

**ASUHAN GIZI TERSTANDAR PADA PASIEN DESATURASI ET CAUSA
(EC) PLUGING TRACHEAL TUBE (TT), PNEUMONIA ASPIRASI
BRAINSTEM CONTUSION, DENGAN RIWAYAT INTRACEREBERAL
HEMORRHAGE (ICH) DI RUANG PERAWATAN MICU RSUP Dr.
SARDJITO YOGYAKARTA**

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ABSTRAK

Latar Belakang : *Critical ill* adalah manajemen medis yang kompleks untuk orang yang sakit atau cedera parah. Tingkat penyakit atau cedera ini melibatkan gangguan akut pada satu atau lebih sistem organ vital dengan kemungkinan besar kerusakan yang mengancam jiwa kondisi pasien. *Critical care* memerlukan pengambilan keputusan yang kompleks dan dukungan sistem organ vital untuk mencegah kegagalan yang melibatkan satu atau lebih hal berikut ini: sistem saraf pusat, sistem peredaran darah, sistem ginjal dan hati, sistem metabolisme dan pernapasan, serta syok.

Tujuan : Mengetahui proses asuhan gizi terstandar pada pasien desaturasi *et causa (ec) plugging Tracheal Tube (TT)*, pneumonia aspirasi *brainstem contusion*, dengan riwayat *intracerebral hemorrhage (ICH)* di RSUP Dr. Sardjito

Metode : Penelitian ini menggunakan jenis penelitian deskriptif. Desain penelitian ini adalah studi kasus.

Hasil : Setelah dilakukan proses asuhan gizi terstandar selama 3 hari berturut-turut, Hasil pengkajian status gizi yaitu data pengukuran data antropometri gizi kurang, data biokimia diperoleh kadar GDS pasien tinggi, kadar albumin rendah, analisis gas darah (AGD) rendah, data klinis/fisik pasien normal dengan edema dan keluhan berkurang, data Riwayat makan atau kebiasaan makan pasien baik, Monitoring yang dilakukan meliputi biokimia, serta asupan makan. Diperoleh hasil asupan makan meningkat bertahap (mencapai 80%), data biokimia AGD kurang, fisik/klinis menetao

Kesimpulan : Dari hasil penelitian ini menggunakan NRS 2002 hasil pasien berisiko mengalami malnutrisi, diagnose gizi menetap, Kebutuhan gizi pasien yaitu energi sebesar 1737 kkal, protein 69,3 gram, lemak 57,9 gram, karbohidrat 234,7 gram, Asupan makan pasien belum mencapai target yaitu *underfeeding*

Kata kunci : Asuhan Gizi Terstandar, Desaturasi, Tracheal Tube (TT), pneumonia aspirasi, ICH

**STANDARDIZED NUTRITION CARE FOR PATIENTS ON
DESATURATION ET CAUSA (EC) PLUGING TRACHEAL TUBE (TT),
PNEUMONIA ASPIRATION BRAINSTEM CONTUSION, WITH
INTRACEREBRAL HEMORRHAGE (ICH) AT MICU Dr. SARDJITO
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ABSTRACT

Background : Critical ill is the complex medical management of a seriously ill or injured person. This level of illness or injury involves acute disruption of one or more vital organ systems with a high likelihood of life-threatening deterioration of the patient's condition. Critical care requires complex decision-making and vital organ system support to prevent failure involving one or more of the following: central nervous system, circulatory system, renal and hepatic systems, metabolic and respiratory systems, and shock.

Objective : Knowing the standardized nutritional care process in patients with desaturation et causa (ec) Tracheal Tube (TT) plugging, brainstem contusion aspiration pneumonia, with a history of intracerebral hemorrhage (ICH) at Dr. Sardjito General Hospital Yogyakarta.

Method : This research uses descriptive research with this research design is a case study.

Results : After carrying out a standardized nutritional care process for 3 consecutive days, the results of nutritional status assessment are anthropometric measurement data of undernutrition, biochemical data obtained high patient GDS levels, low albumin levels, low blood gas analysis (AGD), clinical / physical data of normal patients with edema and complaints reduced, data eating history or good patient eating habits, Monitoring carried out includes biochemistry, and food intake. The results obtained food intake increased gradually (reaching 80%), AGD biochemical data was less, physical/clinical sedentary

Conclusion : From the results of this study using the 2002 NRS, the results of patients at risk of malnutrition, a diagnosis of sedentary nutrition, the patient's nutritional needs are energy of 1737 kcal, protein 69.3 grams, fat 57.9 grams, carbohydrates 234.7 grams, the patient's food intake has not reached the target (underfeeding).

Keywords : Standardized nutritional care, desaturation, tracheal tube (TT), aspiration pneumonia, ICH