PROSES ASUHAN GIZI TERSTANDAR PADA PASIEN POST SECTIO CAESAREA DI RSUD PANEMBAHAN SENOPATI

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ABSTRAK

Latar Belakang: Sectio Caesarea merupakan alternatif terakhir ketika persalinan pervaginam tidak memungkinkan lagi untuk dilaksanakan. Dampak dari post sectio caesarea adalah kondisi demam dan nyeri yang meningkatkan kebutuhan zat gizi. Keadaan ini mengharuskan perlunya perhatian terhadap pemberian diet pada pasien post sectio caesarea. Pemberian diet melalui Proses Asuhan Gizi Terstandar adalah salah satu langkah yang tepat untuk memenuhi asupan zat gizi secara optimal.

Tujuan: Mengkaji pelaksanaan asuhan gizi dengan Proses Asuhan Gizi Terstandar pada pasien post sectio caesarea di RSUD Panembahan Senopati.

Metode: penelitian menggunakan metode deskriptif observasional dengan rancangan studi kasus. Lokasi penelitian di RSUD Panembahan Senopati Bantul. Fokus studi penelitian adalah melakukan skrining gizi, pengkajian gizi, mendiagnosis gizi, intervensi gizi, monitoring evaluasi, edukasi dan konseling gizi. Analisis secara deskriptif dan penyajian data secara grafik dan tabulasi.

Hasil: skrining gizi menunjukkan pasien beresiko malnutrisi. Antropometri menunjukkan pasien dalam status gizi baik. Pemeriksaan biokimia menunjukkan kadar ureum rendah. Pemeriksaan fisik klinis didapatkan pasien merasakan nyeri post sectio caesarea, kepala pusing, perut mulas, kaki belum dapat digerakkan, dan nafsu makan turun. Hasil recall 24 jam dan SQFFQ kurang dari 80% dibandingkan kebutuhan pasien. Diagnosis gizi yang ditegakkan adalah peningkatan energi dan protein serta pembatasan konsumsi garam. Pemberian diet TETP RG dengan tekstur makanan saring bertahap makanan lunak dan biasa sesuai kondisi pasien. Edukasi dilakukan setiap monitoring asupan. Konseling gizi menunjukkan pasien lebih berkomitmen merubah kebiasaan makannya.

Kesimpulan: Proses Asuhn Gizi Terstandar (PAGT) pada pasien Post Sectio Caesarea meliputi pengkajian gizi, diagnosis gizi, intervensi gizi, monitoring evaluasi gizi, edukasi dan konseling gizi.

Kata Kunci: Proses Asuhan Gizi Terstandar, Post Sectio Caesarea

[1]: mahasiswa peneliti
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STANDARIZED NUTRITION CARE PROCESS FOR POST CAESAREAN SECTION PATIENTS IN RSUD PANEMBAHAN SENOPATI

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ABSTRACT

Background: Caesarean section is the last alternative when spontaneous vaginal delivery is no longer possible. The impact of post caesarean section is a condition of fever and pain that increases the need for nutrients. In this situation it is very necessary to provide a diet in post caesarean section patients. Providing a diet through the Standarized Nutritional Care Process is one of the right steps to optimally fulfill the nutritional intake of post caesarean section patients

Objective: To asses the implementation of standarized nutritional care process for post caesarean section patients in RSUD Panembahan Senopati Bantul.

Methods: this research used obsevational descriptive metodh with case study design. The location of this research at RSUD Panembahan Senopati Bantul. The focus of the research study is to conduct nutritional screening, nutritional assessment, nutrition diagnose, nutritional interventions, monitor evaluation, nutritional educating and nutritional counseling. Data analysis was presented descriptively and presented in graph and tabulated data.

Result: Nutritional screening shows the patient is at risk of malnutrition. Anthropometry shows the patient is in good nutritional status. Biochemical examination revealed low BUN levels. Clinical-Physical test showed that patient felt post caesarean section pain, dizziness, stomach ulcers, legs cannot be moved, and loss of appetite. Patient's 24-hour recall and SQFFQ results were less than 80% compared to patient needs. The nutritional diagnosis that is enforced is an increase in energy and protein, and a limitation of salt consumption. Provision of the TETP RG diet with a gradual filtered texture of soft and ordinary foods according to the patient's condition. Education is carried out every intake monitoring. Nutritional counseling shows patients are more committed to changing their eating habits.

Conclusion: Standarized Nutritional Care Process in post caesarean section patients includes nutritional assessment, nutritional diagnosis, nutritional intervention, nutritional evaluation monitoring, nutritional educating and nutrition counseling

Keyword: Nutritional Care Process, Post Caesarean Section

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