

**STANDARDIZED NUTRITIONAL CARE PROCESS IN TYPE II
DIABETES MELLITUS PATIENTS WITH HYPERGLYCEMIA,
PROFUSE VOMITING, AND LOW INTAKE AT BAGAS WARAS
REGIONAL GENERAL HOSPITAL, KLATEN DISTRICT**

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ABSTRACT

Background: The prevalence of Diabetes Mellitus (DM) continues to increase globally and nationally. WHO predicts the number of DM patients to reach 21.3 million by 2030, while IDF estimates 16.7 million by 2045. In Indonesia, the prevalence of DM increased from 2.0% (2018) to 2.2% (2023), including in Central Java from 2.1% to 2.3%. Blood glucose instability, nausea, vomiting, and decreased intake are common symptoms in Type 2 DM patients. These conditions can increase the risk of malnutrition and worsen the patient's nutritional status. Therefore, a Standardized Nutritional Care Process (PAGT) is needed to help stabilize metabolic conditions, increase intake, and accelerate the recovery of patients with Type 2 DM accompanied by hyperglycemia, profuse vomiting, and low intake.

Objective: Knowing the management of the Standardized Nutritional Care Process (PAGT) in Type II Diabetes Mellitus Patients with Hyperglycemia, Profuse Vomitus and Low Intake at Bagas Waras Regional General Hospital, Klaten Regency.

Method: This kind of research uses a case study design and is descriptive in nature.

Results: The patient was at risk of malnutrition based on the nutritional screening results. The patient's nutritional status, determined by upper arm circumference percentile, was in the good nutrition category. Biochemical analysis showed that the patient's leukocytes and GDS were high while hemoglobin, SGOT, and SGPT were normal. Physical examination showed that the patient was in a state of composmentis. Clinical examination showed high blood pressure, normal pulse, normal breathing, and normal temperature. The patient's 24-hour Recall intake was in the deficient category. The interventions given were 1500 kcal DM, gastric diet, and low sodium/salt diet with soft form and frequency of three meals and two snacks. The patient's food intake increased, physical complaints decreased, and blood sugar levels have not normalized, according to the results of biochemical evaluation and monitoring.

Conclusion: The results of this study can be known that patients are at risk of malnutrition with nutritional status classified as good nutrition. Biochemical examination obtained the results of GDP and GD2PP have not stabilized. Physical condition is composmentis, weak, and complaints improve. During monitoring and evaluation, food intake increased.

Keywords: Standardized Nutrition Care Process, Type II Diabetes Mellitus, Hyperglycemia, Profuse Vomitus, Low Intake.

**PROSES ASUHAN GIZI TERSTANDAR PADA PASIEN DIABETES
MELITUS TIPE II DENGAN HIPERGLIKEMIA, *VOMITUS PROFUSE*,
DAN *LOW INTAKE* DI RUMAH SAKIT UMUM DAERAH BAGAS
WARAS KABUPATEN KLATEN**

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ABSTRAK

Latar Belakang : Prevalensi Diabetes Melitus (DM) terus meningkat secara global dan nasional. WHO memprediksi jumlah penderita DM mencapai 21,3 juta pada 2030, sementara IDF memperkirakan 16,7 juta pada 2045. Di Indonesia, prevalensi DM meningkat dari 2,0% (2018) menjadi 2,2% (2023), termasuk di Jawa Tengah dari 2,1% menjadi 2,3%. Ketidakstabilan glukosa darah, mual, muntah, dan penurunan asupan merupakan gejala umum pada pasien DM Tipe 2. Kondisi ini dapat meningkatkan risiko malnutrisi dan memperburuk status gizi pasien. Oleh karena itu, diperlukan Proses Asuhan Gizi Terstandar (PAGT) untuk membantu menstabilkan kondisi metabolik, meningkatkan asupan, dan mempercepat pemulihan pasien dengan DM Tipe 2 disertai hiperglikemia, muntah profus, dan low intake.

Tujuan: Mengetahui penatalaksanaan Proses Asuhan Gizi Terstandar (PAGT) pada Pasien Diabetes Melitus Tipe II dengan Hiperglikemia, *Vomitus Profuse* dan *Low Intake* di Rumah Sakit Umum Daerah Bagas Waras Kabupaten Klaten.

Metode: Jenis penelitian ini menggunakan desain studi kasus dan bersifat deskriptif.

Hasil: Dari hasil skrining gizi menggunakan formulir MNA, pasien beresiko malnutrisi. Status gizi pasien, yang ditentukan oleh persentil lingkaran lengan atas termasuk dalam kategori gizi baik. Analisis biokimia menunjukkan bahwa leukosit dan GDS pasien dalam kategori tinggi sedangkan hemoglobin, SGOT, dan SGPT pasien berada dalam kategori normal. Pemeriksaan fisik menunjukkan bahwa pasien dalam keadaan composmentis. Pemeriksaan klinis menunjukkan tekanan darah tinggi, nadi normal, pernapasan normal, dan suhu normal. Asupan Recall 24 jam pasien termasuk dalam kategori kurang. Intervensi yang diberikan adalah DM 1500 kkal, diet lambung, dan diet rendah natrium/garam dengan bentuk lunak dan frekuensi tiga kali makan dan dua kali camilan. Asupan makanan pasien meningkat, keluhan fisik berkurang, dan kadar gula darah belum normal, sesuai dengan hasil evaluasi dan pemantauan biokimia..

Kesimpulan: Hasil penelitian ini dapat diketahui bahwa pasien beresiko malnutrisi dengan status gizi tergolong dalam gizi baik. Pemeriksaan biokimia didapat hasil GDP dan GD2PP belum stabil. Keadaan fisik composmentis, lemah, dan keluhan membaik. Selama dilakukan monitoring dan evaluasi asupan makan meningkat.

Kata Kunci: Proses Asuhan Gizi Terstandar, Diabetes Melitus Tipe II, Hiperglikemia, Vomitus Profuse, Low Intake.