STANDARDIZED NUTRITION CARE PROCESS (NCP) FOR TYPE 2 DIABETES MELLITUS PATIENT WITH DIABETIC ULCER IN DIGIT 1 PEDIS DEXTRA AND HYPERTENSION IN CAMAR WARD OF RSPAU DR. S. HARDJOLUKITO YOGYAKARTA

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ABSTRACT

Background: Diabetes Mellitus (DM) is a chronic metabolic disease that can cause various serious complications if not well controlled. One of the most common chronic complications is diabetic ulcers, triggered by peripheral neuropathy and worsened by comorbidities such as hypertension. The Standardized Nutrition Care Process (NCP) is highly necessary to help control the patient's blood glucose levels, prevent further complications, and improve the patient's quality of life.

Objective: To analyze the implementation of the Standardized Nutrition Care Process (NCP) in a type 2 diabetes mellitus patient with a diabetic ulcer on digit 1 pedis dextra and hypertension in the Camar Ward of RSPAU Dr. S. Hardjolukito Yogyakarta.

Method: This is a descriptive study with a case study design. Data analysis is presented in the form of narratives, tables, and graphs.

Results: The screening results indicated the patient was at high risk of malnutrition, with a nutritional status of class II obesity based on BMI. Clinical and laboratory examinations showed uncontrolled hyperglycemia, signs of infection, complaints of nausea and vomiting, and high blood pressure (stage 3 hypertension). Dietary habits were dominated by fried and sweet foods. The nutritional intervention provided was a 1700 kcal DM Diet, High Protein, High Potassium in the form of soft food, accompanied by nutritional education and counseling.

Conclusion: After the nutritional intervention, gradual improvements in clinical and biochemical conditions were observed. Blood sugar and blood pressure levels decreased, and physical complaints diminished. The patient's dietary compliance improved, marked by the cessation of consuming food from outside the hospital, although quantitatively, the nutritional intake had not yet reached the optimal target of 80%.

Keywords: Standardized Nutrition Care Process, Type 2 Diabetes Mellitus, Diabetic Ulcer, Hypertension.

PROSES ASUHAN GIZI TERSTANDAR (PAGT) PADA PASIEN DIABETES MELLITUS TIPE 2 DENGAN ULKUS DIABETIKUM DIGITI 1 PEDIS DEXTRA DAN HIPERTENSI DI BANGSAL CAMAR RSPAU DR. S. HARDJOLUKITO YOGYAKARTA

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ABSTRAK

Latar Belakang: Diabetes Mellitus (DM) merupakan penyakit metabolik kronis yang dapat menyebabkan berbagai komplikasi serius jika tidak dikendalikan dengan baik. Salah satu komplikasi kronis yang sangat sering ditemui adalah ulkus diabetikum yang dipicu oleh neuropati perifer dan memburuk akibat adanya penyakit penyerta seperti hipertensi. Proses Asuhan Gizi Terstandar (PAGT) sangat diperlukan untuk membantu mengontrol kadar glukosa darah pasien, mencegah komplikasi lebih lanjut, serta meningkatkan kualitas hidup pasien.

Tujuan: Untuk menganalisis pelaksanaan Proses Asuhan Gizi Terstandar (PAGT) pada pasien diabetes mellitus tipe 2 dengan ulkus diabetikum digiti 1 pedis dextra dan hipertensi di Bangsal Camar RSPAU Dr. S. Hardjolukito Yogyakarta.

Metode : Jenis penelitian ini adalah deskriptif dengan rancangan studi kasus. Analisis data disajikan dalam bentuk narasi, tabel, dan grafik.

Hasil: Hasil skrining menunjukkan pasien berisiko malnutrisi tinggi, dengan status gizi obesitas tingkat II berdasarkan IMT. Pemeriksaan klinis dan laboratorium menunjukkan hiperglikemia tidak terkontrol, tanda infeksi, keluhan mual muntah, serta tekanan darah tinggi (hipertensi derajat 3). Kebiasaan makan didominasi gorengan dan makanan manis. Intervensi gizi yang diberikan berupa Diet DM 1700 kkal Tinggi Protein Tinggi Kalium (TPTK) dengan bentuk makanan lunak, disertai edukasi dan konseling gizi.

Kesimpulan: Setelah dilakukan intervensi gizi, terpantau adanya perbaikan kondisi klinis dan biokimia secara bertahap. Kadar gula darah dan tekanan darah menurun, serta keluhan fisik berkurang. Kepatuhan diet pasien membaik dengan berhentinya konsumsi makanan luar rumah sakit, meskipun secara kuantitas asupan gizi belum mencapai target optimal 80%.

Kata Kunci: Proses Asuhan Gizi Terstandar, Diabetes Mellitus Tipe 2, Ulkus Diabetikum, Hipertensi.