

STANDARDIZED NUTRITION CARE PROCESS FOR DIABETES MELITUS IN RS MARGONO SOEKARJO PURWOKERTO

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ABSTRACT

Background : Diabetes mellitus (DM) is a metabolic disease with characteristics of chronic hyperglycemia due to abnormal insulin secretion, insulin action or both. Based on Health Profile of Central Java Province in 2018, DM was the second most non-communicable diseases in Central Java with 20,57%. Management of nutritional care needs to be done to prevent malnutrition and help prevent an increased risk of disease or complications in DM patients.

Objective : To detected the Standard Nutrition Care Process in Diabetes Mellitus (DM) patients at Margono Soekarjo Hospital Purwokerto.

Method : The type of research is descriptive with case study design. The location of the study at Margono Soekarjo Hospital Purwokerto. Research subject were one patients with criteria. Primary data is obtained through direct measurement results and interviews, while secondary data is obtained from the patient's medical record.

Results : Nutritional assessment of anthropometric data of patients has underweight (malnutrition) status. Biochemical data obtained by high blood glucose, high urea levels, and low hemtocrit levels, physical / clinical data obtained by high blood pressure and fast respiration rate and dietary history are known that patients has bad eating habits. Nutritional diagnosis includes the domain of intake. Nutrition interventions are applied based on nutritional diagnosis problems, monitoring and evaluation related to patient food intake, biochemical data and physical / clinical data.

Conclusion : From the results of that study can be seen that patients has malnutrition status. The biochemistry of the patient is normal current blood glucose (GDS) levels, complaints of shortness of breath are reduced and based on the implementation of monitoring and evaluation of patient's food intake from the first day to the third day, including the category less.

Keywords : Diabetes Mellitus, Nutrition Care

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PROSES ASUHAN GIZI TERSTANDAR PADA PASIEN DIABETES MELITUS DI RS MARGONO SOEKARJO PURWOKERTO

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ABSTRAK

Latar Belakang : Diabetes Melitus (DM) merupakan penyakit metabolik yang ditandai dengan *hiperglikemia* kronis diakibatkan oleh kelainan sekresi *insulin*, kerja *insulin* maupun keduanya. Berdasarkan Profil Kesehatan Provinsi Jawa Tengah pada tahun 2018 menunjukkan bahwa DM merupakan penyakit tidak menular terbanyak nomor 2 di Jawa Tengah dengan jumlah 20,57%. Penatalaksanaan asuhan gizi perlu dilakukan agar tidak terjadi malnutrisi dan membantu mencegah peningkatan risiko penyakit atau komplikasi pada pasien DM.

Tujuan : Mengetahui Proses Asuhan Gizi Terstandar pada pasien Diabetes Melitus (DM) di RS Margono Soekarjo Purwokerto.

Metode : Jenis penelitian ini adalah deskriptif dengan desain studi kasus. Lokasi penelitian di RS Margono Soekarjo Purwokerto. Subyek penelitian satu pasien dengan kriteria. Data primer diperoleh melalui hasil pengukuran secara langsung dan wawancara, sedangkan data sekunder diperoleh dari rekam medis pasien.

Hasil : Assesment gizi data antropometri pasien memiliki status gizi buruk. Data biokimia diperoleh glukosa darah tinggi, kadar ureum tinggi, serta kadar hemtokrit rendah, data fisik/klinis diperoleh tekanan darah tinggi dan respirasi rate cepat serta riwayat makan diketahui memiliki kebiasaan makan yang kurang baik. Diagnosis gizi meliputi domain asupan. Intervensi gizi diterapkan berdasarkan permasalahan diagnosis gizi, monitoring dan evaluasi berkaitan dengan asupan makan pasien, data biokimia dan data fisik/klinis.

Kesimpulan : Dari hasil penelitian dapat diketahui pasien memiliki status gizi buruk. Biokimia pasien yaitu kadar gula darah sewaktu (GDS) normal, keluhan sesak nafas berkurang dan berdasarkan pelaksanaan monitoring dan evaluasi asupan makan pasien dari hari pertama hingga hari ketiga termasuk kategori kurang.

Kata Kunci : Diabetes Melitus, Asuhan Gizi

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