

**NUTRITIONAL CARE FOR ELDERLY WITH DIABETES MELLITUS,  
HYPERTENSION, AND NEUROPATHY IN WORKING AREA OF  
PUSKESMAS DEPOK II**

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**ABSTRACT**

**Background:** Elderly people often get health problems due to the aging process, decline in the function of body cells and decreased function of the body's immune system which causes degenerative diseases such as diabetes mellitus. Diabetes mellitus patients with complications are at risk of malnutrition. Therefore, a standardized nutritional care process is needed to reduce the risk of malnutrition.

**Objective:** Carrying out the standardized nutritional care process for elderly people with Diabetes Mellitus, Hypertension and Neuropathy in working area of Puskesmas Depok II.

**Method:** This research method is descriptive research with a qualitative research design in the form of a case study. The research results were analyzed descriptively and presented in the form of narratives, tables and graphs.

**Results:** The results of nutritional screening using the SF-MNA form showed that patients were at risk of malnutrition. The patient's nutritional status based on BMI calculations is classified as normal nutritional status. Biochemical examination showed normal GDS levels. Physical/clinical examination showed normal blood pressure with complaints of numbness and tingling in the right and left legs. The results of 24-hour recall were classified as deficit and had poor eating habits. The nutritional diagnosis made includes the intake domain and behavior domain. The nutritional intervention was DM 1300 diet. Nutritional counseling was carried out using leaflet media using the lecture and question and answer method. The results of monitoring and evaluation show normal nutritional status, GDS levels have decreased and are classified as normal, complaints have decreased with blood pressure fluctuating, and the patient's food intake has increased gradually, approaching needs.

**Conclusion:** It is concluded that the patient is at risk of malnutrition. The patient's nutritional status is normal, GDS is normal, blood pressure fluctuates, complaints decrease, and food intake increases gradually to approach requirements.

**Keywords:** Standardized Nutrition Care Process, Diabetes Mellitus, Hypertension, Neuropathy

## ASUHAN GIZI LANSIA DENGAN DIABETES MELLITUS, HIPERTENSI, DAN NEUROPATI DI WILAYAH KERJA PUSKESMAS DEPOK II

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### ABSTRAK

**Latar Belakang:** Lansia seringkali menghadapi permasalahan kesehatan akibat proses penuaan, kemunduran fungsi sel-sel tubuh dan menurunnya fungsi sistem imun tubuh yang menyebabkan timbulnya penyakit degeneratif seperti diabetes mellitus. Pasien diabetes mellitus dengan komplikasi rentan berisiko malnutrisi. Oleh karena itu diperlukan proses asuhan gizi terstandar untuk menurunkan risiko malnutrisi.

**Tujuan:** Melakukan proses asuhan gizi terstandar pada lansia dengan Diabetes Mellitus, Hipertensi, dan Neuropati di wilayah kerja Puskesmas Depok II.

**Metode:** Metode penelitian ini adalah penelitian deskriptif dengan rancangan penelitian kualitatif dalam bentuk studi kasus. Hasil penelitian dianalisis secara deskriptif dan disajikan dalam bentuk narasi, tabel, dan grafik.

**Hasil:** Hasil skrining gizi dengan formulir SF-MNA menunjukkan pasien berisiko malnutrisi. Status gizi pasien berdasarkan perhitungan IMT tergolong status gizi normal. Pemeriksaan biokimia menunjukkan kadar GDS normal. Pemeriksaan fisik/klinis menunjukkan tekanan darah normal dengan keluhan kebas dan kesemutan pada kaki kanan dan kiri. Hasil *recall* 24 jam pasien tergolong defisit dan memiliki kebiasaan makan kurang baik. Diagnosis gizi yang ditegakkan meliputi domain intake dan domain behaviour. Intervensi gizi berupa pemberian diet diet DM 1300. Konseling gizi dilakukan menggunakan media leaflet dengan metode ceramah dan tanya jawab. Hasil monitoring dan evaluasi menunjukkan status gizi normal, kadar GDS menurun dan tergolong normal, keluhan berkurang dengan tekanan darah naik turun, serta asupan makan pasien meningkat bertahap mendekati kebutuhan.

**Kesimpulan:** Disimpulkan bahwa pasien berisiko malnutrisi. Status gizi pasien normal, GDS normal, tekanan darah naik turun, keluhan berkurang, dan asupan makan meningkat bertahap mendekati kebutuhan.

**Kata Kunci:** Proses Asuhan Gizi Terstandar, Diabetes Mellitus, Hipertensi, Neuropati