

NUTRITION CARE USING THE INTERNATIONAL DIETETICS AND NUTRITION TERMINOLOGY (IDNT) METHOD FOR A PATIENT POST-TUBERCULOSIS OBSTRUCTIVE SYNDROME EXACERBATION, PNEUMONIA, AND HEPATITIS B (UNDER EVALUATION) IN A HIGH-RISK ISOLATION ROOM AT DR. SOETOMO GENERAL HOSPITAL, SURABAYA

Maulana Lailatus Sa'idah¹, Isti Suryani², Rini Wuri Astuti³
Department of Nutrition, Yogyakarta Health Polytechnic, Ministry of Health
Jl. Tata Bumi No. 3 Banyuraden, Gamping, Sleman
Email: maulanalailatussaidah@gmail.com

ABSTRACT

Post Tuberculosis Obstructive Syndrome (SOPT) is a complication that develops after pulmonary tuberculosis infection, characterized by impaired ventilatory capacity and increased metabolic demands, particularly when accompanied by pneumonia and hepatitis B. This condition places patients at risk of undernutrition due to elevated energy requirements that are not matched by adequate oral intake. This case report aimed to implement the Nutrition Care Process using the International Dietetics and Nutrition Terminology (IDNT) in a patient with acute exacerbation of SOPT. The assessment showed that the patient experienced moderate malnutrition with a Body Mass Index (BMI) of 15.05 kg/m² and inadequate energy-protein intake. The nutrition diagnoses included inadequate oral intake, increased energy and protein needs, excessive parenteral nutrition, and limited access to nutritious food. The interventions provided consisted of a High-Energy High-Protein diet, supplementation with 40 g of pan-enteral formula, adjustment of parenteral nutrition from Kalbamin 1000 mL to B-Fluid 500 mL, along with nutrition education and counseling for the patient and family. Monitoring and evaluation indicated improved dietary intake that met nutritional requirements, as well as better respiratory condition and eating tolerance. Therefore, it can be concluded that the implementation of the Nutrition Care Process using IDNT supports effective clinical decision-making in fulfilling nutritional needs and stabilizing the patient's clinical condition.

Keywords: *Post Tuberculosis Obstructive Syndrome, Nutrition Care Process, IDNT, high energy high protein diet, enteral nutrition, parenteral nutrition.*

ASUHAN GIZI DENGAN METODE *INTERNATIONAL DIETETICS AND NUTRITION TERMINOLOGY* (IDNT) PADA PASIEN SINDROM OBSTRUKSI PASCATUBERKULOSIS (SOPT) EKSASERBASI AKUT, PNEUMONIA, DAN HEPATITIS B (PRO EVALUASI) DI RUANG ISOLASI KHUSUS (RIK) RSUD Dr. SOETOMO

Maulana Lailatus Sa'idah¹, Isti Suryani², Rini Wuri Astuti³
Jurusan Gizi Poltekkes Kemenkes Yogyakarta
Jl. Tata Bumi No. 3 Banyuraden, Gamping, Sleman
Email: maulanalailatussaidah@gmail.com

ABSTRAK

Sindrom Obstruksi Pascatuberkulosis (SOPT) merupakan salah satu komplikasi pasca infeksi tuberculosis paru yang dapat menurunkan kapasitas ventilasi dan meningkatkan kebutuhan metabolic tubuh, terutama jika disertai pneumonia dan hepaptitis B. Kondisi ini menyebabkan pasien berisiko kekurangan gizi akibat peningkatan kebutuhan energi yang tidak sebanding dengan kemampuan konsumsi secara oral. Penelitian ini bertujuan untuk menerapkan Proses Asuhan Gizi Terstandar (PAGT) berbasis *International Dietetics and Nutrition Terminology* (IDNT) pada pasien SOPT eksaserbasi akut. Pengkajian menunjukkan pasien mengalami malnutrisi sedang dengan IMT 15,05 kg/m² dan asupan energi protein yang tidak sesuai kebutuhan. Diagnosis gizi yang ditegakkan meliputi asupan oral tidak adekuat, peningkatan kebutuhan energi dan protein, nutrisi parenteral berlebih, serta akses pangan terbatas. Intervensi yang dilakukan yaitu pemberian Tinggi Energi Tinggi Protein, dengan penambahan pan-enteral 40 gram penyesuaian nutrisi parenteral dari kalbamin 1000 ml menjadi bfluid 500 ml, dan edukasi serta konseling gizi pada pasien dan keluarga. Hasil monitoring dan evaluasi menunjukkan asupan pasien memenuhi kebutuhan pasien dan perbaikan kondisi respirasi serta toleransi makan pasien. Maka dari itu disimpulkan bahwa PAGT berbasis IDNT dapat mendukung pemberian keputusan dalam pemenuhan kebutuhan gizi dan mendukung stabilisasi kondisi klinis pasien.

Kata Kunci: Sindrom Onstruksi Pascatuberkulosis, PAGT, IDNT, diet tinggi energi tinggi protein, nutrisi enteral, nutrisi parenteral