

**STANDARD NUTRITION CARE PROCESS FOR TYPE 2 DIABETES  
MELITUS WITH HYPERTENSION AND HEMIPARESIS SINISTRA  
NON-HEMORRHAGIC STROKE PATIENTS IN PANEMBAHAN  
SENOPATI BANTUL HOSPITAL**

Annisa Nafi'atul Jannah<sup>1</sup>, Isti Suryani<sup>2</sup>, Nugraheni Tri Lestari<sup>3</sup>  
Nutrition Department of Nutrition Polytechnic Ministry of Health Yogyakarta  
St. Tata Bumi No.3 Banyuraden, Gamping, Sleman, Yogyakarta, 55293  
(Email:[annisanafi88@gmail.com](mailto:annisanafi88@gmail.com))

**ABSTRACT**

**Background:** Diabetes Mellitus is a non-communicable disease which is always increasing every year. The prevalence of DM based on age over 15 years diagnosed by doctors was 2.0%, in 2013 it was 6.9%, and jumped rapidly to 8.5% in 2018. Uncontrolled blood glucose levels will cause various complications. To prevent disease severity and speed up the healing process, proper nutritional care is needed for people with Type 2 Diabetes Mellitus.

**Objective:** To know the description of the process of implementing standardized nutritional care in type 2 Diabetes Mellitus patients with hypertension and hemiparesis sinistra Non-Hemorrhagic Stroke at Panembahan Senopati Hospital, Bantul.

**Methods:** The type and design of this study is descriptive with case study design. Data analysis is presented with narrative, tabular, and graphic.

**Results:** The results of nutritional screening are at risk of malnutrition a nutritional status with% LILA is good. The patient's GDS laboratory results were high, the results of the physical examination of the patient still felt weakness on the left side of the body, mouth tilted to the right and the loose teeth felt painful, the patient's blood pressure was high. Improved food intake every day, reaching 80-100% of total energy needs. Nutrition concerts using leaflet media, material exchange forms, discussion and question and answer.

**Conclusions:** From the results of the study, it was found that patients with good nutritional status, high GDS levels, physical complaints of weakness on the left side of the body, mouth tilted to the right and loose teeth felt pain and food intake improved every day. Based on the monitoring, during the service intake increased, GDS levels decreased, physical complaints of loose teeth were not painful and appetite improved.

**Keywords:** Standardized Nutrition Care Process, Type 2 DM, Hypertension, Stroke

<sup>1</sup>: Student Researcher

<sup>2</sup>: The Supervisor

<sup>3</sup>: Supervisors

# PROSES ASUHAN GIZI TERSTANDAR PADA PASIEN DIABETES MELITUS TIPE2 DENGAN HIPERTENSI DAN HEMIPARESIS SINISTRA STROKE NON-HEMORAGIK DI RSUD PANEMBAHAN SENOPATI BANTUL

Annisa Nafi'atul Jannah<sup>1</sup>, Isti Suryani<sup>2</sup>, Nugraheni Tri Lestari<sup>3</sup>  
Jurusan Gizi Poltekkes Kemenkes Yogyakarta  
Jalan Tata Bumi No.3 Banyuraden, Gamping, Sleman, Yogyakarta, 55293  
(Email:[annisanafi88@gmail.com](mailto:annisanafi88@gmail.com))

## ABSTRAK

**Latar Belakang:** Diabetes Mellitus merupakan penyakit tidak menular yang setiap tahunnya selalu meningkat. Prevalensi DM berdasarkan usia di atas 15 tahun yang diagnosis oleh dokter sebesar 2,0%, di tahun 2013 yaitu 6,9%, dan melonjak pesat ke angka 8,5% di tahun 2018. Kadar glukosa darah yang tidak terkontrol akan menyebabkan berbagai macam komplikasi. Untuk mencegah keparahan penyakit dan mempercepat proses penyembuhan, asuhan gizi yang tepat sangat diperlukan bagi penderita Diabetes Melitus tipe 2.

**Tujuan:** Mengetahui gambaran proses pelaksanaan asuhan gizi terstandar pada pasien Diabetes Melitus tipe 2 dengan hipertensi dan hemiparese sinistra Stroke Non-Hemoragik di RSUD Panembahan Senopati Bantul.

**Metode:** Jenis dan rancangan penelitian ini adalah deskriptif dengan rancangan desain studi kasus. Analisis data disajikan dengan narasi, tabular, dan grafik.

**Hasil:** Hasil skrining gizi beresiko malnutrisi, status gizi dengan %LILA baik. Hasil laboratorium GDS pasien tinggi, hasil pemeriksaan fisik pasien masih merasakan lemas pada badan sebelah kiri, pelo, mulut mencong ke kanan dan gigi goyang terasa nyeri, tekanan darah pasien tinggi. Asupan makan membaik setiap hari mencapai 80-100% dari total kebutuhan energi. Konseling gizi dengan media leaflet, form bahan penukar, diskusi dan tanya jawab.

**Kesimpulan:** Dari hasil penelitian ditemukan pasien dengan status gizi baik, kadar GDS tinggi, keluhan fisik lemas pada badan sebelah kiri, pelo, mulut mencong ke kanan dan gigi goyang terasa nyeri serta asupan makan meningkat. Berdasarkan monitoring, selama pelayanan asupan meningkat, kadar GDS menurun, keluhan fisik gigi goyang tidak nyeri dan nafsu makan membaik.

**Kata Kunci:** Proses Asuhan Gizi Terstandar, DM tipe 2, Hipertensi, Stroke

: Mahasiswa peneliti  
: Pembimbing utama  
: Pembimbing Pendamping