PROSES ASUHAN GIZI TERSTANDAR (PAGT) PADA PASIEN *CONGESTIVE HEART FAILURE* DENGAN DIABETES MELITUS DAN HIPERTENSI DI RSUD TIDAR MAGELANG

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ABSTRAK

Latar Belakang : Penyakit gagal jantung dan diabetes mellitus merupakan dua penyakit kardiometabolik yang saling berkaitan dan sering ditemukan secara bersamaan pada pasien usia lanjut. Prevalensi penyakit jantung di Indonesia menurut SKI 2023 mencapai 0,85% dari total populasi. Komplikasi dari kedua penyakit ini seperti nyeri dada, mual, sesak napas, dan gangguan asupan makanan sering memperburuk status gizi pasien, sehingga diperlukan intervensi gizi yang tepat selama perawatan rumah sakit.
Tujuan: Mengetahui pelaksanaan Proses Asuhan Gizi Terstandar (PAGT) pada pasien dengan diagnosis *Congestive Heart Failure* (CHF) Diabetes Mellitus (DM), dan Hipertensi yang dirawat inap.
Metode: Penelitian ini menggunakan metode deskriptif dengan pendekatan studi kasus pada satu pasien. Data dikumpulkan melalui pengkajian gizi, penegakan diagnosis gizi, intervensi gizi, serta monitoring dan evaluasi.
Hasil: Hasil pengkajian menunjukkan bahwa pasien berisiko malnutrisi dan mengalami gizi kurang. Pemeriksaan biokimia menunjukkan hiperglikemia dan tingginya kadar troponin kuantitatif. Intervensi yang dilakukan meliputi pemberian diet DM dan diet jantung 2, edukasi dan konseling gizi, serta kolaborasi tim. Selama dilakukan intervensi dan monitoring, asupan energi pasien meningkat pada hari pertama dan kedua, namun mengalami penurunan pada hari ketiga karena intervensi dan monev hanya dapat dilakukan hingga makan siang. Namun, gejala klinis menurun dan tanda vital menunjukkan perbaikan. Pemantauan nilai biokimia menunjukkan peningkatan kadar GDP karena belum mendapat obat diabetes melitus.
Kesimpulan: Proses Asuhan Gizi Terstandar mampu memperbaiki asupan makan dan menurunkan gejala klinis, namun belum menurunkan kadar GDP. Diperlukan pemberian obat diabetes melitus bagi pasien untuk membantu mengontrol kadar gula darah.
Kata kunci: asuhan gizi, gagal jantung jantung, diabetes melitus

NUTRITION CARE PROCESS TERMINOLOGY (NCPT) FOR PATIENTS WITH CONGESTIVE HEART FAILURE WITH DIABETES MELLITUS AND HYPERTENSION AT RSUD TIDAR MAGELANG

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ABSTRACT

Background: *Heart failure and diabetes mellitus are two interrelated cardiometabolic diseases that are commonly found together in elderly patients. According to the 2023 Indonesian Health Survey (SKI), the prevalence of heart disease in Indonesia reached 0.85% of the total population. Complications arising from these conditions such as chest pain, nausea, shortness of breath, and impaired food intake often exacerbate the patient's nutritional status, thereby necessitating appropriate nutritional interventions during hospitalization.*
Objective: *To examine the implementation of the Nutrition Care Process (NCP) in an inpatient diagnosed with Congestive Heart Failure (CHF), Diabetes Mellitus (DM), and Hypertension.*
Method: *This study employed a descriptive method with a case study approach involving one patient. Data were collected through nutritional assessment, nutrition diagnosis, nutrition intervention, and monitoring and evaluation.*
Results: *The nutritional assessment revealed that the patient was at risk of malnutrition and exhibited signs of undernutrition. Biochemical findings indicated hyperglycemia and elevated levels of quantitative troponin. The nutrition interventions provided included a diabetic diet and heart failure stage 2 diet, nutrition education and counseling, as well as collaboration with the healthcare team. During the intervention and monitoring period, the patient's energy intake increased on the first and second days but declined on the third day due to the limitation of interventions being carried out only until lunchtime. However, clinical symptoms improved and vital signs showed positive changes. Biochemical monitoring revealed an increase in fasting blood glucose levels, attributed to the absence of antidiabetic medication during hospitalization.*
Conclusion: *The implementation of the Standardized Nutrition Care Process was effective in improving dietary intake and reducing clinical symptoms. It is necessary to administer antidiabetic medication to help the patient control blood glucose levels.*
Keywords: *nutrition care, heart failure, diabetes mellitus*