

**STANDARDIZED NUTRITION CARE PROCESS FOR A PATIENT PRE
AND POST SURGERY WITH A CLOSED INTERTROCHANTERIC
FRACTURE OF THE RIGHT FEMUR WITH COPD IN GERIATRICS, AT
GATOTKACA WARD, PANEMBAHAN SENOPATI REGIONAL HOSPITAL,
BANTUL, YOGYAKARTA**

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ABSTRACT

Background : *Fracture Femur Intertrochanter Dextra is one of the most common cases of fracture due to trauma, especially in the elderly and requires comprehensive treatment. Comorbidities such as Chronic Obstructive Pulmonary Disease (COPD) are also common in geriatric patients. The provision of standardized nutritional care in pre and postoperative patients is very important to accelerate recovery, prevent complications, and improve the nutritional status of patients.*

Purpose : *Knowing the Implementation of Standardized Nutritional Care Process in Geriatric Patients Pre and Post Operation Close Fracture of Intertrochanter Femur Dextra with COPD in Gatotkaca Ward, Panembahan Senopati Bantul Hospital Yogyakarta.*

Method : *This research uses descriptive research with a case study design. This research was conducted in February 2025.*

Results : *Nutritional screening results indicate that the patient is malnourished with poor nutritional status. Biochemical tests show low hemoglobin, erythrocytes, hematocrit, and lymphocytes. The patient is weak and experiencing pain after surgery, but is able to speak and swallow. The intervention provided is a TETP BBS diet in soft form with a frequency of 3 main meals and 2 snacks. The evaluation results show that the patient's condition is unstable.*

Conclusion : *The results of the study can be seen that the patient is malnourished with poor nutritional status. The patient's condition during monitoring and evaluation as a whole improved, shortness of breath decreased, postoperative wound pain decreased and food intake decreased.*

Keywords : *Standardized Nutritional Care Process, Close Fracture of Intertrochanter Femur Dextra, COPD*

**PROSES ASUHAN GIZI TERSTANDAR PADA PASIEN GERIATRI *PRE*
DAN *POST* OPERASI *CLOSE FRAKTUR INTERTROCHANTER FEMUR*
DEXTRA DENGAN PPOK DI BANGSAL GATOTKACA RSUD
PANEMBAHAN SENOPATI BANTUL YOGYAKARTA**

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ABSTRAK

Latar Belakang : *Fraktur Intertrochanter Femur Dextra* merupakan salah satu kasus patah tulang yang sering terjadi akibat trauma, terutama pada usia lanjut dan membutuhkan penanganan komprehensif. Penyakit penyerta seperti Penyakit Paru Obstruktif Kronik (PPOK) juga sering ditemukan pada pasien geriatri. Pemberian asuhan gizi terstandar pada pasien *pre* dan *post* operasi sangat penting untuk mempercepat pemulihan, mencegah komplikasi, dan meningkatkan status gizi pasien.

Tujuan : Mengetahui Pelaksanaan Proses Asuhan Gizi Terstandar pada Pasien Geriatri *Pre* Dan *Post* Operasi *Close Fraktur Intertrochanter Femur Dextra* Dengan PPOK Di Bangsal Gatotkaca RSUD Panembahan Senopati Bantul Yogyakarta.

Metode : Penelitian ini menggunakan jenis penelitian deskriptif dengan desain studi kasus. Penelitian ini dilakukan pada bulan Februari 2025.

Hasil : Hasil skrining gizi menunjukkan pasien mengalami malnutrisi dengan status gizi kurang. Pemeriksaan biokimia menunjukkan hemoglobin, eritrosit, hematokrit, dan limfosit rendah. Pasien dalam keadaan lemas dan mengalami nyeri setelah operasi, tetapi bisa berbicara dan menelan. Intervensi yang diberikan yaitu Diet TETP BBS dengan bentuk lunak dan frekuensi makan 3x makan utama dan 2x selingan. Hasil evaluasi menunjukkan kondisi pasien tidak stabil.

Kesimpulan : Hasil penelitian dapat diketahui bahwa pasien malnutrisi dengan status gizi kurang. Keadaan pasien saat dilakukan monitoring dan evaluasi secara keseluruhan membaik, sesak nafas berkurang, nyeri luka post operasi berkurang dan asupan makan menurun.

Kata Kunci : Proses Asuhan Gizi Terstandar, *Close Fraktur Intertrochanter Femur Dextra*, PPOK