

STANDARDIZED NUTRITION CARE PROCESS ON CONGESTIVE HEART FAILURE PATIENT IN PKU MUHAMMADIYAH HOSPITAL OF BANTUL

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ABSTRACT

Background: There are many factors that affect congestive heart failure patient survival, some of them are nutrition status, status of malnutrition, and diet compliance. Nutrition Care Process (NCP) is a method of solving problems related to nutrition with giving intervention on the etiology.

Objective: The purpose of this study is to implement nutrition care for CHF patient with gangrene in RS PKU Muhammadiyah Bantul.

Methods: The type of research is descriptive with case study design. Primary data is obtained through direct measurement results and interviews with the patient's family, while secondary data is obtained from the patient's medical record.

Results: Nutrition screening using NRS2002 results in good nutritional status. From anthropometric data, the nutritional status of patients based on %LILA is good nutrition. Patient had shortness of breath and constipation. For biochemical data, the patient's uric acid is high. According to dietary history data, patient has poor eating habits. Nutritional diagnosis includes the domain of intake and habit domain. Nutrition interventions are carried out according to dietary goals, requirements, and prescriptions. Diet is given according to the patient needs. Clinical / physical and food intake are getting better. Providing education when patient is hospitalized and counseling using leaflet is carried out before patient leaving the hospital.

Conclusion: The results of the study was found that the nutritional status of patient was good nutrition, high uric acid, patient also had constipation and shortness of heart., based on monitoring and evaluation of eating during in the hospital, the patient's food intake was increased day by day.

Keywords: Congestive Heart Failure, Nutrition Care

PROSES ASUHAN GIZI TERSTANDAR PADA PASIEN GAGAL JANTUNG KONGESTIF DI RS PKU MUHAMMADIYAH BANTUL

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ABSTRAK

Latar belakang: Faktor yang mempengaruhi kelangsungan hidup pasien gagal jantung kongestif diantaranya adalah status gizi pasien dan malnutrisi, kepatuhan diet. Asuhan gizi bertujuan untuk mengembalikan status gizi baik dengan mengintervensi berbagai faktor penyebab.

Tujuan: Mengkaji pelaksanaan proses asuhan gizi terstandar pada pasien Gagal Jantung Kongestif di RS PKU Muhammadiyah Bantul.

Metode: Jenis penelitian ini adalah deskriptif dengan desain studi kasus. Data primer diperoleh melalui hasil pengukuran secara langsung dan wawancara dengan keluarga pasien, sedangkan data sekunder diperoleh dari rekam medis pasien.

Hasil: Skrining gizi menggunakan diperoleh hasil pasien malnutrisi. Dari data antropometri, status gizi pasien berdasarkan %LILA yaitu gizi baik. Pasien mengalami gangguan sesak nafas dan konstipasi. Pasien memiliki kadar asam urat tinggi. Menurut data riwayat makan, pasien memiliki kebiasaan makan yang kurang baik. Diagnosis gizi meliputi domain asupan dan domain kebiasaan. Intervensi gizi dilakukan sesuai dengan tujuan, syarat, dan preskripsi diet. Pemberian diet disesuaikan dengan kebutuhan pasien. Klinis/fisik dan asupan makan semakin hari semakin membaik. Pemberian edukasi saat pasien dirawat di rumah sakit dan dilakukan konseling sebelum pasien pulang dengan media leaflet.

Kesimpulan: Dari hasil penelitian diketahui bahwa status gizi pasien adalah gizi baik, pasien dengan asam urat tinggi dan keluhan konstipasi, berdasarkan monitoring dan evaluasi makan selama di RS, semakin hari asupan makan pasien semakin meningkat.

Kata Kunci: Gagal Jantung Kongestif, Asuhan Gizi