

**STANDARDIZED NUTRITION CARE PROCESS IN DIABETES
MELITUS TYPE 2, OBS DYSPNEA, ACUTE PULMONARY EDEMA,
CHF, AFNR PATIENTS IN BETHESDA LEMPUYANGWANGI
HOSPITAL**

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ABSTRACT

Background : Diabetes mellitus type 2 is a disease characterized by hyperglycemia based on increased insulin resistance and increased pancreatic beta cell dysfunction. DM is an important risk factor for heart disease, stroke, neuropathy, retinopathy and kidney failure. Yogyakarta Province ranks the second highest after DKI Jakarta in terms of DM prevalence based on doctor's diagnosis in population aged ≥ 15 years by province, which is 3.1 percent. PAGT is needed in DM patients to prevent patients from experiencing malnutrition and to help control glucose levels in the patient's blood.

Objective : Describe the implementation of PAGT in Type 2 DM patients with complications at Bethesda Lempuyangwangi Hospital.

Research Method : Case study. The research location is at Bethesda Lempuyangwangi Hospital. The subject of the study was one patient with inclusion and exclusion criteria. Primary data were obtained from measurements and interviews with respondents, while secondary data were obtained from medical records.

Results : Nutritional screening of anthropometric data on nutritional status of overweight patients. Biochemical data obtained from the patient's high GDS level, physical clinical data of high blood pressure, high respiration, and food history, it was found that the patient had eating habits that were not in accordance with the recommendations. Nutritional diagnosis includes the domains of intake, clinical, and behavior. Nutritional interventions are implemented based on the problem of nutritional diagnosis, monitoring and evaluation related to biochemical, physical clinical data, and the patient's food intake.

Conclusion : Based on the results of the study, it was found that the patient had overweight nutritional status, GDS levels, blood pressure, and high respiration. From the results of monitoring and evaluation, the patient's food intake tends to fluctuate.

Keywords : Diabetes melitus type 2, Complications of disease, Nutritional care.

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PROSES ASUHAN GIZI TERSTANDAR PADA PASIEN DIABETES MELITUS TIPE 2, OBS DYSPNEA, EDEMA PARU AKUT, CHF, AFNR DI RUMAH SAKIT BETHESDA LEMPUYANGWANGI

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ABSTRAK

Latar Belakang : Diabetes mellitus tipe 2 adalah suatu penyakit dengan karakteristik hiperglikemia dengan dasar penyebabnya adalah peningkatan resistensi insulin dan atau peningkatan disfungsi sel beta pankreas. Penyakit DM merupakan salah satu faktor resiko penting terjadinya penyakit jantung, stroke, neuropati, retinopati, dan gagal ginjal. Provinsi DIY menempati urutan kedua tertinggi setelah DKI Jakarta dalam hal prevalensi DM berdasarkan diagnosis dokter pada penduduk umur ≥ 15 tahun menurut provinsi yaitu sebesar 3,1 persen. PAGT diperlukan pada pasien DM untuk mencegah pasien mengalami kondisi malnutrisi serta membantu mengontrol kadar glukosa dalam darah pasien.

Tujuan : Mendeskripsikan pelaksanaan PAGT pada pasien DM Tipe 2 dengan komplikasi di RS Bethesda Lempuyangwangi.

Metode : Studi kasus. Lokasi penelitian di RS Bethesda Lempuyangwangi. Subjek penelitian yaitu satu pasien dengan kriteria inklusi dan eksklusi. Data primer diperoleh dari pengukuran dan wawancara dengan responden, sedangkan data sekunder diperoleh dari rekam medis.

Hasil : Penapisan gizi data antropometri status gizi pasien *overweight*. Data biokimia diperoleh kadar GDS pasien tinggi, data fisik/klinis tekanan darah tinggi, respirasi tinggi, dan riwayat makan diketahui pasien memiliki kebiasaan makan yang belum sesuai dengan anjuran. Diagnosis gizi meliputi domain asupan, klinis, dan behavior. Intervensi gizi diterapkan berdasarkan permasalahan diagnosis gizi, monitoring evaluasi berkaitan dengan data biokimia, fisik/klinis, dan asupan makan pasien.

Kesimpulan : Berdasarkan hasil penelitian, diketahui pasien memiliki status gizi *overweight*, kadar GDS, tekanan darah, dan respirasi tinggi. Dari hasil monitoring evaluasi, asupan makan pasien cenderung fluktuatif.

Kata kunci : Diabetes melitus tipe 2, Komplikasi, Asuhan Gizi.

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