

STANDARDIZED NUTRITION CARE PROCESS (NCP) FOR TYPHOID FEVER PATIENTS AT dr. TJITROWARDOJO PURWOREJO HOSPITAL

Retno Catur Mukti Indriana¹, Nur Hidayat², Rini Wuri Astuti³

^{1,2,3} Jurusan Gizi Poltekkes Kemenkes Yogyakarta

Jl. Tatabumi No.3 Banyuraden, Gamping, Sleman

Email : caturmuktiindriana@gmail.com

ABSTRACT

Background: Typhoid fever is a systemic infection caused by *Salmonella typhi*, leading to gastrointestinal disorders and result in nutritional deficits. This requires proper nutritional management through a Standardized Nutrition Care Process (NCP) with a High Energy High Protein (TETP) diet to meet metabolic needs and accelerate recovery.

Objective: To identify the implementation of NCP in typhoid fever patients at dr. Tjitrowardojo Purworejo Hospital.

Method: A descriptive observational study with a case study design. The subject was an adult inpatient diagnosed with typhoid fever hospitalized for at least 3 days.

Result: Nutritional screening (NRS-2002) showed a malnutrition risk score of 2. BMI was normal (20.4 kg/m²). Biochemistry showed mild anemia and eosinopenia. Clinically, the patient experienced fever, nausea, vomiting, and constipation. Initial 24-hour recall intake was deficient (energy 19.31%, protein 24.06%). The intervention provided was a TETP diet in soft form (nasi tim) with 3 main meals and 3 snacks. Three-day monitoring showed energy intake increased from 60% to 74% alongside clinical improvements.

Conclusion: The patient was at risk of malnutrition with inadequate initial intake. Following the intervention, the patient's overall condition improved, marked by normal body temperature, resolved nausea and vomiting, and increased nutritional intake.

Keywords: Standardized Nutrition Care Process, Typhoid Fever, TETP Diet

PROSES ASUHAN GIZI TERSTANDAR (PAGT) PADA PASIEN DEMAM TIFOID DI RUMAH SAKIT dr. TJITROWARDOJO PURWOREJO

Retno Catur Mukti Indriana¹, Nur Hidayat², Rini Wuri Astuti³

^{1,2,3} Jurusan Gizi Poltekkes Kemenkes Yogyakarta

Jl. Tatabumi No.3 Banyuraden, Gamping, Sleman

Email : caturmuktiindriana@gmail.com

ABSTRAK

Latar Belakang: Demam tifoid adalah infeksi sistemik akibat *Salmonella typhi* yang memicu gangguan pencernaan dan berakibat defisit nutrisi. Kondisi ini memerlukan penatalaksanaan melalui Proses Asuhan Gizi Terstandar (PAGT) dengan diet Tinggi Energi Tinggi Protein (TETP) untuk memenuhi kebutuhan metabolik dan mempercepat pemulihan.

Tujuan: Mengidentifikasi pelaksanaan PAGT pada pasien demam tifoid di RSUD dr. Tjitrowardojo Purworejo.

Metode: Penelitian deskriptif observasional dengan rancangan studi kasus. Subjek adalah pasien dewasa rawat inap terdiagnosis demam tifoid yang dirawat minimal 3 hari.

Hasil: Skrining gizi (NRS-2002) menunjukkan skor 2 (berisiko malnutrisi). Status gizi (IMT) normal 20,4 kg/m². Pemeriksaan biokimia menemukan anemia ringan dan eosinopenia. Secara klinis pasien febris, mual, muntah, dan konstipasi. Asupan recall 24 jam awal defisit (energi 19,31%, protein 24,06%). Intervensi berupa diet TETP bentuk lunak (nasi tim) dengan 3 kali makan utama dan 3 selingan. Monitoring tiga hari menunjukkan asupan energi meningkat dari 60% menjadi 74% diiringi perbaikan klinis.

Kesimpulan: Pasien berisiko malnutrisi dengan asupan awal inadekuat. Pasca intervensi, kondisi pasien secara keseluruhan membaik, ditandai dengan suhu tubuh normal, hilangnya mual muntah, serta peningkatan asupan gizi.

Kata Kunci: Proses Asuhan Gizi Terstandar, Demam Tifoid, Diet TETP