

# **A STANDARDIZED NUTRITIONAL CARE PROCESS IN PATIENTS WITH DIABETES MELITUS TYPE II WHO UNDERGO HOSPITALIZATION IN ISLAMIC HOSPITALS YOGYAKARTA PDHI**

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## **ABSTRACT**

**Background:** Diabetes Mellitus is a symptom that arises because there is an increase in blood sugar resulting from the lack of both absolute and relative insulin that will experience chronic insulin deficiency or retention, depending on the carbohydrate metabolism, protein and fat that causes hyperglycemia, which is increased blood sugar. Based on the results Riskesdas 2018 also showed that the prevalence of Diabetes mellitus based on the diagnosis of doctors in people aged  $\geq$  15 years increased to 2% when compared with the year 2013. Diabetes mellitus can increase the risk of infections in patients. If not immediately handled properly, it may increase the risk of malnourished or less nutrient.

**Objectives:** Assess the implementation of the standardized nutritional care process in Diabetes mellitus type II patients in Yogyakarta Islamic hospital PDHI.

**Method:** The type and design of the research used is descriptive research With the case study draft.

**Results:** The result of nutritional assessment of data anthropometry nutritional status overweight, biochemical data obtained normal patient GDS levels, physical/clinical data of blood pressure and normal RR, rapid pulse, high body temperature, nausea, vomiting, pain, weakness, eating history data that the eating habits of patients poorly as well as the intake of nutritional substances less patients. Monitoring carried out includes biochemistry, physical/clinical, and dietary intake and obtained the results that the patient's GDS levels are normal, normal body temperature, reduced physical complaints as well as feeding of patients there is an increase but not meet the specified targets.

**Conclusion:** From the results of the study can be found patients with nutritional status overweight, normal GDS levels, high body temperature, nausea vomiting, as well as intake of less nutritional substances. Based on monitoring, normal GDS levels, normal body temperature, vomiting nausea is reduced, as well as eating the patient intake is increased every day but still under a specified target.

**Key words:** Standardized nutritional care process, Diabetes mellitus type II

## PROSES ASUHAN GIZI TERSTANDAR PADA PASIEN DIABETES MELITUS TIPE II YANG MENJALANI RAWAT INAP DI RUMAH SAKIT ISLAM YOGYAKARTA PDHI

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### ABSTRAK

Latar belakang: Diabetes Melitus merupakan gejala yang timbul dikarenakan ada peningkatan gula darah akibat dari kekurangan insulin baik absolut maupun relatif yang akan mengalami defisiensi atau retensi insulin kronik, terganggunya metabolisme karbohidrat, protein dan lemak yang menyebabkan hiperglikemia yaitu meningkatnya gula darah. Berdasarkan Hasil Riskesdas 2018 juga menunjukkan bahwa prevalensi Diabetes Melitus berdasarkan diagnosis dokter pada penduduk yang berumur  $\geq 15$  tahun meningkat menjadi 2% bila dibandingkan dengan tahun 2013. Diabetes Melitus dapat meningkatkan risiko akan infeksi pada penderita. Apabila tidak segera ditangani dengan baik maka dapat meningkatkan risiko terjadinya gizi kurang atau malnutrisi.

Tujuan: Mengkaji pelaksanaan proses asuhan gizi terstandar pada pasien Diabetes Melitus Tipe II di Rumah Sakit Islam Yogyakarta PDHI.

Metode: Jenis dan rancangan penelitian yang digunakan adalah penelitian deskriptif

dengan rancangan studi kasus.

Hasil: Hasil pengkajian gizi yaitu data antropometri status gizi *overweight*, data biokimia diperoleh kadar GDS pasien normal, data fisik/klinis tekanan darah dan RR normal, nadi cepat, suhu badan tinggi, mual, muntah, nyeri, lemas, data riwayat makan bahwa kebiasaan makan pasien kurang baik serta asupan zat gizi pasien kurang. Monitoring yang dilakukan meliputi biokimia, fisik/klinis, serta asupan makan dan diperoleh hasil bahwa kadar GDS pasien normal, suhu badan normal, keluhan fisik berkurang serta asupan makan pasien terdapat peningkatan namun belum memenuhi target yang ditentukan.

Kesimpulan: dari hasil penelitian dapat ditemukan pasien dengan status gizi *overweight*, kadar GDS normal, suhu badan tinggi, mual muntah, serta asupan zat gizi kurang. Berdasarkan monitoring, kadar GDS normal, suhu badan normal, keluhan mual muntah berkurang, serta asupan makan pasien mengalami peningkatan setiap harinya namun masih dibawah target yang telah ditentukan.

Kata kunci: Proses Asuhan Gizi Terstandar, Diabetes Melitus Tipe II