

# **GAMBARAN KESESUAIAN ASUPAN MAKANAN PADA PASIEN HIPERTENSI DI RSU BETHESDA LEMPUYANGWANGI YOGYAKARTA**

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## **ABSTRAK**

Hipertensi adalah suatu keadaan dimana seseorang mengalami peningkatan tekanan darah di atas normal yang mengakibatkan angka kesakitan atau morbiditas dan angka kematian atau mortalitas. Hipertensi merupakan keadaan ketika seseorang mengalami peningkatan tekanan darah di atas normal atau kronis dalam waktu yang lama. Tujuan Penelitian untuk mengetahui kesesuaian Asupan Makanan dengan Status Hipertensi pada pasien Hipertensi di RSUD Bethesda Lempuyangwangi Yogyakarta. Penelitian ini bersifat studi kasus. Penelitian dilakukan pada bulan Juni 2016. Subyek Penelitian adalah pasien rawat inap yang menderita Hipertensi. Pengambilan data atau *instrument* penelitian berupa wawancara dan pengambilan data. Kemudian dilakukan analisis data. Hasil penelitian asupan energi pasien hipertensi sesuai. Asupan protein pasien hipertensi sesuai. Asupan lemak pasien hipertensi tidak sesuai. Asupan karbohidrat pasien hipertensi sesuai. Asupan natrium pasien hipertensi sesuai. Diharapkan adanya upaya dari Rumah Sakit untuk memberikan konsultasi gizi dan motivasi sehingga dapat meningkatkan asupan makan. Dan melakukan modifikasi resep sehingga dapat meningkatkan asupan makan pasien.

**Kata Kunci** : Asupan Makanan, Hipertensi

## **DESCRIPTION SUITABILITY OF FOOD INTAKE IN HYPERTENSION IN BETHESDA LEMPUYANGWANGI HOSPITAL YOGYAKARTA**

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### **ABSTRACT**

Hypertension is a condition where a person experiences an increase in blood pressure above normal resulting in morbidity or mortality or morbidity and mortality. Hypertension is a condition when a person experiences an increase in blood pressure above normal or chronically in a long time. Objective to determine the suitability Food Intake by Hypertension Status on Hypertension patients at Bethesda Hospital in Yogyakarta Lempuyangwangi. This study was an study case. The study was conducted in June 2016. The subject of the research was hospitalized patients suffering from hypertension. Retrieval of data or research instrument in the form of interviews and data collection. Then do the data analysis. The results of the study of energy intake in hypertensive patients is appropriate. Appropriate intake of protein hypertensive patients. Fat intake hypertensive patients is not appropriate. Carbohydrate intake hypertensive patients accordingly. Sodium intake in hypertensive patients accordingly. It is hoped the efforts of the Hospital to provide nutritional counseling and motivation so as to increase the intake of food. And to modify the recipe so as to increase the intake of food the patient.

Keywords: Food Intake, Hypertension

