

STANDARDIZED NUTRITION CARE PROCESS FOR PATIENTS WITH A DIAGNOSIS OF BENIGN PROSTATE HYPERPLASIA (BPH) AT PANEMBAHAN SENOPATI HOSPITAL

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ABSTRAK

Background: The number of elderly people in the world and Indonesia continues to increase, so that cases of Benign Prostatic Hyperplasia (BPH) also increase, especially in men over 50 years of age. BPH is influenced by age and hormonal factors, with a high prevalence in elderly men. Proper nutritional care is very important to maintain nutritional status and accelerate the healing of BPH patients. Therefore, research on the standardized nutritional care process in BPH patients is needed to improve the quality of care.

Objective : Identifying the implementation of the Standardized Nutrition Care Process (PAGT) in Benign Prostate Hyperplasia (BPH) patients at Panembahan Senopati Hospital.

Method : The type of research is descriptive observational with a case study design. The subjects of the study were patients with a medical diagnosis of Benign Prostate Hyperplasia (BPH) who underwent treatment at Panembahan Senopati Hospital.

Results : Based on the results of patient screening, it shows that the patient is at risk of malnutrition. The patient's nutritional status according to Lila's percentile is included in the category of malnutrition. Biochemical examination showed high leukocytes. Physical examination showed that the patient was in a composmentis condition. Clinical examination showed that the patient's blood pressure, pulse, respiration, and temperature were normal. The 24-hour recall intake was included in the category of less. The intervention given was a TETP diet with a regular and Tim form and a frequency of 3 main meals and 2 snacks. The results of patient monitoring and evaluation as a whole increased.

Conclusion : The implementation of the Standardized Nutrition Care Process (PAGT) in Benign Prostate Hyperplasia (BPH) patients includes nutritional screening, nutritional assessment, nutritional diagnosis, nutritional intervention, nutritional monitoring and evaluation, clinical physical development and improving food intake.

Keywords : Standardized Nutrition Care Process (PAGT), Benign Prostate Hyperplasia

PROSES ASUHAN GIZI TERSTANDAR PADA PASIEN DENGAN DIAGNOSIS BENIGN PROSTAT HYPERPLASIA (BPH) DI RUMAH SAKIT PANEMBAHAN SENOPATI

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ABSTRAK

Latar belakang : Jumlah lanjut usia di dunia dan Indonesia terus meningkat, sehingga kasus Benign Prostatic Hyperplasia (BPH) juga bertambah, terutama pada pria usia di atas 50 tahun. BPH dipengaruhi oleh faktor usia dan hormonal, dengan prevalensi yang tinggi pada pria lanjut usia. Asuhan gizi yang tepat sangat penting untuk menjaga status gizi dan mempercepat penyembuhan pasien BPH. Oleh karena itu, penelitian tentang proses asuhan gizi terstandar pada pasien BPH diperlukan untuk meningkatkan kualitas perawatan.

Tujuan : Mengidentifikasi tata pelaksanaan Proses Asuhan Gizi Terstandar (PAGT) pada pasien Benign Prostat Hyperplasia (BPH) Di Rumah Sakit Panembahan Senopati.

Metode : Jenis penelitian deskriptif observasional dengan rancangan studi kasus. Subyek penelitian yaitu pasien dengan diagnosis medis Benign Prostat Hyperplasia (BPH) yang menjalani perawatan di Rumah Sakit Panembahan Senopati.

Hasil : berdasarkan hasil skrining pasien menunjukkan bahwa pasien beresiko malnutrisi. Status gizi pasien menurut percentile Lila termasuk dalam kategori gizi buruk. Pemeriksaan biokimia didapatkan hasil leukosit tinggi. Pemeriksaan fisik menunjukkan pasien dalam kondisi composmentis. Pemeriksaan klinis menunjukkan bahwa tekanan darah, nadi, respirasi, dan suhu pasien normal. Asupan recall 24 jam termasuk dalam kategori kurang. Intervensi yang diberikan berupa diet TETP dengan bentuk biasa dan Tim serta frekuensi 3x makan utama dan 2x selingan. Hasil monitoring dan evaluasi pasien secara keseluruhan mengalami peningkatan.

Kesimpulan : penatalaksanaan Proses Asuhan Gizi Terstandar (PAGT) pada pasien Benign Prostat Hyperplasia (BPH) meliputi skrining gizi, pengkajian gizi, diagnosis gizi, intervensi gizi, monitoring dan evaluasi gizi, perkembangan fisik klinis dan asupan makan semakin membaik .

Kata kunci : Proses Asuhan Gizi Terstandar, Benign Prostat Hyperplasia
