

**STANDARDIZED NUTRITION CARE PROCESS FOR CHRONIC  
KIDNEY DISEASE (CKD) STAGE V, ANEMIA, VOMITUS PATIENTS IN  
THE MELATI BARAT AT dr. SOEHADI PRIJONEGORO SRAGEN  
HOSPITAL**

Tiara Dewitasari<sup>1</sup>, Weni Kurdanti<sup>2</sup>, Idi Setiyobroto<sup>3</sup>  
<sup>1,2,3</sup>Department of Nutrition Poltekkes Kemenkes Yogyakarta  
Jl. Tata Bumi No.3 Banyuraden, Gamping, Sleman  
Email : [tiaratia377@gmail.com](mailto:tiaratia377@gmail.com)

**ABSTRACT**

**Background :** Data from 2020, shows that there were 254,028 deaths due to chronic kidney failure (CKD). This number continues to increase, even in 2021 the number of people with CKD in the world was recorded at more than 843.6 million people. The WHO estimates that the death rate from CKD will jump to 41.5% by 2040. PAGT in CKD patients with haemodialysis therapy supports the success of haemodialysis, prevents complications, and improves patients' quality of life.

**Objective :** Knowing the Standardised Nutritional Care Process (PAGT) in patients with Chronic Kidney Disease (CKD) stage V, Anemia, and Vomitus at dr. Soehadi Prijonegoro Sragen Hospital.

**Method :** Descriptive research type with case study research design. The research subject was one person with a doctor's diagnosis of Chronic Kidney Disease (CKD) stage V, Anaemia, and Vomitus who underwent hospitalisation for 3 days at RSUD dr. Soehadi Prijonegoro Sragen.

**Results :** Nutritional screening using Malnutrition Screening Tools (MST) with a score of 3 indicates that the patient is at risk of malnutrition. Based on nutritional status using the LILA percentile, the patient is classified as malnourished. Biochemical examination results showed high creatinine and urea levels, indicating renal dysfunction. Physical examination of the patient revealed abdominal pain, nausea, vomiting, and weakness. Clinical examination showed high blood pressure, rapid pulse, and normal temperature and respiration. Monitoring and evaluation of overall food intake showed a gradual improvement.

**Conclusion :** The results of this study can be seen that patients with nutritional status have a risk of malnutrition. The results of monitoring and evaluation of food intake increased gradually according to the patient's improving condition.

**Keyword :** Process of Standardized Nutrient Education, Nutrition Screening, Chronic Kidney Disease, Anaemia, Hemodialysis.

**PROSES ASUHAN GIZI TERSTANDAR (PAGT) PADA PASIEN  
CHRONIC KIDNEY DISEASE (CKD) STAGE V, ANEMIA, VOMITUS DI  
BANGSAL MELATI BARAT RSUD dr. SOEHADI PRIJONEGORO  
SRAGEN**

Tiara Dewitasari<sup>1</sup>, Weni Kurdanti<sup>2</sup>, Idi Setiyobroto<sup>3</sup>  
<sup>1,2,3</sup>Jurusan Gizi Poltekkes Kemenkes Yogyakarta  
Jl. Tata Bumi No.3 Banyuraden, Gamping, Sleman  
Email : [tiaratia377@gmail.com](mailto:tiaratia377@gmail.com)

**ABSTRAK**

**Latar Belakang :** Data pada tahun 2020, tercatat sebanyak 254.028 kasus kematian akibat penyakit gagal ginjal kronis (GGK). Angka tersebut terus meningkat, bahkan pada tahun 2021 jumlah penderita GGK di dunia tercatat lebih dari 843,6 juta orang. WHO memperkirakan bahwa angka kematian akibat GGK akan melonjak hingga 41,5% pada tahun 2040. PAGT pada pasien CKD dengan terapi hemodialisis mendukung keberhasilan terapi, mencegah komplikasi, dan meningkatkan kualitas hidup pasien.

**Tujuan :** Mengetahui Proses Asuhan Gizi Terstandar (PAGT) pada pasien *Chronic Kidney Disease (CKD) stage V*, Anemia, dan Vomitus di Rumah Sakit dr. Soehadi Prijonegoro Sragen.

**Metode :** Jenis penelitian deskriptif dengan desain penelitian studi kasus. Subyek penelitian berjumlah satu orang dengan diagnosis dokter *Chronic Kidney Disease (CKD) stage V*, Anemia, dan Vomitus yang menjalani rawat inap selama 3 hari di RSUD dr. Soehadi Prijonegoro Sragen.

**Hasil :** Skrining gizi menggunakan *Malnutrition Screening Tools (MST)* dengan hasil skor 3 menunjukkan bahwa pasien beresiko malnutrisi. Berdasarkan status gizi menggunakan *percentile* lila termasuk kategori gizi kurang. Hasil pemeriksaan biokimia didapatkan hasil kreatinin dan ureum tinggi yang menunjukkan gangguan disfungsi ginjal. Pemeriksaan fisik pada pasien didapatkan hasil nyeri perut, mual, muntah, dan lemas. Pemeriksaan klinis menunjukkan hasil bahwa tekanan darah tinggi, denyut nadi cepat, suhu dan respirasi normal. Monitoring dan evaluasi asupan makan secara keseluruhan mengalami peningkatan secara bertahap.

**Kesimpulan :** Hasil penelitian ini dapat diketahui bahwa pasien dengan status gizi kurang memiliki risiko malnutrisi. Hasil monitoring dan evaluasi asupan makan meningkat secara bertahap menyesuaikan kondisi pasien yang semakin membaik.

**Kata kunci :** PAGT, Skrining Gizi, CKD, Anemia, Hemodialisis.