

ABSTRAK

PROSES ASUHAN GIZI TERSTANDAR PADA PASIEN DIABETES MELITUS TIPE 2 YANG MENJALANI RAWAT INAP DI RUMAH SAKIT PANTI RAPIH YOGYAKARTA

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Latar belakang : Diabetes melitus adalah penyakit degeneratif yang memiliki gejala peningkatan kadar gula darah dalam tubuh atau *hiperglikemia* akibat ekskresi insulin yang tidak normal. *Hiperglikemia* yang dibiarkan terus menerus dan tidak terkontrol menyebabkan komplikasi hampir di seluruh organ tubuh manusia seperti penyakit jantung, *stroke*, gagal ginjal, hipertensi, dan glukoma.

Tujuan : Untuk mengetahui hasil studi proses asuhan gizi terstandar pada pasien diabetes melitus di Rumah Sakit Panti Rapih Yogyakarta.

Metode : Studi kasus. Lokasi penelitian di Rumah Sakit Panti Rapih Yogyakarta. Subyek dari studi kasus adalah salah satu pasien dengan diabetes melitus. Fokus penelitian adalah melakukan skrining gizi, pengkajian gizi, diagnosis gizi, intervensi gizi, monitoring dan evaluasi gizi serta konseling gizi.

Hasil : Hasil skrining gizi pasien beresiko malnutrisi menengah dan harus dilakukan monitoring asupan selama 3 hari. Pemeriksaan antropometri menunjukkan status gizi pasien obesitas. Pemeriksaan biokimia GDS pasien tinggi. Pemeriksaan fisik klinis tekanan darah pasien tinggi. Hasil recall 24 jam asupan pasien yang sudah memenuhi kebutuhan hanya asupan protein. Diagnosis gizi yang ditegakkan adalah domain intake dan behaviour. Intervensi diet diberikan sesuai dengan tujuan, syarat, dan preskripsi diet. Perkembangan GDS dan tekanan darah mendekati normal serta asupan sesuai dengan kebutuhan pasien. Edukasi dan konseling gizi dilakukan dengan cara ceramah dan tanya jawab.

Kesimpulan : Pasien diberikan asuhan gizi meliputi skrining gizi, pengkajian gizi, diagnosis gizi, intervensi gizi, monitoring dan evaluasi gizi serta konseling gizi.

Kata kunci : proses asuhan gizi terstandar, diabetes melitus.

ABSTRACT

STANDARDIZED NUTRITIONAL CARE PROCESS FOR PATIENTS DIABETES MELLITUS TYPE 2 WHO ARE HOSPITALIZED IN PANTI RAPIH HOSPITAL YOGYAKARTA

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Background : Diabetes mellitus is a degenerative disease that has symptoms of elevated blood sugar levels in the body or *hyperglycemia* due to abnormal excretion of insulin. The continuously and uncontrolled *Hyperglycemia* causes complications in almost all human organs such as heart disease, *stroke*, kidney failure, hypertension, and glaucoma.

Objective : To learn the results of the standardized nutritional care process in diabetes mellitus patients at Panti Rapih Hospital Yogyakarta.

Method : Case study. Research location at Panti Rapih Hospital Yogyakarta. The subject of a case study is one of the patients with diabetes mellitus. The focus of research is to do nutritional screening, nutritional assessment, nutritional diagnosis, nutritional intervention, monitoring and evaluation of nutrition as well as nutritional counseling.

Results : Nutritional screening results of the patient are at risk of medium malnutrition and should be carried out monitoring intake for 3 days. Anthropometry examination shows the nutritional status of obese patients. Biochemical examination of high patient GDS. Physical examination of the clinic of high blood pressure patients. Recall result of intake patient that already fulfilled the need of protein intake. The nutrient diagnosis is enforced is the intake and behaviour domain. Dietary interventions are administered according to the purpose, condition, and prescription of the diet. The development of GDS and blood pressure close to normal and intake according to the needs of the patient. Education and nutritional counseling are done by means of lectures and questions answered.

Conclusion : Patients given nutritional care include nutritional screening, nutritional assessment, nutritional diagnosis, nutritional intervention, monitoring and evaluation of nutrition as well as nutritional counseling.

Keywords : Standardized nutritional care process, diabetes mellitus.