

ASUHAN GIZI PADA PASIEN *VOMITUS PROFUS*, DEHIDRASI SEDANG DAN *FEBRIS* HARI KE 4 DENGAN RIWAYAT SINDROMA NEFROTIK DAN *KABUKI MAKE UP SINDROM* : STUDI KASUS DI RSUD WONOSARI

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ABSTRAK

**Latar belakang:** *Vomitus profus* dapat menyebabkan kehilangan cairan dan elektrolit yang berujung dehidrasi, disertai demam yang meningkatkan kebutuhan cairan tubuh. Pasien dengan sindroma nefrotik dan kabuki make up syndrome, dengan kondisi yang makin kompleks akibat gangguan metabolisme protein, imunitas, serta risiko infeksi dan komplikasi ginjal. Asuhan gizi terstandar diperlukan untuk mencegah keparahan penyakit dan mempercepat proses penyembuhan.

**Tujuan:** Mengetahui proses asuhan gizi terstandar dan penatalaksanaan diet pada pasien *vomitus profus*, dehidrasi sedang dan *febris* hari ke 4 dengan riwayat sindroma nefrotik dan *kabuki make up sindrom* di RSUD Wonosari.

**Metode:** Penelitian observasional deskriptif dengan desain studi kasus dilaksanakan di RSUD Wonosari. Subyek penelitian adalah pasien anak rawat inap dengan diagnosis medis sesuai kriteria inklusi. Fokus studi yaitu melakukan skrining gizi, assessment, menegakkan diagnosa gizi, intervensi dan monitoring evaluasi. Analisis data dilakukan secara deskriptif dengan narasi, tabulasi dan grafik.

**Hasil:** Skrining gizi menggunakan formulir StrongKids diperoleh hasil pasien bersiko malnutrisi sedang. Status gizi berdasarkan IMT tergolong gizi lebih. Pemeriksaan biokimia menunjukkan adanya urin positif. Hasil fisik klinis pasien adanya keluhan mual muntah dan lemas. Diagnosa gizi yang ditegakkan yaitu domain asupan dan perilaku. Hasil monev menunjukkan jika terdapat penurunan urin protein, keluhan mual muntah dan lemas yang berangsur membaik disertai peningkatan nafsu makan secara bertahap.

**Kesimpulan:** Proses asuhan gizi tersandar pada pasien *vomitus profus*, dehidrasi sedang dan *febris* hari ke 4 dengan riwayat sindroma nefrotik dan *kabuki make up sindrom* meliputi skrining gizi, assessment, diagnosa gizi, intervensi dan monitoring evaluasi.

**Kata Kunci:** Asuhan Gizi, *Vomitus Profus*, nefrotik, *kabuki make up syndrome*.

NUTRITIONAL CARE FOR A PATIENT WITH PROFUSE VOMITING,  
MODERATE DEHYDRATION, AND FEVER ON DAY 4 WITH A HISTORY OF  
NEPHROTIC SYNDROME AND KABUKI MAKE UP SYNDROME:  
A CASE STUDY AT WONOSARI GENERAL HOSPITAL

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ABSTRACT

**Background:** Profuse vomiting can lead to fluid and electrolyte loss resulting in dehydration, accompanied by fever that increases the body's fluid requirements. Patients with nephrotic syndrome and Kabuki make-up syndrome present a more complex condition due to impaired protein metabolism, immune dysfunction, and increased risk of infection and renal complications. A standardized nutrition care process is required to prevent disease severity and accelerate recovery.

**Objective:** To describe the standardized nutrition care process and dietary management in a patient with profuse vomiting, moderate dehydration, and fever on day 4, with a history of nephrotic syndrome and Kabuki make-up syndrome at Wonosari General Hospital.

**Methods:** This descriptive observational study with a case study design was conducted at Wonosari General Hospital. The subject was a hospitalized pediatric patient with a medical diagnosis meeting the inclusion criteria. The focus of the study was to perform nutrition screening, assessment, establish a nutrition diagnosis, provide intervention, and conduct monitoring and evaluation. Data were analyzed descriptively using narrative, tabulation, and graphical presentation.

**Results:** Nutrition screening using Strong Kids form indicated a moderate risk of malnutrition. Nutritional status based on BMI was classified as overweight. Biochemical tests showed positive urine protein. Clinical examination revealed complaints of nausea, vomiting, and weakness. The nutrition diagnosis was established in the intake and behavioral domains. Monitoring and evaluation results indicated a decrease in urinary protein, gradual improvement of nausea, vomiting, and weakness, along with a progressive increase in appetite.

**Conclusion:** The standardized nutrition care process for a patient with profuse vomiting, moderate dehydration, and fever on day 4 with a history of nephrotic syndrome and Kabuki make-up syndrome included nutrition screening, assessment, nutrition diagnosis, intervention, and monitoring and evaluation.

**Keywords:** Nutrition Care, Profuse Vomiting, Nephrotic Syndrome, Kabuki Make-up Syndrome.