

ABSTRAK

PROSES ASUHAN GIZI TERSTANDAR PADA PASIEN GAGAL GINJAL KRONIS DENGAN HEMODIALISIS DI RSUD DR. TJITROWARDOJO PURWOREJO

Laila Sari Ramadhani¹, Weni Kurdanti², Joko Susilo³
¹²³⁾ Jurusan Gizi Poltekkes Kemenkes Yogyakarta, Jl. Tata Bumi No.3
Banyuraden, Gamping, Sleman, Yogyakarta 55293
(Email: laelasariramadhani@gmail.com)

Latar Belakang: Gagal Ginjal Kronis merupakan sindroma klinis karena penurunan fungsi ginjal yang bersifat progresif dan tidak dapat pulih kembali. Menurut Riskesdas tahun 2018, populasi umur ≥ 15 tahun yang terdiagnosa gagal ginjal kronis sebesar 3,8%. Salah satu terapi pengobatan untuk mempertahankan fungsi ginjal adalah hemodialisis. Malnutrisi merupakan masalah utama yang sering terjadi karena asupan gizi yang tidak adekuat, maka dari itu perlu adanya asuhan gizi terstandar untuk meminimalkan penurunan status gizi lebih lanjut dan komplikasi penyakit.

Tujuan Penelitian: Mengidentifikasi pelaksanaan proses asuhan gizi terstandar pada pasien gagal ginjal kronis dengan hemodialisis di RSUD Dr. Tjitrowardojo Purworejo.

Metode Penelitian: Jenis penelitian ini merupakan penelitian observasional deskriptif dengan desain studi kasus.

Hasil: Skrining gizi menggunakan form skrining NRS-2002, setelah dilakukan pengkajian gizi diperoleh data biokimia yaitu kadar hemoglobin dan hematokrit rendah. Data fisik/klinis tekanan darah pasien rendah serta mengalami mual dan muntah. Hasil *recall* 24 jam pasien menunjukkan asupan makan yang kurang dari kebutuhan. Diagnosis gizi meliputi domain intake. Intervensi gizi diberikan sesuai dengan permasalahan diagnosis gizi. Perkembangan pasien selama 3 hari terjadi peningkatan asupan makan dan edukasi diberikan melalui konseling gizi.

Kesimpulan: Proses Asuhan Gizi Terstandar (PAGT) merupakan suatu metode yang sistematis dalam menangani masalah gizi sehingga dapat memberikan asuhan gizi yang efektif, meliputi pengkajian gizi, diagnosis gizi, intervensi gizi, monitoring dan evaluasi gizi serta konseling gizi.

Kata Kunci: Proses Asuhan Gizi Terstandar, Gagal Ginjal Kronis

1. Mahasiswa Peneliti
2. Pembimbing Utama
3. Pembimbing Pendamping

ABSTRACT

STANDARDIZED NUTRITION CARE PROCESS IN PATIENT CHRONIC KIDNEY DISEASE WITH HEMODIALYSIS IN DR. TJITROWARDOJO HOSPITAL PURWOREJO

Laila Sari Ramadhani¹, Weni Kurdanti², Joko Susilo³

¹²³⁾ Nutrition Department Poltekkes Kemenkes Yogyakarta, Tata Bumi Street Number 3 Banyuraden, Gamping, Sleman, Yogyakarta 55293
(Email: laelasariramadhani@gmail.com)

Background : Chronic Kidney Disease is clinical syndromes due to decreased progressive kidney function and are unable to recover. Based on Riskesdas 2018, the population aged ≥ 15 years diagnosed with chronic kidney disease was 3,8%. One of the therapeutic treatments to maintain kidney function is hemodialysis. Malnutrition is the main problem that often occurs due to inadequate nutritional intake, therefore need a standardized nutrition care process to minimize the further decline of nutritional status and disease complications.

Objective : Identified the implementation of standardized nutrition care process in patient chronic kidney disease with hemodialysis in Dr. Tjitrowardojo Hospital Purworejo.

Research Method : This type of research was descriptive observational research with case study design.

Results : Nutritional screening used the NRS-2002 screening, after doing an nutritional assesment obtained a biochemical data. There were low hemoglobin and hematocrit levels. Physical/clinic data, patient's blood pressure was low and have nausea and vomiting. The result of recall 24 ours, patient show that food intake less than her necessary. Diagnosis of nutrition includes the intake domain. Nutritional intervention was given based on the problem of nutritional diagnosis. The development of the patient for 3 days there was an increase of food intake and education was given by nutrition counseling.

Conclusion : The standardized nutrition care process was a systematic method in dealing with nutrition problems so that it could provide effective nutritional care, includes an nutritional assesment, nutritional diagnosis, nutritional intervention, monitoring and evaluation and nutrition counseling.

Keyword : Standardized Nutrition Care Process, Chronic Kidney Disease

1. Student Researcher
2. The Supervisor
3. Supervisors