

STANDARDIZED NUTRITIONAL CARE PROCESS IN DIABETES
MELITUS MELITUS TYPE II PATIENTS IN PKU MUHAMMADIYAH
GAMPING HOSPITAL

Aprilia Setiyanti¹, Weni Kurdanti², Rini Wuri Astuti³
Nutrition Department Poltekkes Kemenkes Yogyakarta
Jl. Tata Bumi No.03 Banyuraden, Gamping, Sleman, Yogyakarta 55293
Email: apriliasetiyanti20@gmail.com, weni.kurdanti@poltekkesjogja.ac.id,
riniwuri@yahoo.com

ABSTRACT

Background : Diabetes Mellitus is a group of metabolic diseases with hyperglycemia caused by abnormalities in insulin secretion, insulin action or both. Patients with diabetes mellitus hospitalized for the risk of malnutrition due to nutrient intake that is not according to needs and not in accordance with the 3J principle will be associated with an increased risk of disease and its complications, so nutritional nutrition is needed to improve optimal nutritional status, for disease severity and improvement in the healing process.

Purpose : Assessing the implementation of standardized nutrition care processes in Type II Diabetes Mellitus patients at PKU Muhammadiyah Gamping Hospital.

Methods : Research uses the case study method. The research location is PKU Muhammadiyah Gamping Hospital. The research subject was a type II Diabetes Mellitus patient. The focus of research studies is reviewing nutrition screening, nutritional assessment, nutritional diagnosis, nutritional interventions, and evaluation monitoring. Descriptive data analysis and tabulation of data presentation.

Result : Nutrition screening using the MST form shows a score of 3 patients at risk of malnutrition. Nutritional assessment obtained that the nutritional status of patients is lacking. Biochemical examination showed that the results of the patient's GDS levels were high (412 mg / dl). 24 hour patient recall results are less compared to patient needs. Giving a diet done in stages with the type of diabetes mellitus diet 1700 kcal. Nutrition counseling is done by lecture and question and answer method.

Conclusions : The Process of Standardized Nutrition Care (PAGT) in Type II Diabetes Mellitus patients includes nutrition assessment, nutritional diagnosis, nutrition intervention, and monitoring of nutritional evaluation

Keywords : Diabetes Mellitus Type II, nutritional care.

¹Nutrition D-III Study Program, Department of Nutrition, Poltekkes Kemenkes Yogyakarta

²Dietetic Profession Education Study Program, Poltekkes Kemenkes Yogyakarta

³Applied Nutrition and Dietetics Undergraduate Study Program, Poltekkes Kemenkes Yogyakarta

PROSES ASUHAN GIZI TERSTANDAR PADA PASIEN RAWAT INAP
DIABETES MELITUS TIPE II DI RUMAH SAKIT PKU MUHAMMADIYAH
GAMPING

Aprilia Setiyanti¹, Weni Kurdanti², Rini Wuri Astuti³
Jurusan Gizi Poltekkes Kemenkes Yogyakarta
Jl. Tata Bumi No.03 Banyuraden, Gamping, Sleman, Yogyakarta 55293
Email: apriliasetiyanti20@gmail.com, weni.kurdanti@poltekkesjogja.ac.id,
riniwuri@yahoo.com

ABSTRAK

Latar Belakang : Diabetes Mellitus merupakan suatu kelompok penyakit metabolik dengan karakteristik hiperglikemia yang terjadi karena adanya kelainan sekresi insulin, kerja insulin atau keduanya. Pasien diabetes mellitus rawat inap berisiko malnutrisi karena asupan zat gizi yang tidak sesuai kebutuhan serta tidak sesuai dengan prinsip 3J akan berkaitan dengan peningkatan risiko penyakit maupun komplikasinya, maka diperlukan asuhan gizi untuk mempertahankan status gizi yang optimal, mencegah keparahan penyakit dan mempercepat proses penyembuhan.

Tujuan : Mengkaji pelaksanaan proses asuhan gizi terstandar pada pasien Diabetes Mellitus Tipe II di RS PKU Muhammadiyah Gamping

Metode : Penelitian menggunakan metode studi kasus. Lokasi penelitian di RS PKU Muhammadiyah Gamping. Subyek penelitian adalah seorang pasien Diabetes Mellitus tipe II. Fokus studi penelitian adalah mengkaji skrining gizi, *assessment* gizi, diagnosis gizi, intervensi gizi, dan monitoring evaluasi. Analisis data secara deskriptif dan penyajian data secara tabulasi.

Hasil : Skrining gizi menggunakan form MST menunjukkan skor 3 pasien berisiko malnutrisi. Pengkajian gizi diperoleh status gizi pasien kurang. Pemeriksaan biokimia menunjukkan bahwa hasil kadar GDS pasien tinggi (412 mg/dl). Hasil *recall* 24 jam pasien kurang dibandingkan dengan kebutuhan pasien. Pemberian diet dilakukan secara bertahap dengan jenis diet diabetes mellitus 1700 kkal. Konseling gizi dilakukan dengan metode ceramah dan tanya jawab.

Kesimpulan : Proses Asuhan Gizi Terstandar (PAGT) pada pasien Diabetes Mellitus Tipe II meliputi pengkajian gizi, diagnosis gizi, intervensi gizi, dan monitoring evaluasi gizi.

Kata Kunci : Diabetes Mellitus Tipe II, asuhan gizi.

¹-Program Studi D-III Gizi, Jurusan Gizi, Poltekkes Kemenkes Yogyakarta

²Program Studi Pendidikan Profesi Dietisien Poltekkes Kemenkes Yogyakarta

³Program Studi Sarjana Terapan Gizi dan Dietetika, Poltekkes Kemenkes Yogyakarta