

STANDARDIZED NUTRITION CARE PROCESS (NCP) IN A POST-CHOLELITHIASIS PATIENT WITH HYPERTENSION AT ELIZABETH WARD, PANTI RAPIH HOSPITAL, YOGYAKARTA

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ABSTRACT

Background: Cholelithiasis or gallstones is a condition characterized by the formation of stones in the gallbladder due to cholesterol deposition, bilirubin accumulation, or impaired bile emptying. Based on oral cholecystography research in Indonesia in 2019, the prevalence of cholelithiasis was higher in women than in men. The main treatment for cholelithiasis is cholecystectomy; however, post-operative patients are at risk of experiencing abdominal pain, nausea, vomiting, and digestive disorders. Therefore, Standardized Nutrition Care with a low-fat diet is needed to accelerate recovery and improve nutritional intake and status.

Objective: To identify the implementation of the Standardized Nutrition Care Process (NCP) in patients with cholelithiasis and hypertension in Elizabeth Ward, Panti Rapih Hospital Yogyakarta..

Method: This study used a descriptive observational method with a case study design. The research subject was a 64-year-old elderly female patient diagnosed with cholelithiasis, who was hospitalized in the Elizabeth ward for at least three days at Panti Rapih Hospital Yogyakarta.

Result: Based on the assessment results, the biochemical examination showed that hemoglobin, leukocyte, erythrocyte, hematocrit, and platelet levels were within the normal range. Physical and clinical examinations before and after gallstone surgery indicated that the patient experienced abdominal pain, nausea, vomiting, and decreased appetite. The 24-hour dietary recall showed that the patient's intake was still inadequate due to decreased appetite and vomiting. The intervention provided was a low-fat diet accompanied by nutrition education and counseling for the patient and family using a leaflet. The monitoring and evaluation results showed improvements in energy, protein, fat, and carbohydrate intake, while the vital signs remained within the normal range, although blood pressure was still elevated.

Conclusion: : The study results showed that the patient was at risk of malnutrition with undernutrition status. Overall, the patient's condition improved during monitoring and evaluation compared to the condition upon hospital admission.

Keyword: Standardized Nutrition Care Process, Cholelithiasis, Hypertension

**PROSES ASUHAN GIZI TERSTANDAR (PAGT) PADA PASIEN POST
CHOLELITIASIS, HIPERTENSI
DI RUANG ELIZABETH RUMAH SAKIT PANTI RAPIH YOGYAKARTA**

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ABSTRAK

Latar Belakang: Cholelithiasis atau batu empedu adalah kondisi terbentuknya batu pada kantung empedu akibat pengendapan kolesterol, bilirubin, atau gangguan pengosongan empedu. Berdasarkan penelitian kolesistografi oral tahun 2019 di Indonesia, prevalensi cholelithiasis lebih tinggi pada perempuan dibandingkan laki-laki. Penatalaksanaan utama cholelithiasis adalah tindakan kolesistektomi, namun pasien pasca operasi berisiko mengalami nyeri perut, mual, muntah, dan gangguan pencernaan. Oleh karena itu, Asuhan Gizi Terstandar dengan diet rendah lemak diperlukan untuk membantu mempercepat penyembuhan serta memperbaiki asupan dan status gizi pasien.

Tujuan: Mengidentifikasi tata pelaksanaan Proses Asuhan Gizi Terstandar (PAGT) pada pasien Post Cholelithiasis, Hipertensi Di Bangsal Elizabeth RS Panti Rapih Yogyakarta.

Metode: Penelitian ini menggunakan metode deskriptif observasional dengan rancangan studi kasus. Subyek penelitian yaitu pasien wanita lansia usia 64 tahun dengan diagnosis medis cholelithiasis yang berada di bangsal elizabeth dan menjalani rawat inap minimal 3 hari di RS Panti Rapih Yogyakarta.

Hasil Penelitian: Berdasarkan hasil assessment, pemeriksaan biokimia menunjukkan kadar hemoglobin, leukosit, eritrosit, hematokrit, dan trombosit dalam kategori normal. Pemeriksaan fisik dan klinis setelah dan sebelum operasi batu empedu menunjukkan pasien mengalami nyeri perut, mual, muntah, serta penurunan nafsu makan. Hasil recall 24 jam menunjukkan asupan pasien masih kurang akibat penurunan nafsu makan dan muntah yang dialami. Intervensi yang diberikan berupa diet rendah lemak disertai edukasi dan konsultasi gizi kepada pasien dan keluarga menggunakan leaflet. Hasil monitoring dan evaluasi menunjukkan asupan energi, protein, lemak, dan karbohidrat mengalami peningkatan, sedangkan tanda vital dalam kategori normal meskipun tekanan darah masih tinggi.

Kesimpulan: : Hasil penelitian dapat diketahui bahwa pasien berisiko malnutrisi dengan status gizi kurang. Keadaan pasien saat dilakukan monitoring dan evaluasi secara keseluruhan mengalami peningkatan dibandingkan saat masuk rumah sakit.

Kata Kunci: Proses Asuhan Gizi Terstandar, Cholelithiasis, Hipertensi