

**ASUHAN GIZI TERSTANDAR PADA PASIEN STEMI, ATRIAL
FIBRILASI PAROXYSMAL, SYOK CARDIOGENIC DI RUANG RAWAT
INAP ICCU PPJT RSUD DR SOETOMO SURABAYA**

Afla Bahirah Yuheri¹, Idi Setiyobroto², Siti Budi Utami³

¹²³ Department of Nutrition, Health Polytechnic of Health Ministry, Yogyakarta
Jalan Tata Bumi No.3 Banyuraden, Gamping, Sleman
Email: aflabahirahyuheri@gmail.com

ABSTRAK

Latar Belakang: Pasien kritis berisiko tinggi mengalami malnutrisi, sehingga membutuhkan dukungan nutrisi adekuat. IMA (*Infark Miokard Akut*) atau serangan jantung adalah penyakit yang diakibatkan karena aliran darah tiba-tiba tersumbat sehingga memutus suplai darah ke miokardium (sel otot yang terdapat di jantung). *ST Elevation Myocardial Infarction* (STEMI) merupakan kondisi dimana terjadi oklusi total pada arteri koroner, yang mengakibatkan area infark yang lebih luas meliputi seluruh ketebalan miokardium.

Tujuan: Mengetahui proses asuhan gizi terstandar pada pasien atas indikasi Asuhan Gizi Terstandar pada Pasien *STEMI, Atrial Fibrilasi Paroxysmal, Syok Cardiogenic* di Ruang Rawat Inap ICCU PPJT RSUD Dr. Soetomo Surabaya.

Metode: Penelitian ini menggunakan rancangan penelitian kualitatif deskriptif dengan rancangan penelitian kualitatif dalam bentuk studi kasus. Penelitian menggunakan data primer dan sekunder. Penyajian data pada penelitian ini dalam bentuk narasi, tabel dan grafik.

Hasil: Hasil skrining gizi pasien gizi kurang. Status gizi pasien berdasarkan LILA termasuk dalam kategori gizi baik. Data biokimia terkait gizi menunjukkan kadar Leukosit, Neutrofil, SGOT dan SGPT diatas normal. Pemeriksaan fisik dan klinis menunjukkan pasien dalam keadaan umum lemah dan terpasang oksigen nasal kanul 4 lpm. Asupan pasien meningkat dan membaik hingga pada hari kedua serta pada hari ketiga dan keempat asupan pasien telah memenuhi target minimal asupan yaitu >80%. Intervensi diet yang diberikan yaitu diet Rendah Lemak dengan Lauk dan Sayur Cincang.

Kesimpulan: Adanya perbaikan kondisi pasien meliputi tanda-tanda fisik, berkurangnya keluhan dan adanya peningkatan nafsu makan pasien selama empat hari monitoring.

Kata Kunci: STEMI, Asuhan Gizi, penyakit kritis

**STANDARDIZED NUTRITION CARE FOR PATIENTS WITH STEMI,
PAROXYSMAL ATRIAL FIBRILLATION AND CARDIOGENIC SHOCK IN
THE ICCU WARD OF PPJT DR. SOETOMO HOSPITAL SURABAYA**

Afla Bahirah Yuheri¹, Idi Setiyobroto², Siti Budi Utami³

¹²³ Department of Nutrition, Health Polytechnic of Health Ministry, Yogyakarta
Jalan Tata Bumi No.3 Banyuraden, Gamping, Sleman
Email: aflabahirahyuheri@gmail.com

ABSTRAK

Background: Critically ill patients are at high risk of malnutrition, requiring adequate nutritional support. Acute Myocardial Infarction (IMA), or heart attack, is a condition caused by a sudden blockage of blood flow, leading to an interruption in the blood supply to the myocardium (heart muscle cells). ST-Elevation Myocardial Infarction (STEMI) is a condition in which there is a complete occlusion of a coronary artery, resulting in a larger infarction area that involves the entire thickness of the myocardium.

Objective: To understand the process of standardized nutritional care for patient with STEMI, Paroxysmal Atrial Fibrillation, and Cardiogenic Shock in the ICCU at PPJT Dr. Soetomo General Hospital Surabaya.

Method: This study uses a descriptive qualitative research design in the form of a case study. The research uses primary and secondary data. Data presentation in this study includes narratives, tables, and graphs.

Results: Nutritional screening results showed the patient had insufficient nutrition. The patient's nutritional status based on the Mid-Upper Arm Circumference (MUAC) was categorized as good nutrition. Biochemical data related to nutrition showed abnormal levels of leukocytes, SGOT, and SGPT. Physical and clinical examination indicated that the patient was in a weak general condition and was receiving oxygen through a nasal cannula at 4 lpm. The patient's intake improved and increased by the second day, and by the third and fourth days, the patient's intake had met the minimum target intake of >80%. The dietary intervention provided was a Low-Fat diet with chopped meat and vegetables.

Conclusion: *The patient's condition improved, including physical signs, reduced complaints, and an increased appetite over the four-day monitoring period.*

Keywords: *STEMI, Nutritional Care, Critical Illness*