

NUTRITION CARE PROCCES FOR ELDERLY WITH DIABETES MELLITUS IN THE WORKING AREA OF NGEMPLAK II PUBLIC HEALTH CENTER

Mirnati Ningsih¹, Waryana², Nugraheni Tri Lestari³

^{1,2,3} Departement of Nutrition, Health Polytechnic of the Ministry of Health Yogyakarta, Jl.

Tatabumi No.3 Banyuraden, Gamping, Sleman

Email: mirnatiningasih11@gmail.com

ABSTRACT

Elderly is a term for humans who have experienced aging who have entered the age of 60 years and above. Non-communicable diseases such as hypertension, diabetes, dental and oral problems are the most common diseases in the elderly. Diabetes mellitus, if not treated appropriately, will cause complications. Everyone who is sick is at risk of malnutrition, either malnutrition due to chronic or acute diseases or malnutrition due to chronic hunger. For this reason, it is necessary to carry out nutritional care so that nutritional interventions can be provided related to the provision of an appropriate diet to prevent malnutrition and complications. The purpose of this study is to examine the process of nutritional care in the elderly with diabetes mellitus in the working area of the Ngemplak II health center. This research method is qualitative research with a case study design, qualitative research produces descriptive data in the form of written or oral words from the observed individual behavior. The results of the nutrition assessment were patients at risk of malnutrition, anthropometric data on excess nutritional status, biochemical data obtained from hyperglycemia, physical/clinical composmentis data, high blood pressure and good patient eating history data as well as severe deficit recall intake. Monitoring carried out includes anthropometry, biochemistry, physical/clinical, and dietary intake. The monitoring results showed that weight decreased, GDS levels decreased, blood pressure was close to normal, and food intake fluctuated and was still in the deficit category. Conclusion: From the results of the study, it is known that patients are at risk of malnutrition, overnutritional status, high GDS, and high blood pressure. Based on monitoring and evaluation for three days, the assessment of GDS levels decreased, cholesterol was high, blood pressure decreased, food intake fluctuated and was still in the deficit category.

Keywords: *Elderly, Diabetes mellitus, Nutritional Care Procces*

ASUHAN GIZI PADA LANSIA DENGAN DIABETES MELITUS DI WILAYAH KERJA PUSKESMAS NGEEMPLAK II

Mirnati Ningsih¹, Waryana², Nugraheni Tri Lestari³
^{1,2,3} Jurusan Gizi Poltekkes Kemenkes Yogyakarta
Jl. Tatabumi No.3 Banyuraden, Gamping, Sleman
Email: mirnatiningasih11@gmail.com

ABSTRAK

Lansia merupakan sebutan manusia yang sudah mengalami penuaan yang telah memasuki usia 60 tahun keatas. Penyakit tidak menular seperti hipertensi, diabetes, masalah gigi dan mulut merupakan penyakit terbanyak pada lanjut usia. Diabetes melitus jika tidak ditangani dengan tepat akan menyebabkan komplikasi. Setiap orang yang sakit memiliki risiko malnutrisi, baik malnutrisi akibat penyakit kronik maupun akut atau malnutrisi akibat kelaparan kronik. Untuk itu perlu dilakukan asuhan gizi agar dapat diberikan intervensi gizi terkait pemberian diet yang sesuai untuk mencegah malnutrisi dan komplikasi. Tujuan penelitian ini adalah untuk mengkaji proses asuhan gizi pada lansia dengan diabetes melitus di wilayah kerja puskesmas Ngemplak II. Metode penelitian ini adalah penelitian kualitatif dengan rancangan studi kasus, penelitian kualitatif menghasilkan data deskriptif yang berupa kata-kata yang secara tertulis ataupun lisan dari perilaku individu yang diamati. Hasil pengkajian gizi yaitu responden berisiko malnutrisi, data antropometri status gizi lebih, data biokimia diperoleh hiperglikemia, data fisik/klinis composmentis, tekanan darah tinggi dan data riwayat makan responden baik serta asupan recall defisit berat. Monitoring yang dilakukan meliputi antropometri, biokimia, fisik/klinis, serta asupan makan. Hasil monitoring diperoleh berat badan mengalami penurunan, kadar GDS mengalami penurunan, tekanan darah meurun mendekati normal, serta asupan makan mengalami fluktuasi dan masih dalam kategori defisit. Kesimpulan: Dari hasil penelitian diketahui responden berisiko malnutrisi, status gizi lebih, GDS tinggi, tekanan darah tinggi. Berdasarkan monitoring dan evaluasi selama tiga hari pengkajian kadar GDS menurun, kolesterol tinggi, tekanan darah menurun, asupan makan mengalami fluktuasi dan masih dalam kategori defisit.

Kata kunci : Lansia, Diabetes melitus, Proses Asuhan Gizi Terstandar