

STANDARDIZED NUTRITION CARE PROCESS FOR CAESAREAN SECTION PATIENTS WITH PREECLAMPSIA IN PKU MUHAMMADIYAH BANTUL HOSPITAL

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ABSTRACT

Background: Caesarean section is a way to give birth to a fetus by making an incision in the uterine wall through the front wall of the stomach. The results of the Riskesdas 2013 birth rates with caesarean section method were 9,8%. One of the indications for caesarean section is preeclampsia. Preeclampsia is hypertension in pregnancy. Proper standardized nutrition care process in patients with caesarean section with preeclampsia is very necessary to optimally meet the nutritional needs of patients.

Objective: To know nutritional care process for caesarean section patient with preeclampsia in PKU Muhammadiyah Bantul General Hospital.

Methods: This research used case study method. The location of this research at the PKU Muhammadiyah Bantul General Hospital. The research subject was a patient caesarean section with preeclampsia. The focus of the research study is to conduct nutritional screening, nutritional assessment, nutrition diagnose, nutritional interventions, monitor evaluation, and nutritional counseling. Data analysis was presented descriptively and presented in tabulated data.

Results: Nutritional screening used the Obstetric screening form, patient was at risk of malnutrition. The result of the nutritional assessment showed that the nutritional status of patients was normal on% LILA. The biochemical test showed that urine protein was positive. The Clinical-Physical test showed that patient felt pain in the pit of the stomach and patient's blood pressure was high. Patient's 24-hour recall result was less than 60% compared to the patient's need's. The nutritional diagnosis was based on the assessment of the patient. The diet was given in stages. The development of physical clinical, and food intake improves every day. Nutrition counseling used leaflet, discussion, question and answer media.

Conclusions: Nutritional Care Process (NCP) in caesarean section with preeclampsia patient includes nutritional assessment, nutritional diagnosis, nutritional intervention, nutritional evaluation monitoring, and nutrition counseling.

Keywords: Nutrition Care Process, Caesarean Section, Preeclampsia

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PROSES ASUHAN GIZI TERSTANDAR PADA PASIEN SECTIO CAESAREA DENGAN PREEKLAMPSIA DI RSU PKU MUHAMMADIYAH BANTUL

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ABSTRAK

Latar Belakang: *Sectio Caesarea (SC)* merupakan suatu cara melahirkan janin dengan cara membuat sayatan pada dinding uterus melalui dinding depan perut. Hasil Riskekdas 2013 kelahiran dengan metode *Sectio Caesarea* sebesar 9,8%. Salah satu indikasi dilakukannya tindakan *sectio caesarea* adalah preeklampsia. Preeklampsia adalah salah satu bentuk dari hipertensi dalam kehamilan. Proses asuhan gizi terstandar yang tepat pada pasien *sectio caesarea* dengan preeklampsia sangat diperlukan guna memenuhi kebutuhan zat gizi pasien secara optimal.

Tujuan: Mengetahui pelaksanaan proses asuhan gizi terstandar pada pasien *sectio caesarea* dengan preeklampsia di Rumah Sakit Umum PKU Muhammadiyah Bantul.

Metode: Penelitian menggunakan metode studi kasus. Lokasi penelitian di RSU PKU Muhammadiyah Bantul. Subyek penelitian adalah seorang pasien *sectio caesarea* dengan preeklampsia. Fokus studi penelitian adalah melakukan skrining gizi, pengkajian (assessment) gizi, mendiagnosis gizi, intervensi gizi, monitoring evaluasi, dan konseling gizi. Analisis data secara deskriptif dan penyajian data secara tabulasi. .

Hasil: Skrining gizi menggunakan form skrining Obstetrik, pasien beresiko malnutrisi. Pengkajian gizi diperoleh bahwa status gizi pasien baik berdasarkan % LILA. Pemeriksaan biokimia menunjukkan bahwa kadar urin protein tinggi. Pemeriksaan klinis-fisik didapatkan hasil bahwa pasien mengalami nyeri pada ulu hati dan tekanan darah tinggi. Hasil recall 24 jam pasien kurang dari 60% dibandingkan dengan kebutuhan pasien. Diagnosis gizi ditegakkan sesuai dengan hasil pengkajian gizi. Pemberian diet dilakukan secara bertahap. Perkembangan fisik klinis, dan asupan makan membaik setiap hari. Konseling gizi dilakukan dengan media leaflet, diskusi, dan tanya jawab

Kesimpulan: Proses Asuhan Gizi Terstandar (PAGT) pada pasien *Sectio Caesarea* dengan Preeklampsia meliputi pengkajian gizi, diagnosis gizi, intervensi gizi, monitoring evaluasi gizi, dan konseling gizi

Kata Kunci: Proses Asuhan Gizi Terstandar, *Sectio Caesarea*, Preeklampsia

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