

PROSES ASUHAN GIZI TERSTANDAR PADA PASIEN PNEUMONIA DI RSUD DR. TJITROWARDOJO PURWOREJO

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ABSTRAK

Latar Belakang: Pneumonia merupakan penyakit yang menyebabkan kematian terbesar di dunia pada anak usia di bawah lima tahun. Pasien pneumonia berisiko kekurangan energi protein karena pneumonia merupakan penyakit infeksi berat. Penanganan pasien pneumonia dengan pendekatan gizi perlu dilakukan agar selama masa perawatan status gizi pasien tidak mengalami penurunan. Asupan zat gizi yang tidak sesuai kebutuhan pasien dapat meningkatkan tingkat keparahan penyakit yang diderita, sehingga pasien perlu mendapatkan penatalaksanaan gizi yang tepat untuk menjaga status gizi yang optimal, dan mendukung proses penyembuhan penyakit.

Tujuan Penelitian: Diketuinya penatalaksanaan proses asuhan gizi terstandar pada pasien pneumonia di RSUD Dr. Tjitrowardojo Purworejo.

Metode Penelitian: Disain penelitian adalah studi kasus dengan menggunakan asuhan gizi terstandar yang meliputi asesmen gizi awal, penentuan diagnosis gizi, intervensi gizi dan monitorinserta evaluasi gizi. Sebelum memulai asuhan gizi, pasien terlebih dahulu dilakukan skrining gizi awal dengan metode PYMS.

Hasil: Skrining gizi menunjukkan bahwa pasien berisiko malnutrisi tingkat berat. Hasil pengkajian gizi asupan makan pasien kurang berdasar recall 24 jam dan kebiasaan makan pasien di rumah sudah baik. Data antropometri menunjukkan status gizi baik pendek, pemeriksaan biokimia didapatkan tinggi, normal dan rendah serta foto thorax menunjukkan pneumonia. Gejala yang dialami pasien, yaitu demam dan batuk. Diagnosis gizi meliputi domain asupan. Intervensi gizi dilaksanakan sesuai dengan tujuan, syarat dan preskripsi diet. Pemberian diet disesuaikan dengan kebutuhan pasien. Perkembangan fisik klinis dan asupan makan pasien semakin hari semakin membaik.

Kesimpulan: Penatalaksanaan proses asuhan gizi terstandar pada pasien pneumonia meliputi skrining gizi, pengkajian gizi, diagnosis gizi, intervensi gizi dan monitoring serta evaluasi gizi. Perkembangan fisik klinis dan asupan makan pasien semakin hari semakin membaik setelah diberikan asuhan gizi.

Kata kunci: pneumonia, proses asuhan gizi terstandar

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STANDARDIZED NUTRITION CARE PROCESS FOR PNEUMONIA IN DR. TJITROWARDOJO HOSPITAL PURWOREJO

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ABSTRACT

Background: Pneumonia is the single cause of mortality in children under five worldwide. Pneumonia patients are at risk to be malnutrition due to the serious infections. Nutrition Care Process (NCP) for patient is needed to be done during the treatment period so that it would not worsen health status of the patients. Inadequate nutrient intake can enhance the severity of the disease. By that, patient is needed to get the right nutrition treatment to maintain and improve nutritional status and support healing process of the disease.

Objective: This study aims to determine the implementation of standardized nutrition care process for pneumonia in Dr. Tjitrowardojo Hospital Purworejo.

Disain penelitian adalah studi kasus dengan menggunakan asuhan gizi terstandar

Method: This study was a case study design using standardized nutritional care process included nutrition assessment at beginning, determined the nutrition diagnosis, nutrition intervention and nutrition monitoring evaluation. Before starting the nutrition care, patient was screened first using PYMS tools.

Result: The screening tool used PYMS with the result patient was at risk on acute malnutrition. The result of the nutrition assessment showed that patient's food intake was low based on recall 24 hours and patient had a good eating habits. Anthropometry measurements were normal and short, some of the laboratory values were abnormal and normal, and the thorax x-ray photo determined pneumonia. The symptoms that appeared were coughing and fever. Nutritional diagnosis were placed only on nutrition intake domain. Nutrition intervention was implemented based on the objective, prerequisite and diet prescription. The implementation of the diet according to the patient needs. Clinical physical's development and patient's food intake were getting better and better.

Conclusion: The implementation of standardized nutrition care process for pneumonia patient included nutritional assessment, nutritional diagnosis, nutritional intervention and nutritional monitoring evaluation. Clinical physical's development and patient's food intake were getting better after being given nutritional care.

Keywords: pneumonia, standardized nutrition care process

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