

**PROSES ASUHAN GIZI TERSTANDAR PADA PASIEN PNEUMONIA,  
CKD STAGE V ON HEMODIALYSIS DI RUMAH SAKIT PKU  
MUHAMMADIYAH GAMPING**

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**ABSTRAK**

**Latar Belakang:** Penyakit gagal ginjal didefinisikan sebagai gangguan yang terdapat pada ginjal ditandai dengan abnormalitas keadaan dimana terjadi penurunan progresif dan umumnya sulit pulih kembali, terapi untuk mempertahankan hidup yaitu dengan melakukan cuci darah atau hemodialisis. Malnutrisi pada penderita penyakit gagal ginjal kronik merupakan suatu permasalahan utama yang sering terjadi karena asupan zat gizi yang tidak adekuat. Perlu dilakukan pelayanan asuhan gizi yang aman dan berkualitas tinggi.

**Tujuan:** Melaksanakan proses asuhan gizi terstandar pada pasien pneumonia, CKD Stage V on Hemodialysis di RS PKU Muhammadiyah Gamping

**Metode Penelitian:** Kadar hemoglobin pasien yang rendah tersebut diakibatkan oleh lama hemodialysis (Balio, 2012; Oktiadewi, 2012; Adiatma, 2014) Jenis penelitian ini adalah penelitian deskriptif menggunakan desain studi kasus.

**Hasil:** Skrining gizi menggunakan form skrining NRS-2002, dengan skor 3 atau dapat diartikan pasien berisiko malnutrisi. Pengkajian gizi diperoleh status gizi pasien kurang berdasarkan %LILA. Pemeriksaan biokimia menunjukkan bahwa kadar kreatinin dan ureum tinggi. Pemeriksaan fisik didapatkan hasil pasien mengalami kelebihan volume cairan, batuk berdahak dan mual. Pemeriksaan klinis didapatkan hasil bahwa tekanan darah pasien tinggi. Diagnosis gizi meliputi domain asupan, dan domain klinik. Intervensi gizi ditetapkan berdasarkan permasalahan diagnosis gizi. Monitoring evaluasi berkaitan dengan data biokimia, fisik/klinis, dan asupan makan. Edukasi dan konseling gizi dilakukan dengan metode ceramah dan tanya jawab.

**Kesimpulan:** Dari hasil penelitian ini dapat diketahui bahwa pasien berisiko malnutrisi dan memiliki status gizi kurang. Biokimia pasien yaitu kreatinin dan ureum tinggi. Pasien memiliki oedema pada tungkai kaki dan merasakan mual dan batuk berdahak. Asupan makan pasien menurun pada hari ketiga intervensi.

**Kata Kunci :** Proses Asuhan Gizi Terstandar, Gagal Ginjal Kronis, Hemodialisis

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## NUTRITIONAL CARE PROCESS FOR PNEUMONIA, CKD STAGE V ON HEMODIALYSIS PATIENTS IN PKU MUHAMMADIYAH GAMPING HOSPITAL

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### ABSTRACT

**Background:** Kidney failure is defined as a disorder in the kidneys characterized by an abnormality in which there is a progressive decline and it is generally difficult to recover, therapy to maintain life is dialysis or hemodialysis. Malnutrition in patients with chronic renal failure is a major problem that often occurs due to inadequate nutrient intake. It is necessary to provide safe and high quality nutritional care services.

**Objective:** To carry out a nutritional care process in pneumonia, CKD Stage V on Hemodialysis patient at PKU Muhammadiyah Gamping hospital.

**Methods:** This type of research is a descriptive study using a case study design.

**Result:** Nutritional screening uses the NRS-2002 screening form, with a score of 3 or it means that the patient is at risk of malnutrition. The assessment of nutrition obtained that the nutritional status of the patient was deficient based on the percent of the upper arm circumference. Biochemical examination showed that the creatinine and urea levels were high. Physical examination showed that the patient had excess fluid volume, cough with phlegm and nausea. The clinical examination showed that the patient's blood pressure was high. The nutritional diagnosis includes the intake domain and clinical domain. Nutritional interventions are determined based on nutritional diagnosis problems. Monitoring evaluation is concerned with biochemical, physical / clinical data, and dietary intake. Nutrition education and counseling are conducted using lecture and question and answer methods.

**Conclusion:** From the results of this study, it can be seen that patients are at risk of malnutrition and have less nutritional status. The patient's biochemistry was high creatinine and urea. The patient has oedema in the legs and feels nauseous and coughs up phlegm. The patient's dietary intake decreased on the third day of intervention.

**Keyword:** Nutrition Care Process, Chronic Kidney Disease, Hemodialysis

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