

**STANDARDIZED NUTRITION PROCESS (PAGT)
ON PATIENTS AFTER INTERNA HEMORROID SURGERY
GRADE III AT RSUD dr. TJITROWARDOJO PURWOREJO**

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ABSTRACT

Background: Hemorrhoid is the discharge of flesh from the anus due to hard and repeated bowel movements and is often accompanied by blood due to injury. According to the 2018 Riskesdas data in Indonesia there are around 12.5 million people who suffer from hemorrhoids so that it can be estimated that the prevalence of hemorrhoids in Indonesia in 2030 will reach 21.3 million people. **Objective:** Knowing the implementation of the Standardized Nutritional Care Process (PAGT) in Grade III Internal Hemorrhoid Post-Surgery patients at RSUD dr.Tjitrowardojo Purworejo.

Methods: This study is a narrative and tabular research presented with descriptive observational method using case study design. The subject of this study was one patient with a medical diagnosis of post-surgical hemorrhoid who underwent hospitalization for at least 3 days at RSUD dr. Tjitrowardojo Purworejo.

Results: Based on the results of nutritional screening, the patient was malnourished with poor nutritional status. Biochemical examination obtained low hemoglobin, hematocrit, erythrocytes, eosinophils. Physical examination showed that the patient was in a state of composmentis, looked weak and felt pain in the anus, and nausea. Clinical examination showed that temperature and respiration were normal while blood pressure was high and pulse was low. The patient's 24-hour recall intake was categorized as a severe deficit. The intervention provided is a high energy high protein diet in the form of filter food on the first and second days, then given a soft form on the third day and a frequency of 3x main meals. The results of monitoring and evaluation of patients overall complaints improved and food intake increased.

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 of the patient as a whole improved complaints and increased food intake.

Keywords: Standardized nutritional care process, post-surgery, internal hemorrhoid grade III

**PROSES ASUHAN GIZI TERSTANDAR (PAGT)
PADA PASIEN PASCA BEDAH *HEMOROID INTERNA*
GRADE III DI RSUD dr. TJITROWARDOJO PURWOREJO**

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ABSTRAK

Latar Belakang: Hemoroid atauambeien adalah keluarnya daging dari anus karena buang air besar yang keras dan berulang-ulang dan sering kali disertai dengan darah karena terluka. Menurut data Riskesdas tahun 2018 di Indonesia terdapat sekitar 12,5 juta orang yang menderita hemoroid sehingga dapat diperkirakan prevalensi hemoroid di Indonesia pada tahun 2030 mencapai 21,3 juta orang.

Tujuan: Mengetahui pelaksanaan Proses Asuhan Gizi Terstandar (PAGT) pada pasien Pasca Bedah Hemoroid Interna Grade III di RSUD dr. Tjitrowardojo Purworejo.

Metode: Penelitian ini merupakan penelitian naratif dan tabel yang disajikan dengan metode deskriptif observasional menggunakan rancangan studi kasus. Subyek penelitian ini yaitu satu pasien dengan diagnosis medis pasca bedah hemoroid yang menjalani rawat inap minimal 3 hari di RSUD dr. Tjitrowardojo Purworejo.

Hasil: Berdasarkan hasil skrining gizi menunjukan bahwa pasien malnutrisi dengan status gizi kurang. Pemeriksaan biokimia didapatkan hasil hemoglobin, hematokrit, eritrosit, eosinofil rendah. Pemeriksaan fisik menunjukan pasien dalam keadaan composmentis, terlihat lemah dan merasakan nyeri pada anus, serta mual. Pemeriksaan klinis menunjukan bahwa suhu dan respirasi normal sedangkan tekanan darah tinggi dan nadi rendah. Asupan recall 24 jam pasien termasuk dalam kategori defisit berat. Intervensi yang diberikan yaitu diet tinggi energi tinggi protein dalam bentuk makanan saring pada hari pertama dan kedua, kemudian diberikan bentuk lunak pada hari ketiga serta frekuensi 3x makanan utama. Hasil monitoring dan evaluasi pasien secara keseluruhan keluhan membaik serta asupan makan meningkat.

Kesimpulan: Hasil penelitian dapat diketahui bahwa pasien malnutrisi dengan status gizi kurang. Keadaan pasien saat dilakukan monitoring dan evaluasi pasien secara keseluruhan keluhan membaik serta asupan makan meningkat.

Kata Kunci: Proses Asuhan Gizi Terstandar, Pasca Bedah, *Hemoroid Interna Grade III*