

NUTRITIONAL CARE IN *CONGESTIVE HEART FAILURE (CHF)* PATIENTS IN PANEMBAHAN SENOPATI HOSPITAL RESEARCH

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ABSTRACT

Background: CHF is a condition where the heart can no longer pump enough blood to satisfy the body's circulatory needs for metabolism system, so the supply of nutrients and oxygen is also disrupted, while the pressure of charging into the heart is still quite high. Based on preliminary study at RSUD Panembahan Senopati, Bantul Regency, the number of CHF patients is 432 patients. Nutritional management is needed to maintain optimal nutritional status and healing speed. Nutrition management performed is nutritional care in patients.

Objective: To know the nutritional care of CHF patients at RSUD Panembahan Senopati

Methods: Case study. Research location at RSUD Panembahan Senopati. The subjects of the study were three CHF patients with inpatient criteria. The focus of the study is nutrition screening, nutrition assessment, nutrition diagnosis analyzing, nutrition intervening, evaluation monitoring, and nutrition counseling. Descriptive data analysis and presentation of data by tabulation.

Result: Nutrition screening using MNA screening form, the three CHF patients were malnourished. Nutrition assessment was obtained by the result of the three patients having less nutritional status based on% LLA, biochemical examination and the three patients had different results, the clinical-physical examination of the three patients felt the tightness, nausea, vomiting, dizziness, cough, and general condition of the three conscious patients, result of recall 24 hour hospital average third patient less than requirement. Diagnosis of nutrition that is upheld each patient is different based on data assessment of each patient. Nutritional interventions are performed in accordance with dietary goals, requirements, and prescriptions. Provision of diet is given in accordance with the needs and standards of the hospital. Clinical-physical development and daily feeding of patients are improving. Nutrition counseling is done by counseling method and question and answer with media leaflet.

Conclusion: The three patients performed nutritional care include screening, nutritional assessment, nutritional diagnosis, nutritional intervention, evaluation monitoring, and nutritional counseling.

Keywords: CHF, Nutrition Care

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ASUHAN GIZI PADA PASIEN *CONGESTIVE HEART FAILURE* (*CHF*) DI RSUD PANEMBAHAN SENOPATI

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ABSTRAK

Latar Belakang : *CHF* adalah suatu keadaan dimana jantung tidak mampu lagi memompa darah secukupnya dalam memenuhi kebutuhan sirkulasi tubuh untuk keperluan metabolisme jaringan, sehingga pasokan nutrisi dan oksigen juga terganggu, sedangkan tekanan pengisian ke dalam jantung masih cukup tinggi. Berdasarkan studi pendahuluan di RSUD Panembahan Senopati Kabupaten Bantul jumlah Pasien *CHF* rawat inap sebanyak 432 pasien. Penatalaksanaan gizi perlu dilakukan untuk mempertahankan status gizi yang optimal dan mempercepat penyembuhan. Penatalaksanaan gizi yang dilakukan adalah asuhan gizi pada pasien.

Tujuan Penelitian : Mengetahui asuhan gizi pada pasien *CHF* di RSUD Panembahan Senopati

Metode Penelitian : Studi kasus. Lokasi penelitian di RSUD Panembahan Senopati Bantul. Subyek penelitian sebanyak tiga pasien *CHF* rawat inap dengan kriteria inklusi. Fokus studi yaitu melakukan skrining gizi, pengkajian gizi, menganalisis diagnosis gizi, melakukan intervensi gizi, monitoring evaluasi, dan melakukan konseling gizi. Analisis data secara deskriptif dan penyajian data dengan tabulasi.

Hasil : Skrining gizi dengan menggunakan formulir skrining MNA, ketiga pasien *CHF* mengalami malnutrisi. Pengkajian gizi diperoleh hasil ketiga pasien mempunyai status gizi kurang berdasarkan %LLA, dilakukan pemeriksaan biokimia dan ketiga pasien mempunyai hasil yang berbeda, dilakukan pemeriksaan klinis-fisik ketiga pasien merasakan sesak, mual, muntah, pusing, batuk, dan keadaan umum ketiga pasien sadar, hasil recall 24 jam rumah sakit rata-rata ketiga pasien kurang dari kebutuhan. Diagnosis gizi yang ditegakkan setiap pasien berbeda berdasarkan pengkajian data masing-masing pasien. Intervensi gizi dilakukan sesuai dengan tujuan, syarat, dan preskripsi diet. Pemberian diet diberikan sesuai dengan kebutuhan dan standar rumah sakit. Perkembangan klinis-fisik dan asupan makan pasien dari hari ke hari semakin membaik. Konseling gizi dilakukan dengan metode konseling dan tanya jawab dengan media leaflet.

Kesimpulan : Ketiga pasien dilakukan asuhan gizi meliputi skrining, pengkajian gizi, diagnosis gizi, intervensi gizi, monitoring evaluasi, dan konseling gizi.

Kata kunci : *CHF*, Asuhan Gizi

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