STANDARDIZED NUTRITIONAL CARE PROCESS FOR ATRIAL FIBRILLATION PATIENTS WITH TYPE 2 DIABETES MELLITUS, ACUTE ON CHRONIC KIDNEY DISEASE, AND GOUTY ARTHRITIS AT TIDAR REGIONAL HOSPITAL MAGELANG CITY

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ABSTRACT

Background: *Non-communicable diseases with multimorbidity have become a major challenge in healthcare services. Malnutrition is one of the most common geriatric syndromes among hospitalized older adults, with a prevalence of 42.6%.*
Objective: *To describe the implementation and outcomes of the Standardized Nutrition Care Process in a patient with Atrial Fibrillation, Type 2 Diabetes Mellitus, Acute on Chronic Kidney Disease, and Gout Arthritis.*
Method: *This study employed a descriptive case study design involving one hospitalized patient at Tidar Regional Hospital, Magelang. Data were collected through the Standardized Nutrition Care Process, including nutrition screening, assessment, diagnosis, intervention, monitoring, and evaluation.*
Results: *The patient was identified as being at risk of malnutrition, with elevated blood glucose, urea, creatinine, and uric acid levels. Nutrition intervention consisted of a diabetic diet modified with low protein, low purine, and sodium restriction, accompanied by nutrition education and counseling. Monitoring and evaluation showed that energy intake exceeded 100% of the patient's requirements throughout the three-day hospitalization period, while protein, fat, and carbohydrate intakes were within the target range. In addition, fasting blood glucose decreased from 183 mg/dL to 87 mg/dL, urea decreased from 140 mg/dL to 116 mg/dL, and creatinine decreased from 2.14 mg/dL to 1.73 mg/dL. The patient's physical condition also improved, as indicated by reduced weakness, shortness of breath, and leg pain*
Conclusion: *The implementation of the Standardized Nutrition Care Process (SNCP) in a patient with Atrial Fibrillation, Type 2 Diabetes Mellitus, Acute on Chronic Kidney Disease, and Gout Arthritis resulted in improvements in clinical condition, biochemical parameters, and dietary intake during hospitalization. These findings highlight the important role of SNCP in supporting comprehensive nutritional management for patients with multiple comorbidities.*
Keywords: *Atrial Fibrillation; Type 2 Diabetes Mellitus; Acute on Chronic Kidney Disease; Gout Arthritis; Standardized Nutrition Care Process.*

PROSES ASUHAN GIZI TERSTANDAR PADA PASIEN *ATRIAL FIBRILASI* DENGAN DIABETES MELITUS TIPE 2, *ACUTE ON CHRONIC KIDNEY DISEASE*, DAN *GOUT ARTHRITIS* DI RSUD TIDAR KOTA MAGELANG

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ABSTRAK

Latar Belakang: Penyakit tidak menular dengan kondisi multimorbiditas semakin menjadi tantangan dalam pelayanan kesehatan. Malnutrisi merupakan salah satu sindrom geriatri terbanyak pada pasien lansia yang dirawat di rumah sakit prevalensi mencapai 42,6%.
Tujuan: Mengetahui pelaksanaan dan hasil Proses Asuhan Gizi Terstandar pada pasien dengan diagnosis Atrial Fibrilasi, Diabetes Melitus Tipe 2, Acute on Chronic Kidney Disease, dan Gout Arthritis.
Metode: Penelitian deskriptif dengan pendekatan studi kasus dilakukan pada satu pasien rawat inap di RSUD Tidar Kota Magelang. Data dikumpulkan melalui tahapan PAGT yang meliputi skrining, assessment, diagnosis, intervensi, serta monitoring dan evaluasi.
Hasil: Pasien memiliki risiko malnutrisi dengan kadar glukosa darah, ureum, kreatinin, dan asam urat yang meningkat. Intervensi gizi diberikan berupa diet Diabetes Melitus dengan modifikasi rendah protein, rendah purin, dan rendah natrium disertai edukasi dan konseling gizi. Monitoring dan evaluasi menunjukkan pemenuhan asupan energi selama tiga hari perawatan mencapai lebih dari 100% kebutuhan, sedangkan asupan protein, lemak, dan karbohidrat berada dalam kategori baik. Selain itu, terjadi penurunan kadar gula darah puasa dari 183 mg/dL menjadi 87 mg/dL, ureum dari 140 mg/dL menjadi 116 mg/dL, serta kreatinin dari 2,14 mg/dL menjadi 1,73 mg/dL. Kondisi fisik pasien juga mengalami perbaikan yang ditandai dengan berkurangnya keluhan lemas, sesak napas, dan nyeri kaki.
Kesimpulan: Pelaksanaan Proses Asuhan Gizi Terstandar (PAGT) pada pasien Atrial Fibrilasi dengan Diabetes Melitus Tipe 2, Acute on Chronic Kidney Disease, dan Gout Arthritis menunjukkan perbaikan kondisi klinis, biokimia, dan asupan makan selama perawatan. Hasil tersebut menunjukkan bahwa PAGT berperan dalam mendukung penatalaksanaan gizi yang komprehensif pada pasien dengan kondisi multimorbiditas.
Kata Kunci: Atrial Fibrilasi; Diabetes Melitus Tipe 2; Acute on Chronic Kidney Disease; Gout Arthritis; Proses Asuhan Gizi Terstandar.