

**STANDARDIZED NUTRITIONAL CARE PROCESS IN PATIENTS WITH  
*INSULIN-DEPENDENT DIABETES MELLITUS, ESSENTIAL (PRIMARY)*  
*HYPERTENSION, VARICELLA WITHOUT COMPLICATION AT RSUP DR.*  
**SOERADJI TIRTONEGORO KLATEN****

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**ABSTRACT**

**Background:** Diabetes Mellitus is defined as a disease or chronic metabolic disorder with multiple etiologies which is characterized by high blood sugar levels accompanied by disorders of carbohydrate, lipid and protein metabolism as a result of insulin function insufficiency. The role of standardized nutritional care is very important in determining the diet of diabetes mellitus patients in controlling blood glucose and preventing complications.

**Objective:** To determine the process of standardized nutritional care for patients with diabetes mellitus, hyperglycemia and hypertension

**Method:** The type and design of this research uses descriptive research with a research method, namely case study

**Results:** The results of the nutritional assessment were that the patient was diagnosed with a decrease in simple carbohydrates, anthropometric data on nutritional status, biochemical data obtained that the patient's GDS level was high, physical/clinical data had high blood pressure, the whole body was itchy and a red rash appeared, bumps were growing, the right eye was blurry , nausea, and a history of the patient's poor eating habits.

**Conclusion:** Based on nutritional intervention, monitoring and evaluation, during the service GDS levels and blood pressure fell to near normal, physical complaints decreased, and intake increased.

**Keywords:** Standardized Nutrition Care Process, Diabetes Mellitus, Hypertension, Nutrition Diagnosis, Nutrition Intervention, Monitoring and Evaluation.

**PROSES ASUHAN GIZI TERSTANDAR (PAGT) PADA PASIEN *INSULIN-DEPENDENT DIABETES MELLITUS, ESSENTIAL (PRIMARY) HYPERTENSION, VARICELLA WITHOUT COMPLICATION* DI RSUP DR. SOERADJI TIRTONEGORO KLATEN**

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**ABSTRAK**

**Latar Belakang:** Diabetes Melitus didefinisikan sebagai suatu penyakit atau gangguan metabolisme kronis dengan multi etiologi yang ditandai dengan tingginya kadar gula darah disertai dengan gangguan metabolisme karbohidrat, lipid dan protein sebagai akibat dari insufisiensi fungsi insulin. Peran asuhan gizi terstandar menjadi sangat penting dalam menentukan diet pasien diabetes melitus dalam mengontrol glukosa darah dan mencegah terjadinya komplikasi.

**Tujuan:** Mengetahui proses asuhan gizi terstandar pada pasien Diabetes Melitus Hiperglikemia dengan Hipertensi

**Metode:** Jenis dan rancangan penelitian ini menggunakan jenis penelitian deskriptif dengan metode penelitian yaitu studi kasus

**Hasil :** Hasil pengkajian gizi yaitu pasien diagnosis penurunan karbohidrat sederhana, data antropometri status gizi lebih, data biokimia diperoleh kadar GDS pasien tinggi, data fisik/klinis tekanan darah tinggi, seluruh tubuh gatal dan muncul ruam merah, tumbuh bentol-bentol, mata kanan buram, mual, serta riwayat kebiasaan makan pasien kurang baik.

**Kesimpulan:** Berdasarkan intervensi gizi, monitoring dan evaluasi, selama pelayanan kadar GDS dan tekanan darah turun mendekati normal, keluhan fisik berkurang, serta asupan meningkat.

**Kata kunci:** Proses Asuhan Gizi Terstandar, Diabetes Melitus, Hipertensi, Diagnosis Gizi, Intervensi Gizi, Monitoring dan Evaluasi.