

STANDARDIZED NUTRITION CARE PROCESS (PAGT) FOR PATIENTS WITH  
DIABETES MELLITUS WITH HYPOGLYCEMIA, RIGHT PEDAL WOUNDS PRE-  
DEBRIDEMENT, LEFT PEDAL WOUNDS PRE-DEBRIDEMENT, ACUTE  
BRONCHITIS, CARDIOMEGALI AT PKU MUHAMMADIYAH GAMPING  
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**ABSTRACT**

**Background:** *Diabetes Mellitus (DM) is a chronic metabolic disease characterized by hyperglycemia due to impaired insulin secretion, insulin action, or both. Complications of DM can lead to decreased nutritional status and worsen a patient's health, necessitating appropriate nutritional management through the Standardized Nutrition Care Process (SNP).*

**Objective:** *To describe the implementation of the Standardized Nutrition Care Process (SNCP) in hospitalized patients with Diabetes Mellitus, including nutrition screening, nutrition Assessment, nutrition diagnosis, nutrition intervention, as well as monitoring and evaluation.*

**Methods:** *This study used a descriptive method with a case study approach on one inpatient diagnosed with Diabetes Mellitus accompanied by hypoglycemia, a pre-debridement right foot ulcer, acute bronchitis, and cardiomegaly. Data collection was conducted through nutritional screening, nutritional Assessment including anthropometric, biochemical, clinical physical, dietary history, and patient history data. Then, nutritional diagnosis, nutritional intervention, and monitoring and evaluation were conducted for three days.*

**Results:** *Nutritional screening results showed the patient was malnourished with a Mini Nutritional Assessment (MNA) score of 13. Nutritional Assessment showed a body weight of 50 kg, a MUAC of 22 cm, a weight loss of 10.71% in two months, a random blood sugar level of 39 mg/dL, creatinine of 1.77 mg/dL, and hemoglobin of 10.7 g/dL. The established nutritional diagnosis included inadequate oral intake, changes in laboratory values related to blood glucose, the need for sodium and fluid restriction, and a lack of knowledge regarding the Diabetes Mellitus diet. Nutritional interventions were provided through a DM diet as needed, nutrition education, counseling, and collaboration with the health team. Monitoring results showed improvement in clinical condition, increased food intake, and more controlled blood sugar levels.*

**Conclusion:** *The implementation of the Standardized Nutrition Care Process (SNCP) in patients with Diabetes Mellitus can help improve clinical condition, increase dietary intake, and support blood glucose control during hospitalization.*

**Keywords:** *Diabetes Mellitus, Standardized Nutrition Care Process, nutritional care, hypoglycemia, case study.*

PROSES ASUHAN GIZI TERSTANDAR (PAGT) PADA PASIEN PENDERITA  
DIABETES MELLITUS DENGAN HIPOGLIKEMIA, LUKA PEDIS KANAN PRE  
DEBRIDEMENT, LUKA PEDIS KIRI POST DEBRIDEMENT, BRONKHITIS AKUT,  
CARDIOMEGALI DI RUMAH SAKIT PKU MUHAMMADIYAH GAMPING

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### ABSTRAK

**Latar Belakang:** Diabetes Mellitus (DM) merupakan penyakit metabolik kronis yang ditandai dengan hiperglikemia akibat gangguan sekresi insulin, kerja insulin, atau keduanya. Komplikasi DM dapat menyebabkan penurunan status gizi dan memperburuk kondisi kesehatan pasien sehingga diperlukan penatalaksanaan gizi yang tepat melalui Proses Asuhan Gizi Terstandar (PAGT).

**Tujuan:** Mengetahui pelaksanaan Proses Asuhan Gizi Terstandar (PAGT) pada pasien Diabetes Mellitus yang menjalani perawatan di rumah sakit, meliputi skrining gizi, asesmen gizi, diagnosis gizi, intervensi gizi, serta monitoring dan evaluasi.

**Metode:** Penelitian ini menggunakan metode deskriptif dengan pendekatan studi kasus pada satu pasien rawat inap dengan diagnosis Diabetes Mellitus disertai hipoglikemia, luka pedis kanan pre debridement, bronkhitis akut, dan kardiomegali. Pengumpulan data dilakukan melalui skrining gizi, pengkajian gizi meliputi data antropometri, biokimia, fisik klinis, riwayat makan, dan riwayat pasien, kemudian dilakukan diagnosis gizi, intervensi gizi, serta monitoring dan evaluasi selama tiga hari.

**Hasil:** Hasil skrining gizi menunjukkan pasien mengalami malnutrisi dengan skor Mini Nutritional Assessment (MNA) 13. Pengkajian gizi menunjukkan berat badan 50 kg, LILA 22 cm, penurunan berat badan 10,71% dalam dua bulan, kadar gula darah sewaktu 39 mg/dL, kreatinin 1,77 mg/dL, dan hemoglobin 10,7 g/dL. Diagnosis gizi yang ditegakkan meliputi asupan oral tidak adekuat, perubahan nilai laboratorium terkait glukosa darah, kebutuhan pembatasan natrium dan cairan, serta kurangnya pengetahuan terkait diet Diabetes Mellitus. Intervensi gizi diberikan melalui diet DM sesuai kebutuhan, edukasi gizi, konseling, dan kolaborasi dengan tim kesehatan. Hasil monitoring menunjukkan perbaikan kondisi klinis, peningkatan asupan makan, serta kadar gula darah yang lebih terkontrol.

**Kesimpulan:** Penerapan PAGT pada pasien Diabetes Mellitus dapat membantu memperbaiki kondisi klinis, meningkatkan asupan makan, dan mendukung pengendalian kadar glukosa darah selama masa perawatan.