

**CASE STUDY OF NUTRITION CARE PROCESS IN CRITICAL
RESPONDENTS WITH NON-ST-SEGMENT ELEVATION MYOCARDIAL
INFARCTION (NSTEMI), CONGESTIVE HEARTH FAILURE (CHF),
APHASIA MOTORIK EC STROKE INFARCTION IN THE INTENSIVE
CARDIAC CARE UNIT (ICCU) AT RSUP dr SARDJITO YOGYAKARTA**

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ABSTRACT

Background : Patients with CHF may result in critical conditions. According to Basic Health Research data in 2018, the prevalence of CHF in Indonesia diagnosed by doctors is 1.5%. Nutritional support is an important component in the care of patients in critical condition. Enteral nutrition is one of the additional therapies in patients with critical illnesses with good gastrointestinal function but oral intake cannot be given. Nutrition is important and part of clinical medical therapy.

Objective : knowing that the standardized nutritional care process in critical patients with NSTEMI, CHF, Aphasia Motorik ec Stroke Infark at ICCU dr. Sardjito Yogyakarta.

Method : descriptive observational research with case study design.

Results : the nutritional status of the respondent was normal and there was no change in weight during treatment. The general condition of the respondents experienced a decrease in consciousness from apathy to sopor to respiratory arrest. Laboratory data of respondents experienced anemia (Hb 9.6 g/dl), hypoalbumin (2.88 g/dl), high blood sugar (195 mg/dl) and high urea creatinine. The nutritional intake on the first day has not been met, increasing on the second day. Intake decreased on the third day until the end of monitoring along with the decline in the patient's clinical physical condition

Conclusion : The nutritional status of the patient is normal during monitoring. The patient's clinical physical condition has decreased. The patient's dietary intake has not met the needs from the beginning to the end of the observation.

Keywords: Critical, CHF, Nutritional Care

**STUDI KASUS ASUHAN GIZI TERSTANDAR PADA RESPONDEN KRITIS
DENGAN *NON-ST-SEGMENT ELEVATION MYOCARDIAL INFARCTION*
(NSTEMI), *CONGESTIVE HEARTH FAILURE* (CHF), AFASIA MOTORIK
EC STROKE INFARK DI *INTENSIVE CARDIAC CARE UNIT* (ICCU) RSUP
dr SARDJITO YOGYAKARTA**

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ABSTRAK

Latar Belakang : Pasien dengan CHF dapat mengakibatkan kondisi kritis. data Riset Kesehatan Dasar tahun 2018, prevalensi gagal jantung kongestif di Indonesia yang didiagnosis dokter adalah sebesar 1,5%. Dukungan nutrisi merupakan komponen penting dalam perawatan pasien dalam kondisi kritis. Nutrisi enteral merupakan salah satu terapi tambahan pada pasien-pasien dengan penyakit kritis dengan fungsi gastrointestinal baik namun intake oral tidak dapat diberikan. Nutrisi menjadi sesuatu yang penting dan menjadi bagian dari terapi medikal klinis.

Tujuan : diketahuinya proses asuhan gizi terstandar pada pasien kritis dengan NSTEMI, CHF, Afasia Motorik ec Stroke Infark di ICCU RSUP dr.Sardjito Yogyakarta

Metode : penelitian observasional deskriptif dengan desain studi kasus .

Hasil : status gizi responden normal dan tidak ada perubahan berat badan selama perawatan. Kondisi umum responden mengalami penurunan kesadaran dari apatis ke sopor hingga henti nafas. Data laboratorium responden mengalami anemia (Hb 9,6 g/dl), hipoalbumin (2,88 g/dl), gula darah tinggi (195 mg/dl) dan ureum creatinine tinggi . Asupan nutrisi hari pertama belum memenuhi mengalami kenaikan di hari kedua. Asupan mengalami penurunan di hari ketiga hingga akhir monitoring seiring penurunan kondisi fisik klinis pasien.

Kesimpulan : status gizi pasien normal selama pemantauan. Kondisi fisik klinis pasien mengalami penurunan. Asupan makan pasien belum memenuhi kebutuhan dari awal hingga akhir pengamatan.

Kata Kunci : Kritis, CHF, Asuhan Gizi