

STANDARDIZED NUTRITIONAL CARE FOR DIABETES MELLITUS  
PATIENTS WITH HHS (HYPEROSMOLAR HYPERGLYCEMIC STATE),  
CEREBRAL TUMOR, AKI STAGE III IN THE HCU ROOM OF RSUD PROF.  
DR. MARGONO SOEKARJO PURWOKERTO

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**ABSTRACT**

**Background:** Diabetes mellitus is a group of diseases characterized by elevated blood glucose levels (hyperglycemia) due to abnormalities in insulin secretion or action. The main problem in patients with diabetes mellitus is the presence of hyperglycemia which can cause damage to various body systems, especially blood vessels and can also affect various other organs.

**Objective:** Carrying out nutritional services and dietary management in Diabetes Mellitus patients with HHS (Hyperosmolar Hyperglycemic State), cerebral tumors, AKI stage III in the HCU Room at Prof. Dr. Margono Soekarjo Purwokerto Hospital.

**Methods:** Case study. Research location at Prof. Dr. Margono Soekarjo Purwokerto Hospital. The research subject was one patient with diabetes mellitus. The focus of the study is to conduct nutritional screening, nutritional assessment, analyze nutritional diagnoses, perform nutritional interventions, monitor evaluation and conduct nutritional counseling. Data analysis was descriptive and data presentation was tabulated.

**Results:** Nutritional screening using the MUST screening form, diabetes mellitus patients are at risk of malnutrition. Nutritional assessment obtained the results of diabetes mellitus patients have normal nutritional status based on BMI. Biochemical examination obtained the results of high blood sugar, urea and creatinine, physical/clinical examination of the results of the patient's pulse and respiration are high. The patient has decreased consciousness with a sopor state and weak body language. The results of the patient's food intake recall in the hospital were less than the needs. The patient's nutritional diagnosis is in accordance with the patient's nutritional assessment data. Nutritional interventions are carried out in accordance with the objectives, requirements, and dietary prescriptions. Provision of diet in accordance with the needs and hospital standards. The patient's biochemical, physical/clinical development, food intake is getting better every day. Nutrition counseling is done with leaflet media with lecture and question and answer methods.

**Conclusion:** Standardized nutritional care for patients is carried out which includes screening, nutritional assessment, nutritional diagnosis, nutritional intervention, monitoring evaluation and nutritional counseling.

**Keywords:** Diabetes Mellitus, Nutritional Care

ASUHAN GIZI TERSTANDAR PADA PASIEN DIABETES MELLITUS  
DENGAN HHS (*HYPEROSMOLAR HYPERGLICEMIC STATE*), TUMOR  
SEREBRI, AKI STAGE III DI RUANG HCU RSUD PROF. DR MARGONO  
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**ABSTRAK**

**Latar Belakang:** Diabetes Melitus adalah kelompok penyakit yang ditandai oleh peningkatan kadar glukosa darah (hiperglikemia) akibat kelainan sekresi atau kerja insulin. Masalah utama pada pasien diabetes mellitus yaitu adanya hiperglikemia yang dapat menyebabkan kerusakan berbagai sistem tubuh terutama syaraf pembuluh darah dan juga dapat mengenai berbagai organ lainnya.

**Tujuan:** Melaksanakan pelayanan gizi dan penatalaksanaan diet pada pasien Diabetes Mellitus dengan HHS (*Hyperosmolar Hyperglycemic State*), tumor serebri, AKI stage III di Ruang HCU di RSUD Prof. Dr Margono Soekarjo Purwokerto.

**Metode:** Studi kasus. Lokasi penelitian di RSUD Prof. Dr Margono Soekarjo Purwokerto. Subyek penelitian sebanyak satu orang pasien diabetes mellitus. Fokus studi yaitu melakukan skrining gizi, pengkajian gizi, menganalisis diagnosa gizi, melakukan intervensi gizi, monitoring evaluasi dan melakukan konseling gizi. Analisis data secara deskriptif dan penyajian data dengan tabulasi.

**Hasil:** Skrining gizi menggunakan formulir skrining MUST, pasien diabetes mellitus beresiko malnutrisi. Pengkajian gizi diperoleh hasil pasien diabetes mellitus mempunyai status gizi normal berdasarkan IMT. Pemeriksaan Biokimia didapatkan hasil gula darah sewaktu, ureum dan kreatinin tinggi, dilakukan pemeriksaan fisik/klinis hasilnya nadi dan respirasi pasien tinggi. Pasien mengalami penurunan kesadaran dengan keadaan sopor dan bahasa tubuh lemah. Hasil recall asupan makan pasien di rumah sakit kurang dibanding kebutuhan. Diagnosis gizi yang ditegakkan pasien sesuai dengan data pengkajian gizi pasien. Intervensi gizi dilakukan sesuai dengan tujuan, syarat, dan preskripsi diet. Pemberian diet sesuai dengan kebutuhan dan standar rumah sakit. Perkembangan biokimia, fisik/klinis, asupan makan pasien semakin hari semakin membaik. Konseling gizi dilakukan dengan media leaflet dengan metode ceramah dan tanya jawab.

**Kesimpulan:** Dilakukan asuhan gizi terstandar pada pasien yang meliputi skrining, pengkajian gizi, diagnosis gizi, intervensi gizi, monitoring evaluasi dan konseling gizi.

**Kata Kunci:** Diabetes Mellitus, Asuhan Gizi