

**STANDARDIZED NUTRITION CARE PROCESS (PAGT)
CASE OF NON-HEMMORAGIC STROKE, DIABETES MELLITUS AND
HYPERTENSION IN INPATIENTS IN MINA WARD
OF KLATEN ISLAMIC RSU**

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ABSTRACT

Background: Stroke is a medical emergency condition that occurs due to impaired blood flow to the brain, stroke is divided into two types, namely ischemic stroke (non-hemorrhagic) and hemorrhagic stroke. The source of stroke disease that is suspected of increasing the number of sufferers is food, stress and lifestyle factors, which will be detected in the examination of blood fats of patients. The Standardized Nutrition Care Process for patients must be in accordance with their needs so as not to increase the severity of the Stroke disease suffered, so it is necessary to carry out proper nutritional care management to improve the patient's optimal nutritional status.

Objective: To determine the implementation of the Standardized Nutrition Care Process in patients with Non-Hemorrhagic Stroke, Diabetes Mellitus, and Hypertension at the Klaten Islamic Hospital which includes screening, assessment, diagnosis, intervention, monitoring and evaluation, as well as patient understanding of the nutritional problems they suffer from

Method: This study uses a descriptive research type with a case study design. Data analysis is presented in narrative, tabular, and graphical forms.

Results: The results of the patient's nutritional screening showed malnutrition, nutritional status based on %LILA was good, laboratory results of high HbA1c and high triglycerides, physical examination results showed that the patient was conscious, weak, with the right side of the body difficult to move, the stomach felt bloated, there was dermatitis in the hands, and high blood pressure. Food intake improved after intervention and nutrition education so that intake was >80% of total energy needs. Nutrition counseling was carried out through lectures and questions and answers using leaflets, food models, and lists of exchange foods.

Keywords: Standardized Nutrition Care Process (PAGT), Diabetes Mellitus, Hypertension, Non-Hemorrhagic Stroke.

PROSES ASUHAN GIZI TERSTANDAR (PAGT) KASUS STROKE NON-HEMMORAGIK, DIABETES MELITUS DAN HIPERTENSI PADA PASIEN RAWAT INAP DI BANGSAL MINA RSU ISLAM KLATEN

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ABSTRAK

Latar Belakang: Stroke adalah kondisi kegawatdaruratan medis yang terjadi akibat gangguan aliran darah ke otak, stroke dibagi menjadi dua tipe yaitu stroke iskemik (non-hemoragik) dan stroke hemoragik. Sumber penyakit stroke yang diduga turut meningkatkan jumlah penderita adalah faktor makanan, stress dan gaya hidup, yang akan terdeteksi pada pemeriksaan lemak darah penderita. Proses Asuhan Gizi Terstandar pasien harus sesuai dengan kebutuhan agar tidak meningkatkan keparahan penyakit Stroke yang diderita, sehingga perlu dilakukan penatalaksanaan asuhan gizi yang tepat untuk meningkatkan status gizi pasien yang optimal.

Tujuan: Mengetahui pelaksanaan Proses Asuhan Gizi Terstandar pada pasien Stroke Non Hemoragik, Diabetes Melitus, dan Hipertensi di RSU Islam Klaten yang meliputi skrining, asesment, diagnosis, intervensi, monitoring dan evaluasi, serta pemahaman pasien terhadap masalah gizi yang diderita.

Metode: Penelitian ini menggunakan jenis penelitian deskriptif dengan rancangan desain studi kasus. Analisis data disajikan dalam bentuk narasi, tabular, dan grafik.

Hasil: Hasil skrining gizi pasien mengalami malnutrisi, status gizi berdasarkan %LILA yaitu baik, hasil laboratorium HbA1c tinggi dan trigliserida tinggi, hasil pemeriksaan fisik bahwa kondisi pasien dalam kondisi sadar, lemas, dengan anggota Gerak tubuh sebelah kanan sulit digerakkan, perut terasa kembung, di tangan terdapat dermatitis, dan tekanan darah tinggi. Asupan makan membaik setelah diberikan intervensi dan edukasi gizi sehingga asupan >80% dari kebutuhan energi total. Konseling gizi dilakukan dengan ceramah dan tanya jawab menggunakan media leaflet, food model, daftar bahan makanan penukar.

Kesimpulan: Hasil pemeriksaan pasien mengalami malnutrisi dengan status gizi yang baik. Setelah dilakukan monitoring dan evaluasi pada pasien diketahui bahwa asupan makanan pasien stabil dan keadaan pasien semakin membaik.

Kata Kunci: Proses Asuhan Gizi Terstandar (PAGT), Diabetes Melitus, Hipertensi, Stroke Non Hemoragik.