

PROSES ASUHAN GIZI TERSTANDAR PADA PASIEN *DENGUE HAEMORRHAGIC FEVER GRADE II WITH WARNING SIGN* YANG MENJALANI RAWAT INAP DI RSU QUEEN LATIFA YOGYAKARTA

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ABSTRAK

Latar Belakang : Kasus Demam Berdarah Dengue (DBD) termasuk penyakit infeksi yang memiliki kasus kejadian yang cukup tinggi. Kasus DBD di Indonesia yang dilaporkan pada tahun 2019 tercatat sebanyak 138.127 kasus. Jumlah ini meningkat dibandingkan dengan tahun 2018 sebesar 65.602 kasus. Kasus demam berdarah mengalami peningkatan dari tahun ke tahun dan termasuk sepuluh besar penyakit yang paling banyak di wilayah Daerah Istimewa Yogyakarta. Berdasarkan data Dinkes DIY tahun 2018, penderita demam berdarah dengue di rumah sakit sebanyak 1.395 kasus dan meningkat menjadi 4.646 kasus pada tahun 2019.

Tujuan : Mengkaji pelaksanaan proses asuhan gizi terstandar pada pasien demam berdarah *dengue* yang menjalani rawat inap di RSU Queen Latifa Yogyakarta.

Metode : Jenis penelitian ini menggunakan jenis penelitian diskriptif sedangkan untuk rancangan penelitian yang digunakan yaitu studi kasus. Sampel penelitian merupakan pasien anak yang terdiagnosis medis demam berdarah dengue dan dirawat inap di RSU Queen Latifa Yogyakarta.

Hasil : hasil pengkajian gizi diperoleh data antropometri pasien memiliki status gizi normal. Hasil biokimia kadar trombosit pasien termasuk kategori rendah. Vital sign pasien menunjukkan suhu termasuk kategori tinggi saat pertama kali masuk rumah sakit. Diagnosis gizi meliputi domain *intake* dan domain *clinic*. Intervensi gizi ditetapkan berdasarkan permasalahan diagnosis gizi, monitoring dan evaluasi berkaitan dengan data antropometri, biokimia, fisik/klinis, dan asupan makan pasien.

Kesimpulan : Dari hasil penelitian, formulir skrining gizi yang digunakan adalah formulir strongkids. Hasil monitoring pada akhir intervensi yaitu pasien memiliki status gizi normal dan kadar trombosit pasien rendah. Suhu, nadi dan respirasi termasuk kategori normal. Asupan zat gizi pasien secara umum masih termasuk kategori rendah tetapi sudah meningkat karena keluhan / kondisi pasien yang mulai membaik.

Kata Kunci : Asuhan gizi, asupan zat gizi, *dengue haemorrhagic fever*

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NUTRITION CARE PROCESS IN PATIENT WITH *DENGUE HAEMORRHAGIC FEVER GRADE II WITH WARNING SIGN* IN RSU QUEEN LATIFA YOGYAKARTA

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ABSTRACK

Background: Dengue hemorrhagic fever (DHF) is an infectious disease which has a high incidence. DHF cases in Indonesia that were reported in 2019 were 138,127 cases. This number has increased compared to 2018 of 65,602 cases. Dengue fever cases have increased from year to year and are among the top ten most common diseases in the Special Region of Yogyakarta. Based on data from the Yogyakarta Health Office in 2018, there were 1,395 cases of dengue hemorrhagic fever sufferers in the hospital and increased to 4,646 cases in 2019.

Objective: To examine the implementation of standardized nutritional care for dengue hemorrhagic fever patients who are hospitalized at Queen Latifa Hospital, Yogyakarta.

Methods: This type of research uses descriptive research, while the research design used is a case study. The sample of the study was a pediatric patient who was diagnosed with dengue hemorrhagic fever and was hospitalized at the Queen Latifa Hospital, Yogyakarta.

Results: the results of the nutritional assessment obtained anthropometric data on patients having normal nutritional status. The biochemical results of the patient's platelet count were in the low category. The patient's vital sign showed that the temperature was in the high category when he first entered the hospital. The nutritional diagnosis includes the intake domain and clinic domain. Nutritional interventions are determined based on problems with nutritional diagnosis, monitoring and evaluation related to biochemical, physical / clinical data, and the patient's food intake.

Conclusion: From the research results, the nutritional screening form used was the Strongkids form. The monitoring results at the end of the intervention showed that the patient had normal nutritional status and the patient's platelet levels were low. Temperature, pulse and respiration are normal categories. In general, the patient's food intake is still in the low category but has increased due to the patient's complaints / condition which is starting to improve.

Keywords: Nutritional care, nutrient intake, dengue haemorrhagic fever

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