

NUTRITIONAL CARE IN MYOCARDIAL INFARCTION PATIENTS IN RSUD PANEMBAHAN SENOPATI BANTUL

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ABSTRACT

Background: Myocardial infarction is the death or necrosis of myocardial tissue due to a sudden drop in coronary artery blood flow to the heart or sudden increase in oxygen demand without adequate perfusion of the coronary artery. Diet plays an important role in the prevention and treatment of cardiovascular disease. Quality nutritional care is required to maintain optimal nutritional status and speed up the healing process of the disease. Preliminary study results have been done at Panembahan Senopati Bantul General Hospital there are 56 patients with myocardial infarction undergoing hospitalization.

Objective: To know the nutritional care in the patient of myocardial infarction undergoing hospitalization at Panembahan Senopati Bantul General Hospital

Method: Case Study. Research location at Panembahan Senopati Bantul General Hospital. The subjects of the study were two patients with inoculated myocardial infarction with inclusion criteria. The study focus consists of; undertake nutritional screening, data review, nutritional diagnosis, nutritional intervention, and evaluation monitoring and nutrition counseling. Data analysis was done descriptively by tabulation and narration.

Results: Nutrition screening with MNA-SF form showed both patients had malnutrition. The results of nutritional assessment show that; both patients had less nutritional status based on% LLA, different biochemical values, physical-clinical both patients experienced chest pain and shortness of breath but both were conscious. A 24-hour recall showed that the intake of energy, protein, fat and carbohydrates in both patients was less than a necessity. Diagnosis of nutrient enforced in both patients is similar based on data assessment. Nutritional interventions are performed in accordance with dietary goals, requirements and prescriptions. Provision of diet is the Heart II diet in accordance with the standard diet of the hospital. The results of monitoring the evaluation of nutritional, physical-clinical intake in both patients improved or improved daily. Counseling and questioning are done with leaflets.

Conclusions: Nutritional care in both patients with myocardial infarction includes: screening, data review, nutrition diagnosis, nutritional intervention, monitoring and evaluation and nutritional counseling.

Keywords: Myocardial Infarction, Nutrition Care

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ASUHAN GIZI PADA PASIEN INFARK MIOKARD RAWAT INAP DI RSUD PANEMBAHAN SENOPATI BANTUL

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ABSTRAK

Latar Belakang : Infark miokard merupakan kematian atau nekrosis jaringan miokard akibat penurunan secara tiba-tiba aliran darah arteri koronaria ke jantung atau terjadinya peningkatan kebutuhan oksigen secara tiba-tiba tanpa perfusi arteri koronaria yang cukup. Diet memegang peranan penting dalam pencegahan dan pengobatan terhadap penyakit kardiovaskuler. Asuhan gizi yang bermutu diperlukan untuk mempertahankan status gizi yang optimal dan mempercepat proses penyembuhan penyakit. Hasil studi pendahuluan yang telah dilakukan di RSUD Panembahan Senopati Bantul terdapat 56 pasien infark miokard yang menjalani rawat inap.

Tujuan : Mengetahui asuhan gizi pada pasien infark miokard rawat inap di RSUD Panembahan Senopati Bantul

Metode : Studi Kasus. Studi kasus dilakukan di RSUD Panembahan Senopati Bantul. Subjek penelitian adalah dua pasien infark miokard rawat inap dengan kriteria inklusi. Fokus studi terdiri dari; melakukan skrining gizi, pengkajian data, menganalisis diagnosa gizi, intervensi gizi, dan monitoring evaluasi serta konseling gizi. Analisis data dilakukan secara deskriptif yaitu dengan tabulasi dan narasi.

Hasil : Skrining gizi dengan formulir *MNA-SF* menunjukkan kedua pasien mengalami malnutrisi. Hasil pengkajian gizi menunjukkan bahwa; kedua pasien memiliki status gizi kurang berdasarkan %LLA, nilai biokimia yang berbeda, fisik-klinis kedua pasien mengalami nyeri dada dan sesak nafas namun keduanya dalam keadaan sadar. Recall 24 jam menunjukkan bahwa asupan energi, protein, lemak dan karbohidrat pada kedua pasien kurang dari kebutuhan. Diagnosa gizi yang ditegakkan pada kedua pasien sama berdasarkan pengkajian data. Intervensi gizi dilakukan sesuai dengan tujuan, syarat dan preskripsi diet. Pemberian diet adalah diet Jantung II sesuai dengan standar diet rumah sakit. Hasil monitoring evaluasi asupan zat gizi, fisik-klinis pada kedua pasien semakin membaik atau mengalami peningkatan setiap hari. Konseling dan tanya jawab dilakukan dengan *leaflet*.

Kesimpulan : Dilakukan asuhan gizi pada kedua pasien infark miokard meliputi: skrining, pengkajian data, diagnosa gizi, intervensi gizi, monitoring dan evaluasi serta konseling gizi.

Kata kunci : Infark Miokard, Asuhan Gizi

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