

ABSTRAK

Asuhan Gizi Terstandar Pada Lansia dengan Stroke Dan Komplikasi Lainnya di Wilayah Kerja Puskesmas Tempel 1

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ABSTRAK

Latar Belakang : Penatalaksanaan gizi pada pasien lansia pasca stroke membutuhkan perhatian khusus karena adanya peningkatan kebutuhan energi dan protein untuk pemulihan, namun di sisi lain terdapat keterbatasan asupan akibat disfagia dan penyakit penyerta seperti diabetes mellitus dan hipertensi.

Tujuan : Mengetahui dan melakukan proses asuhan gizi terstandar pada pasien homecare dengan diagnosa stroke, diabetes mellitus tipe 2, hipertensi, pneumonia, dan disfagia di wilayah kerja Puskesmas Tempel 1

Metode : Penelitian ini merupakan penelitian kualitatif dengan menggunakan desain studi kasus

Hasil : Hasil skrining gizi lansia dengan stroke dan komplikasi lainnya yaitu risiko malnutrisi, status gizi buruk berdasarkan % percentile LILA 61,8%, hasil laboratorium menunjukkan indikasi anemia, infeksi dan trombositosis, pemeriksaan fisik klinis menunjukkan gangguan gastrointestinal, *severe malnutrition*, dan hipertensi stage I, asupan energi, protein, lemak, dan karbohidrat tergolong kurang. Subjek diberikan intervensi berupa konseling gizi kepada keluarga mengenai diet diabetes mellitus, rendah garam, tinggi protein dengan bentuk makanan cair. Monitoring dan evaluasi menunjukkan asupan energi, protein, lemak, dan karbohidrat belum mencapai target. Sedangkan asupan natrium dan gula masih berada di bawah batas anjuran kebutuhan.

Kesimpulan : Asuhan gizi *homecare* dipengaruhi oleh kondisi *caregiver* lansia, keterbatasan ekonomi, dukungan keluarga, dan pemahaman keluarga terhadap frekuensi serta komposisi nutrisi enteral, sehingga memerlukan pendampingan dan edukasi gizi yang berkelanjutan untuk penatalaksanaan gizi yang optimal guna memperbaiki kondisi kesehatan.

Kata Kunci : Lansia, Stroke, Komplikasi, *Homecare*, Proses Asuhan Gizi Terstandar

ABSTRACT

Nutrition Care Process in Elderly Patients with Stroke And Other Complications in the Working Area of Tempel 1 Public Health Center

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ABSTRACT

Nutritional management in elderly patients post-stroke requires special attention due to increased energy and protein needs for recovery, while on the other hand, intake may be limited because of dysphagia and comorbidities such as diabetes mellitus and hypertension. This study aims to identify and implement a standardized nutritional care process for homecare patients diagnosed with stroke, type 2 diabetes mellitus, hypertension, pneumonia, and dysphagia in the working area of Puskesmas Tempel 1. This research employed a qualitative case study design. Nutritional screening of elderly stroke patients with additional complications indicated a risk of malnutrition, poor nutritional status based on mid-upper arm circumference percentile (61.8%), and laboratory results showing anemia, infection, and thrombocytosis. Clinical physical examination revealed gastrointestinal disturbances, severe malnutrition, and stage I hypertension. Energy, protein, fat, and carbohydrate intake were insufficient. The subjects received nutritional counseling for their families regarding a diabetes-friendly, low-salt, high-protein diet in liquid form. Monitoring and evaluation showed that intake of energy, protein, fat, and carbohydrates had not yet met the target, whereas sodium and sugar intake remained below recommended limits. Homecare nutritional management is influenced by the condition of elderly caregivers, economic limitations, family support, and the family's understanding of the frequency and composition of enteral nutrition, thereby requiring continuous guidance and nutritional education to achieve optimal nutritional management and improve health outcomes.

Keywords: Elderly, Stroke, Complications, Homecare, Standardized Nutrition Care Process