritis and other degenerative diseases. Considering the high prevalence of gastritis and the significant problems it can cause, research on the standardized nutritional care process for gastritis patients undergoing inpatient treatment at PKU Muhammadiyah Gamping Hospital is necessary.*

**Objective:** *To determine the Standardized Nutritional Care Process for gastritis patients undergoing inpatient treatment at PKU Muhammadiyah Gamping Hospital, covering screening, assessment, diagnosis, intervention, monitoring, and evaluation, as well as patients' understanding of their nutritional problems.*

**Methods:** *This study is a descriptive observational study with a case study design. The data analysis was descriptive, with data presented textually and in tabular form.*

**Results:** *Nutritional screening using the MNA form indicated that the patient was at risk of malnutrition with a score of 11. The patient's nutritional status based on BMI was normal. Laboratory results showed elevated leukocyte levels, while physical/clinical examinations indicated the patient was fully conscious, with normal vital signs but high blood pressure. Nutritional interventions included the provision of Diet Lambung III RG III and diet-related education. The patient's food intake over three days was still deficient relative to daily needs. Nutritional counseling was conducted through lectures and Q&A sessions using leaflet media.*

**Conclusion:** *The study found that the patient was at risk of malnutrition, with normal nutritional status, normal vital signs, and high blood pressure. There was no significant improvement in food intake due to the patient's medical condition and necessary treatments. However, there was an increase in knowledge through education for the patient's family regarding feeding the patient in the hospital.*

**Keywords:** *Standardized Nutritional Care Process (PAGT), Abdominal pain, Gastritis, Cholecystitis, Hypertensi*

**PROSES ASUHAN GIZI TERSTANDAR PADA PASIEN *ABDOMINAL PAIN ET CAUSA GASTRITIS* DAN *CHOLECYSTITIS* DENGAN HIPERTENSI YANG MENJALANI RAWAT INAP DI RS PKU MUHAMMADIYAH GAMPING**

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**ABSTRAK**

**Latar Belakang:** *Gastritis* termasuk sepuluh penyakit terbanyak di rumah sakit di Indonesia, dengan jumlah kasus sebesar 33.580 kasus pada pasien rawat inap. Pasien lansia sangat rentan terhadap gastritis dan penyakit degeneratif lainnya. Melihat tingginya prevalensi kejadian *gastritis* yang terjadi dan besarnya masalah yang dapat ditimbulkan, perlu dilakukan penelitian mengenai proses asuhan gizi terstandar pada pasien *gastritis* yang menjalani rawat inap di RS PKU Muhammadiyah Gamping

**Tujuan:** Mengetahui Proses Asuhan Gizi Terstandar pada pasien *Gastritis* yang menjalani rawat inap di RS PKU Muhammadiyah Gamping yang meliputi skrining, assessment, diagnosis, intervensi, monitoring dan evaluasi, serta pemahaman pasien terhadap masalah gizi yang diderita

**Metode:** Jenis penelitian ini merupakan penelitian observasional deskriptif dengan desain studi kasus. Analisis data penelitian ini adalah deskriptif dengan penyajian data tekstual dan tabular.

**Hasil:** Hasil skrining gizi menggunakan form MNA pasien berisiko malnutrisi dengan skor 11, Status gizi menurut IMT pasien dalam kategori normal. Hasil pemeriksaan laboratorium pasien menunjukkan angka leukosit pasien tinggi, hasil pemeriksaan fisik/klinis pasien dalam keadaan sadar penuh, tanda-tanda vital normal, tekanan darah tinggi. Intervensi gizi yang diberikan meliputi pemberian Diet Lambung III RG III dan edukasi terkait diet. Asupan makan pasien selama 3 hari masih termasuk dalam kategori defisit dari kebutuhan harian pasien. Konseling gizi dilakukan dengan ceramah dan tanya jawab menggunakan media *leaflet*.

**Kesimpulan:** Dari hasil penelitian diketahui bahwa pasien berisiko malnutrisi, status gizi normal, tanda-tanda vital normal, tekanan darah tinggi, tidak terdapat peningkatan yang signifikan terkait asupan makan dikarenakan kondisi dan tindakan medis yang harus dijalani pasien. Adanya peningkatan pengetahuan melalui edukasi pada keluarga pasien terhadap pemberian makan pasien di rumah sakit

**Kata Kunci:** Proses Asuhan Gizi Terstandar (PAGT), Abdominal pain, Gastritis, Cholecystitis, Hipertensi