

PROSES ASUHAN GIZI TERSTANDAR PADA PASIEN  
DIABETES MELITUS TIPE II DENGAN GASTRITIS  
DI RSUD PANEMBAHAN SENOPATI BANTUL

Ajeng Rahmawati<sup>1</sup>, Isti Suryani<sup>2</sup>, Rini Wuri Astuti<sup>3</sup>

Ajengrhmwat29@gmail.com Jurusan Gizi Poltekkes Kemenkes Yogyakarta

Jl. Tata Bumi No. 3 Banyuraden, Gamping, Sleman, Yogyakarta, 55293

ABSTRAK

**Latar Belakang:** Diabetes melitus adalah peningkatan kadar glukosa dalam darah pada seseorang akibat kekurangan hormon insulin. Prevalensi penderita diabetes di Indonesia berdasarkan diagnosis dokter pada penduduk > 15 tahun meningkat dari 1,5% pada tahun 2013 menjadi 2,0 pada tahun 2018. Kadar gula darah diabetes yang tidak terkontrol dapat memicu berbagai macam komplikasi pada penderita diabetes tipe 2. Untuk mencegah keparahan penyakit dan mempercepat proses penyembuhan, asuhan gizi yang tepat sangat diperlukan bagi penderita Diabetes Melitus tipe 2.

**Tujuan:** Diketuainya hasil Proses Asuhan Gizi Terstandar pada pasien Diabetes Melitus Tipe 2 dengan Gastritis di RSUD Panembahan Senopati Bantul.

**Metode:** Jenis dan rancangan penelitian ini adalah deskriptif dengan rancangan desain studi kasus

**Hasil:** Hasil pengkajian data riwayat makan pasien didapatkan pola makan masih kurang baik sebab masih mengonsumsi sirup dan jarang makan serta asupan zat gizi pasien kurang dibawah kebutuhan, data antropometri menunjukkan pasien dalam status gizi buruk. Data biokimia diperoleh kadar GDS pasien tinggi, data fisik/klinis tekanan darah, nadi, RR, suhu dalam kondisi normal, pasien mengalami mual dan muntah.

**Kesimpulan:** Dari hasil penelitian ditemukan pasien dengan status gizi buruk, kadar GDS tinggi, keluhan fisik mual dan muntah, serta asupan zat gizi kurang. Berdasarkan monitoring, selama pelayanan asupan meningkat, kadar GDS menurun, keluhan fisik mual dan muntah sudah berkurang.

**Kata kunci:** Proses Asuhan Gizi Terstandar, Diabetes Melitus, Gastritis

STANDARIZED NUTRITION CARE PROCESS IN PATIENTS  
DIABETES MELLITUS TYPE II WITH GASTRITIS IN  
PANEMBAHAN SENOPATI BANTUL HOSPITAL

Ajeng Rahmawati<sup>1</sup>, Isti Suryani<sup>2</sup>, Rini Wuri Astuti<sup>3</sup>

Ajengrhmw29@gmail.com Nutrition Departement of Ministry of Health  
Polytechnic Yogyakarta

Jl. Tata Bumi No. 3 Banyuraden, Gamping, Sleman, Yogyakarta, 55293

ABSTRACT

**Background:** Diabetes Mellitus is an increase in blood glucose levels in a person due to insulin deficiency. The prevalence of diabetics in Indonesia based on the doctor's diagnosis in a population aged > 15 increased from 1.5% in 2013 to 2.0% in 2018. Uncontrolled blood sugar levels type 2 diabetes can trigger a variety of complications in people with type 2 diabetes. To prevent the severity of the disease and accelerate the healing process, proper nutritional care process is indispensable to diabetic type 2.

**Objective:** To know the standardized nutrition care process in paientes with type 2 diabetes mellitus and gasritis in RSUD Panembahan Senopati Bantul

**Method:** The type and design of this study is descriptive with case study design

**Results:** the results of nutritional assesment from food history, founded that the dietary habit still not good because the patient still consumes syrup and rarely eat also nutrient intake is less than need, antropometric daa shows patients in poor nutritional status. Biochemical data obtianed results of GDS level patients is high, clinical/physical data showing blood pressure, pulse, respiration rate, body temprature under normal conditions, the patient also have nausea and vomiting.

**Conclusion:** The results of the study can be found patients with poor nutritional status, high levels of GDS, physical complaints of nausea and vomiting, and lack of nutrient intake. Based on the monitoring, during the service increased food intake, levels of GDS decrease, and reduced physical complaints of nausea and vomiting.

**Keywords:** Standardized Nutrition Care Process, Diabetes Mellitus, Gastritis