

ASUHAN GIZI TERSTANDAR PADA LANSIA DENGAN PENYAKIT HIPERTENSI DAN DIABETES MELITUS TYPE 2 DI WILAYAH KERJA PUSKESMAS MLATI II

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ABSTRAK

Latar Belakang: WHO (*World Health Organization*) memperkirakan pada tahun 2025, jumlah lansia di dunia dapat mencapai 1,2 miliar orang. Menurut Organisasi Kesehatan Dunia (WHO) (2019), 1,13 miliar orang di seluruh dunia menderita hipertensi, sebagian besar (2/3) tinggal di negara berpenghasilan rendah dan menengah. Jumlah penderita tekanan darah tinggi terus meningkat, di Indonesia, prevalensi hipertensi berkisar antara 6-15%. Sedangkan Menurut World Health Organization (WHO), tahun 2017, prevalensi penyakit diabetes secara global adalah 90 % dan diderita oleh sekitar 9% orang dewasa. Indonesia menduduki peringkat ke-4 terbesar dengan pertumbuhan penderita diabetes sebesar 152% atau dari 8.426.000 orang pada tahun 2000 menjadi 21.257.000 orang pada tahun 2030.

Tujuan: Untuk mengetahui dan melakukan Asuhan Gizi Terstandar pada Lansia dengan penyakit Hipertensi dan Diabetes Melitus di wilayah kerja Puskesmas Mlati II

Metode: Penelitian deskriptif dengan rancangan penelitian kualitatif dalam bentuk studi kasus

Hasil: Hasil monitoring dan evaluasi selama 3 hari menunjukkan bahwa tidak ada perubahan berat badan, fisik klinis yaitu tekanan darah normal secara bertahap, nadi normal, asupan makan klien meningkat secara bertahap meskipun belum mencapai target yaitu 110-119%, kebutuhan klien masih dalam kategori deficit.

Kesimpulan: Penampilan keseluruhan dari tiga hari pemantauan dalam keadaan sadar penuh, tidak ada keluhan, tanda-tanda vital selama dirawat dalam kategori normal, asupan makan pasien meningkat dari hari pertama menuju hari kedua dan hari ketiga namun masih dalam kategori kurang. Hasil evaluasi menunjukkan terjadi peningkatan asupan klien.

Kata Kunci: Lansia, Hipertensi, Diabetes Melitus type 2

STANDARD NUTRITIONAL CARE FOR ELDERLY WITH HYPERTENSION AND DIABETES MELLITUS TYPE 2 IN THE WORKING AREA OF MLATI II PUSKESMAS

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ABSTRACT

Background: The World Health Organization (WHO) estimates that by 2025, the number of elderly people worldwide could reach 1.2 billion. According to the World Health Organization (WHO) (2019), 1.13 billion people worldwide suffer from hypertension, with the majority (2/3) living in low- and middle-income countries. The number of people with high blood pressure continues to increase. In Indonesia, the prevalence of hypertension ranges from 6-15%. Meanwhile, according to the World Health Organization (WHO), in 2017, the global prevalence of diabetes was 90%, affecting approximately 9% of adults. Indonesia ranks 4th in the world for the highest growth in diabetes cases, with a 152% increase, from 8,426,000 people in 2000 to 21,257,000 people in 2030.

Objective: To identify and provide standardized nutritional care for the elderly with hypertension and diabetes mellitus in the working area of Puskesmas Mlati II.

Method: Descriptive research with a qualitative design in the form of a case study

Results: The results of monitoring and evaluation over 3 days show that there was no change in body weight. Clinically, blood pressure gradually normalized, pulse was normal, and the client's food intake gradually increased, although it has not yet reached the target of 110-119%. The client's needs are still in the deficit category.

Conclusion: The overall condition after three days of monitoring showed that the patient was fully conscious, had no complaints, and vital signs were within the normal range during treatment. The patient's food intake increased from the first to the second and third days but was still categorized as insufficient. The evaluation results indicated an increase in the client's intake.

Keywords: Elderly, Hypertension, Type 2 Diabetes Mellitus