STANDARDIZED NUTRITION CARE PROCESS (PAGT) IN FEBRILE THROMBOCYTOPENIA PATIENTS WITH A HISTORY OF STROKE INFARCTION WITH TRANSCORTICAL MOTOR APHASIA, DM, AND HYPERTENSIVE HEART DISEASE AT NYI AGENG SERANG REGIONAL HOSPITAL, KULON PROGO

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ABSTRACT

Background: Non-communicable diseases (NCDs) are a leading cause of morbidity and mortality worldwide. Based on data from the 2018 Basic Health Research (Riskesdas), the prevalence of stroke was 10.9%, hypertension 8.36%, diabetes mellitus 1.5%, and heart disease 1.5%.

Objective: To determine the implementation of standardized nutritional care in a patient with febrile thrombocytopenia, infarction stroke with transcortical motor aphasia, diabetes mellitus, and hypertensive heart disease (HHD).

Methods: This study used a descriptive observational design on an inpatient at Nyi Ageng Serang Regional Hospital, Kulon Progo.

Results: The patient was at risk of malnutrition despite having normal nutritional status. Laboratory findings showed low hemoglobin, hematocrit, platelet, and neutrophil levels, with elevated fasting blood glucose. Nutritional intervention included a 1500 kcal DM TP diet with soft foods, three main meals, and two snacks. Monitoring and evaluation indicated improved physical condition, increased food intake, and normalized fasting blood glucose levels, although platelet levels remained low.

Conclusion: Standardized nutritional care improved the patient's clinical condition and dietary intake; however, low platelet levels indicated the need for continued nutritional management, particularly increased protein intake.

Keywords: Standardized Nutrition Care Process, Stroke Infarction with Transcortical Motor Aphasia, Diabetes Mellitus, and Hypertensive Heart Disease.

PROSES ASUHAN GIZI TERSTANDAR PADA PASIEN FEBRIS TROMBOSITOPENIA, RIWAYAT STROKE INFARK DENGAN AFASIA MOTORIK TRANSKORTIKAL, DM, DAN HYPERTENSIVE HEART DISEASE DI RSUD NYI AGENG SERANG

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ABSTRAK

Latar Belakang : Penyakit tidak menular (PTM) merupakan salah satu penyebab utama morbiditas dan mortalitas di dunia. Berdasarkan data dari Riskesdas, 2018 prevalensi stroke sebesar 10,9%, hipertensi sebesar 8,36%, diabetes mellitus sebesar 1,5%, penyakit jantung sebesar 1,5%.
Tujuan: Mengetahui penatalaksanaan asuhan gizi terstandar pada pasien febris trombositopenia, riwayat stroke infark dengan afasia motorik transkortikal, DM, dn HHD di RSUD Nyi Ageng Serang, Kulon Progo.
Metode: Penelitian ini menggunakan metode observasional deskriptif dengan pendekatan studi kasus. Subjek penelitian ini adalah seorang pasien yang didiagnosis febris trombositopenia, riwayat stroke infark dengan afasia motorik transkortikal, DM dan HHD yang sedang dirawat inap di RSUD Nyi Ageng Serang, Kulon Progo.
Hasil: Hasil penelitian menunjukkan bahwa pasien berisiko mengalami malnutrisi meskipun status gizi berdasarkan IMT masih tergolong normal. Pemeriksaan laboratorium menunjukkan kadar hemoglobin, hematokrit, trombosit, dan neutrofil rendah, sedangkan glukosa darah puasa tinggi. Kondisi fisik pasien secara umum sedang dengan kesadaran compos mentis tanpa gangguan pencernaan maupun edema. Asupan makan berdasarkan recall 24 jam tergolong baik. Intervensi gizi yang diberikan berupa diet DM TP 1500 kkal dengan makanan lunak dan frekuensi makan 3 kali makan utama serta 2 kali selingan
Kesimpulan: Pasien berisisko malnutrisi tetapi status gizi baik. Hasil monitoring dan evaluasi menunjukkan kondisi fisik pasien membaik, asupan makan meningkat, dan kadar GDP mencapai normal, namun kadar trombosit masih rendah sehingga asupan sumber protein masih perlu ditingkatkan.

Kata kunci: Proses Asuhan Gizi Terstandar, Stroke Infark Dengan Afasia Motorik Transkortikal, Diabetes Melitus dan *Hypertensive Heart Disease*.