

PROSES ASUHAN GIZI TERSTANDAR PADA PASIEN POST SC G_iP_oA_o 40-41 MGG *POST TERM*, *INSUFIENSI PLACENTA*, HT PRA INDUKSI DI RUMAH SAKIT BETHESDA LEMPUYANGWANGI

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ABSTRAK

Latar Belakang: *Sectio caesarea* adalah suatu cara melahirkan janin dengan membuat sayatan untuk mengeluarkan bayi. Dinas Kesehatan DIY tahun 2013 mencatat jumlah tindakan *sectio caesarea* di rumah sakit swasta sekitar 30-80%. Asuhan gizi pada pasien *Sectio caesarea* diperlukan guna mengupayakan status gizi pasien agar tetap normal untuk mempercepat proses penyembuhan luka dan memberikan energy tambahan bagi pasien untuk memproduksi ASI.

Tujuan : Mengetahui gambaran pelaksanaan proses asuhan gizi terstandar pada pasien Post SC G_iP_oA_o 40-41 mgg *Post Term*, *Insufiensi Placenta*, HT Pra Induksi di Rumah Sakit Bethesda Lempuyangwangi.

Metode: Penelitian pada pasien Post SC G_iP_oA_o 40-41 mgg *Post Term*, *Insufiensi Placenta*, HT Pra Induksi di RS Bethesda Lempuyangwangi menggunakan metode studi kasus. Analisis data disajikan secara narasi/tekstular, tabular, dan grafik.

Hasil: Skrining gizi menggunakan form skrining NRS-2002, pasien tidak beresiko malnutrisi namun membutuhkan asuhan gizi untuk mempercepat proses penyembuhan luka dan memproduksi ASI. Pengkajian gizi diperoleh bahwa status gizi pasien baik berdasarkan %LILA. Pemeriksaan biokimia menunjukkan bahwa GDS, hemoglobin, hematokrit, eritrosit, dan leukosit tergolong normal. Pemeriksaan fisik-klinis didapatkan bahwa pasien mengalami nyeri bekas luka operasi. Hasil recall 24 jam pasie kurang dari 80% diandingkan dengan kebutuhan pasien. 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 Post SC G_iP_oA_o 40-41 mgg *Post Term*, *Insufiensi Placenta*, HT Pra Induksi meliputi pengkajian gizi, diagnosis gizi, intervensi gizi, monitoring evaluasi, dan konseling gizi.

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

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**STANDARDIZED NUTRITION CARE PROCESS FOR POST SC G₁P₀A₀
40-41 WEEKS *POST TERM*, *PLACENTAL INSUFFICIENCY*, HT PRE
INDUCTION PATIENT IN BETHESDA LEMPUYANGWANGI HOSPITAL**

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ABSTRACT

Background: Sectio caesarea is a fetal delivery through an incision to remove the baby. The Yogyakarta Health Office in 2013 recorded that the number of cesarean sections in private hospitals was around 30-80%. Nutritional care for Sectio caesarean patients is needed to keep the patient's nutritional status normal to speed up the wound healing process and provide additional energy for the patient to produce breast milk.

Objective: Knowing the descriptions of the implementation of standardized nutritional care process in Post SC G₁P₀A₀ 40-41 weeks post term, Placental Insufficiency, HT pre induction patient in Bethesda Lempuyangwangi Hospital.

Methods: Research on patient with Post SC G₁P₀A₀ 40-41 weeks post term, Placental Insufficiency, HT pre induction patient at Bethesda Lempuyangwangi Hospital. Data analysis is presented in a narrative / textual, tabular, and graphical manner.

Results: Nutritional screening uses the NRS-2002 screening form, the patient is not at risk of malnutrition but requires nutritional care to speed up the wound healing process and produce breast milk. The nutritional assessment found that the patient's nutritional status was good based on% LILA. Biochemical examination showed that blood sugar level, hemoglobin, hematocrit, erythrocyte, and leukocytes were classified as normal. Physical-clinical examination found that the patient experienced surgical scar pain. The result of 24-hour recall for patients is less than 80% compared to the patient's needs. The diet was given in stages. Physical-clinical development and food intake are improving every day. Nutritional counseling is carried out using leaflets, discussions and questions and answers.

Conclusions: Nutrition Care Process (NCP) Post SC G₁P₀A₀ 40-41 weeks *post term*, *Placental Insufficiency*, HT pre induction patient includes nutritional assessment, nutritional diagnosis, nutritional intervention, nutritional evaluation monitoring, and nutritional counseling.

Keyword: Nutrition Care Process, *Caesarean Section*

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