

ABSTRAK

Latar Belakang: pola penyakit pasien lansia rawat jalan di Puskesmas se-Kabupaten Sleman pada tahun 2023 yakni hipertensi esensial (19,91%), diabetes melitus non-dependen insulin (10.14%). **Tujuan:** mengetahui proses asuhan gizi lansia dengan *Essential (Primary) Hypertension, Diabetes Mellitus Tipe II, Pure Hypercholestromia*, dan *Glaucoma*. **Metode:** penelitian deskriptif dengan rancangan penelitian kualitatif dalam bentuk studi kasus di wilayah kerja Puskesmas Depok III Kabupaten Sleman pada tanggal 2 – 4 Mei 2024 dengan menggunakan model NCP (*Nutrition Care Proccess*) yakni skrining, assesment, diagnosis, intervensi, monitoring dan evaluasi. **Hasil:** Pemantauan (*re-assesment*) hari terakhir menunjukkan asupan energi 95,7%, protein 90,2%, lemak 120,6%, karbohidrat 89,3%, natrium 1103,4 mg, dan kolesterol 255,2 mg, serta berat badan 59,7 kg, kadar guladarah sewaktu 120 mg/dL, kadar kolesterol 202 mg/dL, dan tekanan darah 139/81 mmHg. **Kesimpulan :** asupan energi, asupan protein, asupan natrium, kadar guladarah sewaktu, dan tekanan darah sudah mencapai target. Asupan lemak, asupan karbohidrat, asupan kolesterol, berat badan, kadar kolesterol, belum mencapai target. Diagnosis gizi akhir yang ditegakkan yakni penurunan kebutuhan karbohidrat, natrium, dan kolesterol, serta obesitas. Rencana intevensi gizi sebagai tindak lanjut dari hasil monitoring (*re-assesment*) guna mengontrol asupan karbohidrat, natrium, dan kolesterol dibatas normal, serta menurunkan berat badan hingga mencapai status gizi normal pasien adalah edukasi, konseling, dan kolaborasi gizi.

Kata Kunci : Hipertensi, Diabetes Mellitus, Hiperkolestrolemia, Dietetika

ABSTRACT

Background: The disease patterns of elderly outpatients in Community Health Centers throughout Sleman Regency in 2023 are essential hypertension (19.91%), non-insulin dependent diabetes mellitus (10.14%). **Objective:** to understand the nutritional care process for elderly people with Essential (Primary) Hypertension, Diabetes Mellitus Type II, Pure Hypercholestromia, and Glaucoma. **Method:** descriptive research with qualitative research design in the form of a case study in the work area of Depok III Health Center, Sleman Regency on 2-4 May 2024 using the Nutrition Care Process Model, namely screening, assessment, diagnosis, intervention, monitoring and evaluation. **Results:** The 3rd days monitoring showed energy intake was 95.7%, protein intake 90.2%, fat intake 120.6%, carbohydrates intake 89.3%, sodium intake 1103.4 mg, and cholesterol intake 255.2 mg, body weight 59.7 kg, instant blood glucose level 120 mg/dL, cholesterol level 202 mg/dL, and blood pressure 139/81 mmHg. **Conclusion:** energy, protein, and sodium intake, instant blood glucose levels, as well blood pressure have reached the target. Fat, carbohydrate, and cholesterol intake, body weight, as well cholesterol levels haven't reached the target. The final nutritional diagnosis that was made were decrease need for carbohydrates, sodium and cholesterol, as well an obesity. The nutritional intervention plan as a follow-up to monitoring results in order to control carbohydrate, sodium and cholesterol intake within normal limits, as well as reduce body weight until the patient reaches normal nutritional status are education, counseling and nutritional collaboration.

Keywords: Hypertension, Diabetes Mellitus, Hypercholestromia, Dietetics