

**STANDARDIZED NUTRITIONAL CARE PROSES FOR STROKE  
PATIENTS**

**AT RS PKU MUHAMMADIYAH GAMPING**

*Voca Erudita Parihriyanto Putri<sup>1</sup>, Idi Setiyobroto<sup>2</sup>, Nugraheni Tri Lestari<sup>3</sup>*

*<sup>123</sup>Jurusan Gizi Poltekkes Kemenkes Yogyakarta*

*Jalan Tata Bumi Nomor 3 Banyuraden, Gamping, Sleman Yogyakarta 55293*

*(e-mail: vocaeruditapp@gmail.com)*

**ABSTRAC**

**Background:** *Stroke is a cerebrovascular disorder classified into two main types: ischemic stroke (non-hemorrhagic) and hemorrhagic stroke. Factors such as diet, stress, and lifestyle are suspected to contribute to the rising incidence of stroke, which can be identified through blood lipid profile assessments. Standardized nutritional care is crucial in managing stroke patients to prevent worsening of the disease and to improve patient nutritional status.*

**Objective:** *This study aims to evaluate the implementation of standardized nutritional care processes for stroke patients at RS PKU Muhammadiyah Gamping.*

**Methods:** *This research employs a descriptive observational method with a case study design. The study was conducted at RS PKU Muhammadiyah Gamping, involving stroke patients who met inclusion criteria. The focus of the study includes nutritional screening, nutritional assessment, nutritional diagnosis, diet goal setting, dietary intervention, and monitoring and evaluation.*

**Results:** *Nutritional screening using the Mini Nutritional Assessment - Short Form (MNA-SF) indicated that the patient was malnourished. Further nutritional assessment confirmed malnutrition, although the nutritional status based on upper arm circumference (LiLA) appeared to be good. Biochemical tests revealed high levels of HDL and LDL cholesterol. Physical examination indicated dysphagia, nausea, weakness in the left hand, and dry skin. Additional tests included EKG, CT Scan of the head, and Thorax PA. Food intake based on a 24-hour recall showed a severe deficit. The dietary intervention applied was RG diet with soft and pureed foods, with a meal frequency of three main meals and two snacks daily. Monitoring and evaluation results indicated instability in food intake, but the patient's overall condition improved.*

**Conclusion:** *Stroke patients at RS PKU Muhammadiyah Gamping exhibited malnutrition with good nutritional status. Although food intake was unstable, there was improvement in the patient's condition following nutritional intervention. Proper management of nutritional care plays a critical role in the recovery of stroke patients.*

**Keywords:** *Stroke, nutritional care implementation, food intake, case report*

## **PROSES ASUHAN GIZI TERSTANDAR PADA PASIEN STROKE DI RS PKU MUHAMMADIYAH GAMPING**

Voca Erudita Prihriyanto Putri<sup>1</sup>, Idi Setiyobroto<sup>2</sup>, Nugraheni Tri Lestari<sup>3</sup>

<sup>123</sup>Jurusan Gizi Poltekkes Kemenkes Yogyakarta

Jalan Tata Bumi Nomor 3 Banyuraden, Gamping, Sleman Yogyakarta 55293

(e-mail: [vocaeruditapp@gmail.com](mailto:vocaeruditapp@gmail.com))

### **ABSTRAK**

**Latar Belakang:** Stroke adalah gangguan pembuluh darah otak yang terbagi menjadi dua jenis utama: stroke iskemik (non-hemoragik) dan stroke hemoragik. Faktor-faktor seperti pola makan, stres, dan gaya hidup diduga berkontribusi pada meningkatnya angka kejadian stroke, yang dapat diidentifikasi melalui pemeriksaan kadar lemak darah. Asuhan gizi terstandar sangat penting dalam penanganan pasien stroke untuk menghindari peningkatan keparahan penyakit dan meningkatkan status gizi pasien.

**Tujuan:** Penelitian ini bertujuan untuk menilai pelaksanaan proses asuhan gizi terstandar pada pasien stroke di RS PKU Muhammadiyah Gamping.

**Metode:** Metode yang digunakan adalah observasional deskriptif dengan desain studi kasus. Penelitian ini dilaksanakan di RS PKU Muhammadiyah Gamping dengan subjek pasien stroke yang memenuhi kriteria inklusi. Fokus penelitian mencakup skrining gizi, pengkajian gizi, diagnosis gizi, penetapan tujuan diet, intervensi diet, serta monitoring dan evaluasi.

**Hasil:** Skrining gizi menggunakan Mini Nutritional Assessment - Short Form (MNA-SF) menunjukkan adanya malnutrisi pada pasien. Pengkajian gizi lebih lanjut mengonfirmasi malnutrisi meskipun status gizi berdasarkan lingkaran lengan atas (LiLA) menunjukkan status gizi yang baik. Pemeriksaan biokimia menunjukkan kadar kolesterol HDL dan LDL yang tinggi. Pemeriksaan fisik mengindikasikan adanya disfagia, mual, kelemahan pada tangan kiri, serta kulit kering. Pemeriksaan tambahan termasuk EKG, CT Scan Kepala, dan Thorax PA Dewasa. Asupan makanan berdasarkan recall 24 jam menunjukkan defisit berat. Intervensi diet yang diterapkan adalah diet RG dengan makanan lunak dan saring, dengan frekuensi makan 3 kali sehari dan 2 kali selingan. Hasil monitoring dan evaluasi menunjukkan ketidakstabilan dalam asupan makanan, namun kondisi pasien membaik secara keseluruhan.

**Kesimpulan:** Pasien stroke di RS PKU Muhammadiyah Gamping menunjukkan malnutrisi dengan status gizi yang baik. Walaupun asupan makanan tidak stabil, terdapat perbaikan kondisi pasien setelah diterapkan intervensi gizi. Penatalaksanaan asuhan gizi yang tepat sangat berperan dalam pemulihan pasien stroke.

**Kata kunci :** Stroke, pelaksanaan asuhan gizi ; asupan makan ; case repor