

PROSES ASUHAN GIZI TERSTANDAR PADA PASIEN DEMAM TIFOID DI RUMAH SAKIT BAGAS WARAS KLATEN

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ABSTRAK

Latar Belakang : Pada tahun 2009 kejadian demam tifoid di Indonesia merupakan kasus yang menempati posisi ketiga pola gambaran 10 penyakit terbanyak menurut Profil Kesehatan 2009 pada pasien rawat inap yaitu dengan jumlah kasus 80.850 kasus dimana sekitar 1.013 penderitanya meninggal dunia.

Tujuan Penelitian : Melaksanakan asuhan gizi terstandar pasien demam tifoid di RSUD Bagas Waras Klaten.

Metode Penelitian : Penelitian ini menggunakan desain studi Kasus. Lokasi penelitian di RSUD Bagas Waras Klaten.

Subyek penelitian 1 orang pasien rawat inap dengan kriteria inklusi. Fokus studi yaitu melakukan penapisan gizi, pengkajian gizi, diagnosa gizi, intervensi gizi dan monitoring evaluasi. Analisis data dilakukan secara deskriptif dan penyajian data dengan tabulasi.

Hasil : Skrining gizi dilakukan menggunakan form NRS-2002, pasien tidak beesiko malnutrini tetapi tetapi membutuhkan asuhan gizi dikarenakan pasien mengalami penurunan berat badan, penurunan nafsu makan dan pasien mengalami mual, nyeri perut serta bising usus. Hasil pengkajian gizi, diperoleh data antropometri, pasien memiliki status gizi normal berdasarkan indeks IMT/U. Data biokimia diperoleh hasil uji widal positif, hemoglobin, trombosit rendah dan hematokrit tinggi serta positif demam dengue. Data fisik klinis diperoleh hasil demam, pasien mengeluh mual, bising usus dan nyeri perut. Pasien memiliki kebiasaan makan yang kurang baik. Diagnosis gizi ditegakkan untuk menentukan proses intervensi gizi meliputi penentuan tujuan, syarat, dan preskripsi diet. Monitoring dan evaluasi berkaitan dengan data antropometri, biokimia, fisik klinis dan asupan makan pasien.

Kesimpulan : Pasien memiliki status gizi normal, hasil uji widal positif, trombosit rendah dan hematokrit tinggi. Berdasarkan hasil monitoring perkembangan fisik dan klinis yang membaik, dan asupan makan yang meningkat.

Kata Kunci : Demam Tifoid, Asuhan Gizi

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ABSTRACT

Background : In 2009 the incidence of typhoid fever in Indonesia was a case that occupied the third position in the pattern of the top 10 disease images according to the 2009 Health Profile in inpatients, namely with a total of 80,850 cases of which around 1,013 sufferers died.

Research purposes : Implementation standardized nutritional care for typhoid fever patients at the Bagas Waras Klaten Regional Hospital.

Research methods: This research uses case study design. The research location is at the Bagas Waras Hospital, Klaten.

The research subjects were 1 hospitalized patient with inclusion criteria. The focus of the study is to conduct nutrition screening, nutritional assessment, nutritional diagnosis, nutrition intervention and evaluation monitoring. Data analysis was performed descriptively and data presentation was tabulated.

Result: Nutrition screening was carried out using the NRS-2002 form, the patient is not at risk for malnutrition but requires nutritional care because the patient has lost weight, decreased appetite and the patient has nausea, abdominal pain and bowel sounds. The results of the nutritional assessment, obtained anthropometric data, the patient had a normal nutritional status based on the BMI/U index. Biochemical data obtained by positive widal test results, hemoglobin, low platelets and high hematocrit and positive for dengue fever. Clinical physical data obtained the results of fever, the patient complained of nausea, bowel sounds and abdominal pain. The patient has poor eating habits. Nutritional diagnosis is established to determine the nutritional intervention process including determining the goals, requirements, and prescriptions of the diet. Monitoring and evaluation related to anthropometric, biochemical,

Conclusion : The patient has normal nutritional status, positive Widal test results, low platelets and high hematocrit. Based on the results of monitoring of improved physical and clinical development, and increased food intake.

Keywords : Typhoid Fever, Nutritional Care

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