

# STANDARDIZED NUTRITION CARE PROCESS FOR APPENDICITIS SURGERY PATIENT IN PANDAN ARANG REGIONAL PUBLIC HOSPITAL OF BOYOLALI

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## ABSTRACT

**Background.** Appendicitis is an inflammation that occurs due to infection that occurs in the appendix or more commonly known as appendicitis. In 2014, a total of 4,351 cases were treated in a hospital in Indonesia. In 2018 the number of appendicitis patients was 28,040.

**Objective:** To know nutritional care process in patient appendicitis surgery at Ward Regional Public Hospital of Pandan Arang Boyolali.

**Research Methods.** This research was a descriptive used a qualitative research design used a case study design. Retrieval of patient information data was collected by direct interviews with patients or the patient's family and by looking at the patient's medical record.

**Result.** Nutrition screening used MST form, the patient was at risk of malnutrition, nutritional assessment was obtained that the patient's nutritional status was normal based on BMI. Biochemical examination shows that the LED and neutrophil segments of the patient were high. Physical / clinical examination found that the patient had abdominal pain. The 24 hour patient recall results were less than needs. Day1 intake showed that 47.47% (less) Energy, 52.57% (less) Protein, 52.13% Fat (less) and Carbohydrate 52.71% (less). Day2 intake showed that Energy 79.49% (reached), Protein 80.20% (reached), Fat 95.40% (reached), and Carbohydrates at 62.61% (less). Day2 intake showed that Energy 95.27% (reached), Protein 80.24% (reached), Fat 94.16% (reached), and Carbohydrates 99.32% (achieved). Nutrition counseling was carried out with media leaflets, discussions and questions and answers.

**Conclusion.** It could be seen that the patient had a good nutritional status, the patient's biochemistry, namely the LED and neutrophil segments of the patient was high. Complaints of abdominal pain. Food intake from the first day to the third day had increased.

**Keywords.** Appendicitis Surgery, Nutrition Care Process

**PROSES ASUHAN GIZI TERSTANDAR PADA PASIEN  
BEDAH APPENDICITIS  
DI RSUD PANDAN ARANG BOYOLALI**

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**ABSTRAK**

**Latar Belakang.** Apendisitis adalah suatu peradangan terjadi pada akibat infeksi yang terjadi pada umbai cacing (apendiks) atau yang lebih dikenal dengan usus buntu. tahun 2014 dilakukan survey di Indonesia jumlah appendicitis sebanyak 4.351 kasus yang dirawat di rumah sakit. Pada tahun 2018 jumlah pasien appendicitis sebanyak 28.040.

**Tujuan.** Mengetahui poses asuhan gizi terstandar pada pasien bedah appendicitis

**Metode.** Jenis penelitian ini adalah deskriptif menggunakan desain penelitian kualitatif dengan menggunakan rancangan studi kasus. Pengambilan data informasi pasien dilakukan dengan cara wawancara langsung kepada pasien atau keluarga pasien dan dengan melihat pada catatan rekam medis pasien.

**Hasil.** Skrinning gizi menggunakan form MST, pasien beresiko malnutrisi, pengkajian gizi diperoleh bahwa status gizi pasien normal berdasarkan IMT. Pemeriksaan biokimia menunjukkan bahwa LED dan neutrophil segmen pasien tinggi. Pemeriksaan fiik/klinis didapatkan bahwa pasien mengalami nyeri perut. Hasil recall 24 jam pasien kurang dibandingkan kebutuhan. Asupan makan hari 1 menunjukkan energi sebesar 47,47% (kurang), protein sebesar 52,57% (kurang), lemak sebesar 52,13% (kurang) dan karbohidrat sebesar 52,71% (kurang), hari ke 2 energi sebesar 79,49% (tercapai), protein sebesar 80,20% (tercapai), lemak 95,40% (tercapai), dan karbohidrat sebesar 62,61% (kurang), hari ke 3 energi 95,27% (tercapai), protein 80,24% (tercapai), lemak 94,16% (tercapai), dan karbohidrat 99,32% (tercapai). Konseling gizi dilakukan dengan media leaflet, diskusi dan tanya jawab.

**Kesimpulan.** Dari hasil penelitian dapat diketahui pasien memiliki status gizi baik, Biokimia pasien yaitu LED dan neutrophil segmen pasien tinggi. Keluhan nyeri perut. Asupan makan dari hari pertama sampai hari ketiga mengalami peningkatan.

**Kata Kunci:** Bedah Appendicitis, Asuhan Gizi