

**STANDARDIZED NUTRITION CARE PROCESS FOR NON
HEMORRHAGIC STROKE PATIENTS AND TYPE II DIABETES
MELLITUS UNDERGOING INPATIENT TREATMENT AT R.A.A.
TJOKRONEGORO REGIONAL HOSPITAL PURWOREJO REGENCY**

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ABSTRACT

Background: Indonesia ranks third in Southeast Asia with a diabetes prevalence of 11.3%. According to the 2023 Indonesian Health Survey data, the prevalence of diabetes diagnosed by doctors among residents aged 15 years and older in Central Java is 2.3%. Diabetes can lead to macrovascular complications, including heart disease, stroke, and peripheral vascular disorders. A Standardized Nutrition Care Process (SNCP) is needed to prevent and address malnutrition.

Objective: To describe the implementation of the Standardized Nutrition Care Process in non-hemorrhagic stroke patients and type II diabetes mellitus undergoing inpatient care at R.A.A. Tjokronegoro Regional General Hospital Purworejo Regency.

Method: This is a descriptive observational study with a case study design. Data analysis and presentation are presented in narrative, tabular, and graphical formats.

Results: Nutrition screening results indicate a risk of malnutrition, and nutritional status based on the %MUAC (Mid-Upper Arm Circumference) is considered undernourished. Laboratory results for GDP, GDS, HgbA1c, and LDL were high. Physical examination revealed weakness, difficulty moving the left arm and leg, difficulty chewing, and dysphagia.

Conclusion: The patient's physical condition began to improve, with clinical examination findings including normal pulse, body temperature, and respiration, while blood pressure was considered high. Laboratory results, including a GDP test, showed improvement. Furthermore, the patient's food intake had improved, although not yet completely stabilized.

Keywords: Standardized Nutrition Care Process, Stroke, Type II Diabetes.

**PROSES ASUHAN GIZI TERSTANDAR PADA PASIEN STROKE NON
HEMORAGIK DAN DIABETES MELLITUS TIPE II YANG MENJALANI
RAWAT INAP DI RSUD R.A.A. TJOKRONEGORO KABUPATEN
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ABSTRAK

Latar Belakang: Indonesia termasuk dalam negara yang menduduki posisi ketiga dengan persen penderita DM mencapai 11,3% di kawasan Asia Tenggara. Menurut Data SKI Tahun 2023, prevalensi DM berdasarkan diagnosis dokter pada penduduk umur ≥ 15 tahun di Jawa Tengah sebesar 2,3%. Diabetes dapat mengakibatkan komplikasi makrovaskuler meliputi penyakit jantung, stroke, serta gangguan pada pembuluh darah perifer. Proses Asuhan Gizi Terstandar (PAGT) diperlukan untuk mencegah dan mengatasi malnutrisi.

Tujuan: Mengetahui gambaran pelaksanaan Proses Asuhan Gizi Terstandar pada Pasien Stroke Non Hemoragik dan Diabetes Mellitus Tipe II yang Menjalani Rawat Inap di RSUD R.A.A. Tjokronegoro Kabupaten Purworejo.

Metode: Jenis penelitian deskriptif observative dengan rancangan studi kasus. Analisis dan penyajian data dalam bentuk narasi, tabel (tabular), dan grafik.

Hasil: Hasil skrining gizi berisiko malnutrisi, status gizi berdasarkan %LILA termasuk gizi kurang. Hasil laboratorium GDP, GDS, HgbA1c, dan LDL tinggi. Hasil pemeriksaan fisik lemas, tangan kiri dan kaki kiri sulit digerakkan, kesulitan mengunyah dan disfagia.

Kesimpulan: Keadaan fisik pasien mulai membaik, sedangkan untuk pemeriksaan klinis berupa denyut nadi, suhu tubuh, dan respirasi normal sedangkan tekanan darah pasien dalam kategori tinggi. Untuk hasil pemeriksaan laboratorium yang membaik yaitu pemeriksaan GDP. Selain itu, asupan makan pasien mengalami peningkatan baik, walaupun belum sepenuhnya stabil.

Kata Kunci: Proses Asuhan Gizi Terstandar, Stroke, DM Tipe II.