

ABSTRAK
**PROSES ASUHAN GIZI TERSTANDAR PADA PASIEN DENGAN
BRAINSTEM CONTUSSIO, CLOSED FRACTURE COSTAE, FRACTURE
OF ZYGOMATICOMAXILLARY COMPLEX, DAN MULTIPLE
WOUNDS DI RUANG PERAWATAN MICU RSUP DR SARDJITO
YOGYAKARTA**

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Latar Belakang: Kecelakaan sepeda motor menyebabkan trauma muskuloskeletal, cedera kepala, dan luka robek atau lecet. *Blunt trauma* memicu fraktur tulang iga, sedangkan cedera otak traumatik mempengaruhi tingkat kesadaran, fraktur wajah, *stress ulcer* dan malnutrisi sebagai respons hipermetabolik, perubahan hemodinamik, imunologis, dan metabolik. Penanganan pasien kritis dengan cedera berat memerlukan dukungan kompleks terhadap fungsi organ vital untuk mencegah kegagalan fungsi organ.

Tujuan: Menyajikan proses asuhan gizi terstandar pada pasien dengan *contussio, closed fracture costae, fracture of zygomaticomaxillary complex*, dan *multiple wounds* di RSUP Dr Sardjito Yogyakarta.

Metode: Penelitian deskriptif kualitatif dalam bentuk studi kasus tunggal secara *purposive sampling*.

Hasil: Status gizi pasien normal, namun berisiko malnutrisi (NRS-2002) dengan anemia, leukositosis, hiperglikemia, dan hiperlaktatemia. Diet *nil per oz* (NPO) dan kolaborasi tim ICU berupa pemberian *proton pump inhibitor* dilakukan akibat *stress ulcer*. Formula enteral tinggi lemak (40% energi) rendah karbohidrat (41% energi) (TLRK) kemudian diberikan bertahap hingga *full feeding* pada hari ke-6. Target asupan makan dipengaruhi oleh tindakan medis yang mengharuskan NPO *after midnight*. Monitoring menunjukkan kesadaran pasien menetap, tidak ada pendarahan saluran cerna ulang, dan keseimbangan asam basa tercapai.

Kesimpulan: Intervensi gizi selama 7 hari pemenuhan target energi dan zat gizi tercapai melalui peningkatan volume enteral bertahap sesuai toleransi saluran cerna. Penguasaan materi dan pengkajian *feeding protocol* di ICU diperlukan untuk memberikan asuhan gizi yang efektif dan mencegah *underfeeding*.

Kata Kunci: PAGT, *brainstem contussio, fracture, multiple wounds*

ABSTRACT
**STANDARDIZED NUTRITION CARE PROCESS IN A PATIENT WITH
BRAINSTEM CONTUSION, CLOSED RIB FRACTURES,
ZYGOMATICOMAXILLARY COMPLEX FRACTURE, AND MULTIPLE
WOUNDS IN THE MICU OF DR. SARDJITO GENERAL HOSPITAL
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Background: *Motorcycle accidents cause musculoskeletal trauma, head injuries, and lacerations or abrasions. Blunt trauma lead to rib fractures, while traumatic brain injury affects consciousness levels, accompanied by facial fractures, stress ulcers, and malnutrition due to hypermetabolic, hemodynamic, immunologic, and metabolic alterations. Management of critically ill patients with severe trauma requires complex support for vital organ functions to prevent organ failure.*

Objective: *To present the standardized nutritional care process for a patient with decreased consciousness due to brainstem contussio, closed costae fractures, fracture of the zygomaticomaxillary complex, multiple excoriated wounds, and multiple lacerated wounds at Dr. Sardjito General Hospital, Yogyakarta.*

Methods: *A qualitative descriptive study using a single case study design with purposive sampling.*

Results: *Patient's nutritional status was normal but at risk of malnutrition (NRS-2002), accompanied by anemia, leukocytosis, hyperglycemia, and hyperlactatemia. A nil per os (NPO) diet and ICU team collaboration, including proton pump inhibitor administration, were applied due to stress ulcer. A high-fat (40% of total energy) and low-carbohydrate (41% of total energy) enteral formula was gradually administered to reach full feeding on day six. Nutritional and energy adequacy was influenced by medical procedures requiring NPO after midnight. Monitoring showed that the patient's level of consciousness remained stable, with no recurrent gastrointestinal bleeding, and acid-base balance was achieved*

Conclusion: *Nutritional intervention over 7 days achieved energy and nutrient targets through gradual increases in enteral feeding volume according to gastrointestinal tolerance. Expertise of nutritional care protocols and ICU feeding assessment is essential to ensure effective nutritional management and prevent underfeeding.*

Keywords: *NCP, brainstem contussio, fracture, multiple wounds*