

# ASUHAN GIZI TERSTANDAR PADA PASIEN HIPERTENSI DAN DIABETES MELITUS DENGAN PENURUNAN KESADARAN DI ICU MENGGUNAKAN NUTRISI ENTERAL

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## ABSTRAK

**Latar Belakang:** Pasien ICU memiliki risiko tinggi mengalami gangguan nutrisi karena kondisi hipermetabolik dan hiperkatabolik. Gangguan nutrisi tersebut dapat memperburuk hasil prognosa, meningkatkan risiko komplikasi, serta memperpanjang masa perawatan. Pasien dengan penyakit penyerta seperti diabetes melitus tipe 2 dan hipertensi yang disertai kejang memerlukan penanganan gizi yang spesifik agar hasil pemulihan klinis mencapai optimal.

**Tujuan:** Mengkaji Asuhan Gizi Terstandar Pada Pasien Critical Ill Dengan Penurunan Kesadaran di ICU RSPAL dr. Ramelan Surabaya.

**Metode:** Penelitian ini menggunakan desain deskriptif dengan pendekatan studi kasus pada satu pasien yang dirawat inap di ICU RSPAL dr. Ramelan Surabaya. Data dikumpulkan melalui skrining gizi menggunakan skrining rumah sakit MST asesmen yang mencakup antropometri, pemeriksaan biokimia, klinis, serta riwayat makan, diagnosis gizi, perencanaan intervensi, pemberian nutrisi enteral sesuai indikasi, serta monitoring dan evaluasi harian selama tujuh hari.

**Hasil:** Hasil skrining gizi menunjukkan bahwa pasien berisiko mengalami malnutrisi. Asesmen gizi mengungkapkan adanya masalah asupan yang rendah, kondisi hiperglikemia, serta riwayat penyakit penyerta. Diagnosis gizi yang didapatkan berkaitan dengan asupan energi dan protein yang tidak memadai. Intervensi yang diberikan berupa pemberian nutrisi dalam bentuk enteral sesuai kebutuhan energi yaitu 25–30 kkal/kgBB/hari dan protein 1,2–1,5 g/kgBB/hari. Hasil monitoring menunjukkan peningkatan asupan lebih dari 50% dari kebutuhan, perbaikan kadar glukosa darah, serta stabilitas tanda vital selama masa perawatan.

**Kesimpulan:** PAGT pada pasien menunjukkan manfaat dalam meningkatkan asupan gizi, mengendalikan kadar glukosa darah, serta mendukung stabilitas kondisi klinis pasien. Asuhan gizi memainkan peran penting dalam meningkatkan kualitas pelayanan perawatan pasien kritis yang memiliki komorbiditas yang kompleks.

**Kata Kunci :** ICU, Asuhan Gizi, Diabetes Millitus, Hipertensi

# STANDARD NUTRITION CARE FOR HYPERTENSIVE AND DIABETIC PATIENTS WITH IMPAIRED CONSCIOUSNESS IN THE ICU USING ENTERAL NUTRITION

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## ABSTRACT

**Background:** ICU patients have a high risk of nutritional disorders due to hypermetabolic and hypercatabolic conditions. Such nutritional disorders can worsen prognosis, increase the risk of complications, and prolong the treatment period. Patients with comorbidities such as type 2 diabetes mellitus and hypertension accompanied by seizures require specific nutritional management for optimal clinical recovery.

**Objective:** Assessing Standardized Nutritional Care for Critically Ill Patients with Impaired Consciousness in the ICU at Dr. Ramelan General Hospital, Surabaya.

**Methods:** This study used a descriptive design with a case study approach on one patient who was hospitalized in the ICU of RSPAL dr. Ramelan Surabaya. Data were collected through nutritional screening using the MST hospital screening assessments that included anthropometry, biochemical and clinical examinations, as well as dietary history, nutritional diagnosis, intervention planning, enteral nutrition administration as indicated, and daily monitoring and evaluation for seven days.

**Results:** The nutritional screening showed that the patient was at risk of malnutrition. Nutritional assessment revealed low intake, hyperglycemia, and a history of comorbidities. The nutritional diagnosis obtained was related to inadequate energy and protein intake. The intervention was to provide enteral nutrition in accordance with energy needs of 25-30 kcal/kgBB/day and protein of 1.2-1.5 g/kgBB/day. Monitoring results showed an increase in intake of more than 50% of needs, improvement in blood glucose levels, and stability of vital signs during the treatment period.

**Conclusion:** PGT in patients shows benefits in improving nutritional intake, controlling blood glucose levels, and supporting the stability of the patient's clinical condition. Nutritional care plays an important role in improving the quality of care for critically ill patients with complex comorbidities.

**Keywords:** ICU, Nutritional Care, Diabetes Millitus, Hypertension