

ABSTRACT

STANDARDIZED NUTRITIONAL CARE PROCESS FOR DIABETES MELITUS PATIENTS IN PKU MUHAMMADIYAH GENERAL HOSPITAL BANTUL

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Background: Diabetes mellitus is a group of metabolic diseases characterized by hyperglycemia that occurs due to abnormal insulin secretion, insulin action or both. DM can cause complications such as in the nerves, kidneys, eyes, heart. To minimize the occurrence of ongoing complications by providing appropriate interventions to prevent an increase in blood sugar levels.

Research Objectives: Able to do nutrition services and diet management for DM patients at PKU Muhammadiyah Bantul General Hospital Bantul.

Research Method: Case study. The research location was PKU Muhammadiyah Bantul General Hospital. Case study subjects were as many as one diabetes mellitus patient. The focus of the study is nutrition screening, nutrition assessment, nutritional diagnosis, nutrition intervention, monitoring and evaluation, nutrition education and nutrition counseling. Descriptive data analysis and data collection by tabulation.

Results: Nutrition screening using Nutrition Risk Screening 2002 (NRS 2002), patients experience malnutrition. The results of the nutritional assessment showed that the patient had underweight is 80,74% nutritional status based on % Percentile LILA. Biochemical examination shows the patient's GDS is 270mg/dl, clinical physical examination shows the patient's blood pressure is high, experiencing pain in the urinary tract. The 24-hour hospital recall results showed that the patient's food intake was less than needed. Establish a nutritional diagnosis in accordance with the results of the nutritional assessment. Nutritional interventions carried out in accordance with the goals, requirements, and prescriptions of the diet. The development of GDS, clinical physical, and food intake improves every day. Nutrition education and nutrition counseling is done by lecture and question and answer method.

Conclusion: Nutrition care is given to patients who are malnourished or at risk of malnutrition. The results of monitoring and evaluating patients for the development of GDS, clinical physical, and food intake improve every day.

Keywords: Diabetes Mellitus, Nutrition Care.

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ABSTRAK

PROSES ASUHAN GIZI TERSTANDAR PADA PASIEN DIABETES MELITUS DI RUMAH SAKIT UMUM PKU MUHAMMADIYAH BANTUL

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Latar Belakang: Diabetes melitus merupakan suatu kelompok penyakit metabolik dengan karakteristik hiperglikemia yang terjadi karena kelainan sekresi insulin, kerja insulin atau kedua-duanya. DM dapat mengakibatkan terjadinya komplikasi antara lain pada syaraf, ginjal, mata, jantung. Untuk meminimalkan terjadinya komplikasi berkelanjutan dengan memberikan intervensi yang tepat untuk mencegah peningkatan kadar gula darah.

Tujuan Penelitian: Mampu melaksanakan pelayanan gizi dan penatalaksanaan diet pada pasien DM di Rumah Sakit Umum PKU Muhammadiyah Bantul.

Metode Penelitian: Studi kasus. Lokasi penelitian di Rumah Sakit Umum PKU Muhammadiyah Bantul. Subyek studi kasus sebanyak satu pasien diabetes melitus. Fokus studi yaitu melakukan skrining gizi, pengkajian gizi, menganalisis diagnosis gizi, melakukan intervensi gizi, monitoring dan evaluasi, edukasi gizi dan konseling gizi. Analisis data secara deskriptif dan penyajian data dengan tabulasi.

Hasil: Skrining gizi menggunakan Nutrition Risk Screening 2002 (NRS 2002), pasien mengalami malnutrisi. Hasil pengkajian gizi menunjukkan bahwa pasien memiliki status gizi kurang yaitu 80,74% berdasarkan % Percentile LILA. Pemeriksaan biokimia menunjukkan GDS pasien 270mg/dl, pemeriksaan fisik klinis menunjukkan tekanan darah pasien tinggi, mengalami rasa nyeri pada saluran kencing. Hasil recall 24 jam rumah sakit menunjukkan bahwa asupan makan pasien kurang disbanding kebutuhan. Menegakkan diagnosis gizi sesuai dengan hasil pengkajian gizi. Intervensi gizi dilakukan sesuai dengan tujuan, syarat, dan preskripsi diet. Perkembangan GDS, fisik klinis, dan asupan makan membaik setiap hari. Edukasi gizi dan konseling gizi dilakukan dengan metode ceramah dan tanya jawab.

Kesimpulan: Asuhan gizi diberikan pada pasien yang mengalami malnutrisi atau beresiko malnutrisi. Hasil monitoring dan evaluasi pasien untuk perkembangan GDS, fisik klinis, dan asupan makan membaik setiap harinya.

Kata kunci: Diabetes Melitus, Asuhan Gizi.

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