

**STANDARDIZED NUTRITION CARE PROCESS (NCP) FOR P2A0H1
PATIENTS, POST RE-SC + IUD ai, ANEMIA POST TRANSFUSI IN THE
PERGIWATI WARD OF PANEMBAHAN SENOPATI BANTUL
REGIONAL HOSPITAL**

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ABSTRACT

Background: Sectio Caesarea is a method of childbirth that is performed through surgery, where the fetus is born through an incision made in the abdominal wall and uterine wall. Based on the results of the 2023 Indonesian Health Survey (SKI), the birth rate by caesarean method in the age range of 30-34 years is 27%. Nutritional care for post-caesarean patients with anemia needs to be carried out to help heal post-operative wounds and prepare for lactation in infants and to help improve nutritional status due to malnutrition problems that often occur in post-caesarean patients with anemia due to inadequate nutrient intake.

Objective: Identifying the implementation of the Standardized Nutrition Care Process (NCP) in P2A0H1 patients, Post Re-Sc+IUD ai, Post Transfusion Anemia in the Pergiwati Ward of Panembahan Senopati Bantul Regional Hospital.

Method: This study uses a descriptive observational method with a case study design. The subjects of the study were patients with a medical diagnosis of post sectio cases area who were in the ward and underwent hospitalization for at least 3 days at Panembahan Senopati Bantul Regional Hospital.

Result: Based on the results of nutritional screening, it shows that the patient is at risk of malnutrition. The patient's nutritional status according to the Lila percentile is included in the category of malnutrition. Biochemical examination showed low hemoglobin, erythrocytes and hematocrit and high leukocytes. Physical examination showed that the patient was in a state of composmentis, walking mobility. Clinical examination showed that the patient's blood pressure was quite good, but the patient's pulse was fast. The 24-hour recall intake was included in the deficit category. The interventions given were in the form of a TETP diet with a regular form, BBS, and BB and a frequency of 3 main meals and 2 snacks. The results of monitoring and evaluation of the patient as a whole increased.

Conclusion: : The results of the study show that patients are at risk of malnutrition with poor nutritional status. The patient's condition during monitoring and evaluation overall has improved compared to when admitted to the hospital.

Keyword: Standardized Nutrition Care Process, Post Caesarea, Anemia

**PROSES ASUHAN GIZI TERSTANDAR (PAGT) PADA PASIEN P2A0H1,
POST RE-SC + IUD ai, ANEMIA POST TRANSFUSI DI BANGSAL
PERGIWATI RSUD PANEMBAHAN SENOPATI BANTUL**

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ABSTRAK

Latar Belakang: Sectio Caesarea adalah suatu metode persalinan yang dilakukan melalui pembedahan, dimana janin dilahirkan melalui suatu insisi yang dibuat pada dinding perut dan dinding rahim. Berdasarkan hasil Survei Kesehatan Indonesia (SKI) tahun 2023, angka kelahiran dengan metode caesar pada rentang umur 30-34 tahun yaitu sebesar 27%. Asuhan gizi pada pasien pasca caesar dengan anemia perlu dilakukan untuk membantu penyembuhan luka pasca operasi dan persiapan laktasi pada bayi serta membantu meningkatkan status gizi akibat masalah malnutrisi yang sering terjadi pada pasien pasca operasi caesar dengan anemia karena asupan zat gizi yang inadeguat.

Tujuan: Mengidentifikasi tata pelaksanaan Proses Asuhan Gizi Terstandar (PAGT) pada pasien P2A0H1, Post Re-Sc+IUD ai, Anemia Post Transfusi Di Bangsal Pergiwati RSUD Panembahan Senopati Bantul.

Metode: Penelitian ini menggunakan metode deskriptif observasional dengan rancangan studi kasus. Subyek penelitian yaitu pasien dengan diagnosis medis post sectio caesarea yang berada di bangsal pergiwati dan menjalani rawat inap minimal 3 hari di RSUD Panembahan Senopati Bantul.

Hasil Penelitian: Berdasarkan hasil skrining gizi menunjukkan bahwa pasien beresiko malnutrisi. Status gizi pasien menurut persentil Lila termasuk dalam kategori gizi kurang. Pemeriksaan biokimia didapatkan hasil hemoglobin, eritrosit dan hematokrit rendah serta leukosit tinggi. Pemeriksaan fisik menunjukkan pasien dalam keadaan composmentis, mobilisasi berjalan. Pemeriksaan klinis menunjukkan bahwa tekanan darah pasien cukup baik namun, nadi pasien cepat. Asupan recall 24 jam termasuk dalam kategori defisit. Intervensi yang diberikan berupa diet TETP dengan bentuk biasa, BBS, dan BB serta frekuensi 3x makan utama dan 2x selingan. Hasil monitoring dan evaluasi pasien secara keseluruhan mengalami peningkatan.

Kesimpulan: Hasil penelitian dapat diketahui bahwa pasien beresiko malnutrisi dengan status gizi kurang. Keadaan pasien saat dilakukan monitoring dan evaluasi secara keseluruhan mengalami peningkatan dibandingkan saat masuk rumah sakit.

Kata Kunci: Proses Asuhan Gizi Terstandar, Post Caesarea, Anemia