

**NUTRITION CARE PROCESS FOR *DIABETIC FOOT WAGNER 2 PEDIS*  
DEKSTRA PATIENTS, HYPERTENSION, DIABETES MELLITUS TYPE 2  
WITH POST DEBRIDEMENT IN THE PANDAN WANGI ROOM  
DR SOETOMO RSUD SURABAYA**

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**ABSTRACT**

**Background:** Type 2 diabetes mellitus and hypertension are degenerative diseases that have a high prevalence in Indonesia, often causing complications such as diabetic ulcers. This study aims to provide standardized nutritional care process for patients with Wagner 2 pedis dextra diabetic foot, stage 1 hypertension, and type 2 diabetes mellitus post debridement.

**Methods:** Descriptive observational research with case study design on inpatients at RSUD Dr.. Soetomo Surabaya. The subject was a 46-year-old woman with a medical diagnosis of diabetic foot wagnet 2 pedis dextra with hypertension and type 2 diabetes mellitus post debridement. Primary data on screening results, anthropometry, food intake were obtained by measurement and interview while secondary data on biochemical, physical/clinical and treatment history were obtained from the Electronic Medical Record (EMR)

**Results:** The patient was undernourished according to %LILA and had severe deficits in energy, protein, fat, carbohydrate, and fiber intake due to decreased appetite. There is a need to increase protein up to 20% of the total energy requirement to support wound healing. Nutritional interventions were carried out by providing DM B1 diet, food texture modification, and nutrition education related to healthy eating patterns for diabetes. Monitoring results showed an increase in food intake and improvement in biochemical data both albumin and blood sugar control for 4 days of intervention.

**Conclusion:** Nutrition care process contributes positively to the recovery of patients with complications of type 2 diabetes mellitus and hypertension through a customized diet approach and nutrition education.

**Keywords:** Nutritional care process, Diabetes mellitus, Diabetic ulcer, DM B1 diet.

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**ASUHAN GIZI TERSTANDAR PADA PASIEN *DIABETIC FOOT WAGNER 2*  
PEDIS DEKSTRA, HIPERTENSI, DIABETES MELITUS TIPE 2 DENGAN *POST  
DEBRIDEMENT* DI RUANG PANDAN WANGI  
RSUD DR. SOETOMO SURABAYA**

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**ABSTRAK**

**Latar belakang:** Diabetes melitus tipe 2 dan hipertensi merupakan penyakit degeneratif yang memiliki prevalensi tinggi di Indonesia, seringkali menyebabkan komplikasi seperti ulkus diabetikum. Penelitian ini bertujuan untuk memberikan asuhan gizi terstandar pada pasien kaki diabetik Wagner 2 pedis dekstra, hipertensi stadium 1, dan diabetes melitus tipe 2 post debridement.

**Metode:** Penelitian observasional deskriptif dengan desain studi kasus pada pasien rawat inap di RSUD Dr. Soetomo Surabaya. Subjek merupakan wanita berusia 46 tahun dengan diagnosis medis *diabetic foot wagner 2* pedis dekstra dengan hipertensi dan diabetes melitus tipe 2 post debridement. Data primer hasil skrining, antropometri, asupan makan diperoleh dengan pengukuran dan wawancara sedangkan data sekunder biokimia, fisik/klinis dan riwayat pengobatan diperoleh dari *Electromic Medical Record (EMR)*.

**Hasil:** Pasien memiliki status gizi kurang menurut %LILA dan mengalami defisit berat pada asupan energi, protein, lemak, karbohidrat, dan serat akibat penurunan nafsu makan. Terdapat kebutuhan peningkatan protein hingga 20% dari total kebutuhan energi untuk mendukung penyembuhan luka. Intervensi gizi dilakukan dengan memberikan diet DM B1, modifikasi tekstur makanan, serta edukasi gizi terkait pola makan sehat untuk diabetes. Hasil monitoring menunjukkan adanya peningkatan asupan makan dan perbaikan data biokimia baik albumin ataupun kontrol gula darah selama 4 hari intervensi.

**Kesimpulan:** Asuhan gizi terstandar memberikan kontribusi positif terhadap pemulihan pasien dengan komplikasi diabetes melitus tipe 2 dan hipertensi melalui pendekatan pola makan yang disesuaikan dan edukasi gizi

**Kata Kunci:** Asuhan Gizi, Diabetes melitus, Ulkus diabetikum, Diet DM B1

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