

STANDARDIZED NUTRITIONAL CARE PROCESS IN PATIENTS DIABETES MELLITUS TYPE II WITH ULCER IN GENERAL HOSPITAL OF WONOSARI

Andrea Lintang Praharani¹, Idi Setiyobroto², Rini Wuri Astuti³
Department of Nutrition, Health Polytechnic Yogyakarta,
Jl. Tatabumi No.3 Banyuraden, Gamping, Sleman, Yogyakarta 55293
Email: andrealintang061@gmail.com

ABSTRACT

Background: Diabetes Mellitus is a chronic disease caused by genetics, a lack of insulin production in the pancreas, and the ineffective production of insulin, which can cause an accumulation of glucose concentrations in the blood which can damage many body systems, especially blood vessels and nerves. The prevalence of DM in Indonesia based on a doctor's diagnosis in a population ≥ 15 years has increased from 1.5% in 2013 to 2.0% in 2018. DI Yogyakarta ranks second in the population with the highest diabetes cases in Indonesia. The process of standard nutritional care is needed in DM patients to reduce symptoms, complaints, risk of complications and help reduce the patient's blood glucose.

Objective: Describe the implementation of Standardized Nutritional Care for Type 2 Diabetes Mellitus patients at RSUD Wonosari

Methods: The type of research used in this research is descriptive using a case study design. The data collection technique in this research used interviews, observation, anthropometric measurements and documentation. The research sample consisted of 1 respondent with the criteria of the respondent being diagnosed with Type 2 Diabetes Mellitus with or without complications and undergoing hospitalization for at least 3 days.

Results: The results of the nutritional assessment were anthropometric data on nutritional status based on %LLA, including malnutrition, biochemical data obtained by high GDS of patients, physical / clinical data of high blood pressure patients with complaints of pain and heat in ulcers, poor eating habits and excessive intake. . The results of monitoring and evaluation showed that the patient's GDS decreased, complaints were reduced, and food intake increased.

Conclusion: From the results of the study, it can be concluded that the nutritional status of malnourished patients, GDS levels decrease to near normal, blood pressure decreases to near normal, physical complaints are reduced, and food intake increases.

Keywords: Standardized Nutritional Care Process, Diabetes Mellitus, Ulcers

1. Research Students
2. The Supervisor
3. Supervisors

PROSES ASUHAN GIZI TERSTANDAR PADA PASIEN DIABETES MELLITUS TIPE 2 DENGAN ULKUS DI RSUD WONOSARI

Andrea Lintang Praharani¹, Idi Setiyobroto², Rini Wuri Astuti³
Jurusan Gizi Poltekkes Kemenkes Yogyakarta,
Jl. Tatabumi No.3 Banyuraden, Gamping, Sleman, Yogyakarta 55293
Email : andrealintang061@gmail.com

ABSTRAK

Latar Belakang : Diabetes Mellitus yaitu penyakit kronik yang disebabkan oleh genetik, kurangnya produksi insulin pada pancreas, dan tidak efektifnya insulin diproduksi sehingga dapat menyebabkan penumpukan konsentrasi glukosa dalam darah yang dapat merusak banyak sistem tubuh khususnya pembuluh darah dan syaraf. Prevalensi penyakit DM di Indonesia berdasarkan diagnosis dokter pada penduduk ≥ 15 tahun meningkat dari 1,5% pada tahun 2013 menjadi 2.0% pada tahun 2018. DI Yogyakarta menempati urutan kedua penduduk dengan kasus diabetes tertinggi di Indonesia. Proses Asuhan Gizi Terstandar diperlukan pada pasien DM untuk mengurangi gejala, keluhan, resiko komplikasi dan membantu menurunkan glukosa darah pasien.

Tujuan: Mendeskripsikan pelaksanaan Asuhan Gizi Terstandar pada pasien Diabetes Mellitus tipe 2 di RSUD Wonosari

Metode: Jenis penelitian yang digunakan dalam penelitian ini adalah deskriptif dengan menggunakan rancangan studi kasus. Teknik pengambilan data pada penelitian ini menggunakan wawancara, observasi, pengukuran antropometri dan dokumentasi. Sampel penelitian berjumlah 1 responden dengan kriteria responden terdiagnosa Diabetes Mellitus tipe 2 dengan atau tanpa komplikasi dan menjalani rawat inap minimal 3 hari.

Hasil : Hasil pengkajian gizi yaitu data antropometri status gizi berdasarkan %LLA, termasuk gizi buruk, data biokimia diperoleh GDS pasien tinggi, data fisik/klinis tekanan darah pasien tinggi dengan keluhan nyeri dan panas pada luka ulkus, kebiasaan makan pasien kurang baik dan asupan berlebih. Hasil monitoring dan evaluasi diperoleh GDS pasien menurun, keluhan berkurang, dan asupan makan meningkat.

Kesimpulan : Dari hasil penelitian dapat disimpulkan status gizi pasien gizi buruk, kadar GDS menurun mendekati normal, tekanan darah menurun mendekati normal, keluhan fisik berkurang, serta asupan makan meningkat.

Kata kunci : Proses Asuhan Gizi Terstandar, Diabetes Mellitus, Ulkus

1. Mahasiswa Peneliti
2. Pembimbing Utama
3. Pembimbing Pendamping