

**STANDARDIZED NUTRITION CARE PROCESS (PAGT) FOR POST-
CESAREAN SURGERY PATIENTS (SECTIO CAESAREA) G3P2A0 33
WEEKS WITH A HISTORY OF SC AND PERSISTENT ASTHMA AT THE
ISLAMIC UNIVERSITY OF INDONESIA HOSPITAL**

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ABSTRACT

Background: Sectio Caesarea (SC) is a delivery procedure performed through an incision in the abdominal wall and uterus, which carries a higher risk of complications than vaginal delivery, such as surgical wound infection, anesthesia-related disturbances, and bleeding. These risks require appropriate and standardized nutritional support during the recovery period of post-SC patients.

Objective: To examine the implementation of the Nutrition Care Process (NCP) in a post-Cesarean Section patient with G3P2A0 at 33 weeks of gestation, a history of SC, and persistent asthma at Universitas Islam Indonesia Hospital, covering nutrition assessment, nutrition diagnosis, nutrition intervention, and nutrition monitoring and evaluation.

Method: This study used a descriptive observational design with a case study approach involving one post-SC patient. Data were collected through nutrition screening, anthropometric measurements, biochemical examinations, physical/clinical examinations, a 24-hour dietary recall, and a Semi-Quantitative Food Frequency Questionnaire (SQFFQ).

Result: The nutrition screening results showed that the patient was not at risk of malnutrition. The nutrition assessment indicated good nutritional status based on %MUAC (LiLA), mostly normal biochemical parameters, and a stable physical/clinical condition with no signs of post-operative complications. The patient's protein and fat intake were below adequate levels based on the SQFFQ results. The nutrition diagnoses identified were an increased need for nutrients (energy and protein) and poor adherence to nutrition recommendations. The nutrition intervention consisted of a High-Energy High-Protein (HEHP) diet, initially given in soft/porridge form before progressing to a regular HEHP diet. Monitoring and evaluation over three days showed improved food intake, improved biochemical parameters, and an increasingly stable physical/clinical condition.

Conclusion: The implementation of the Nutrition Care Process (NCP) in a post-Cesarean Section patient at Universitas Islam Indonesia Hospital was carried out appropriately and showed positive outcomes in improving the patient's nutritional status and supporting the recovery process.

Keyword: Nutrition Care Process (NCP), Sectio Caesarea

**PROSES ASUHAN GIZI TERSTANDAR (PAGT) PADA PASIEN PASCA
BEDAH SESAR (*SECTIO CAESAREA*) G3P2A0 33 MINGGU DENGAN
RIWAYAT SC DAN ASMA PERSISTEN DI RUMAH SAKIT UNIVERSITAS
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ABSTRAK

Latar Belakang: Sectio Caesarea (SC) merupakan prosedur persalinan melalui insisi pada dinding abdomen dan uterus yang memiliki risiko komplikasi lebih tinggi dibandingkan persalinan normal, seperti infeksi luka operasi, gangguan anestesi, dan pendarahan. Risiko komplikasi tersebut menuntut adanya dukungan nutrisi yang tepat dan terstandar selama masa pemulihan pasien pasca bedah SC.

Tujuan: Mengkaji penerapan Proses Asuhan Gizi Terstandar (PAGT) pada pasien pasca bedah sesar (*Sectio Caesarea*) G3P2A0 33 minggu dengan riwayat SC dan asma persisten di Rumah Sakit Universitas Islam Indonesia, meliputi pengkajian gizi, diagnosis gizi, intervensi gizi, serta monitoring dan evaluasi gizi.

Metode: Jenis penelitian ini adalah penelitian deskriptif observasional dengan rancangan studi kasus pada satu subjek pasien post SC. Data dikumpulkan melalui skrining gizi, pengukuran antropometri, pemeriksaan biokimia, pemeriksaan fisik klinis, *recall* 24 jam, dan kuesioner *Semi-Quantitative Food Frequency Questionnaire* (SQFFQ).

Hasil Penelitian: Hasil skrining gizi menunjukkan pasien tidak berisiko malnutrisi. Hasil pengkajian gizi menunjukkan status gizi pasien baik berdasarkan %LiLA, parameter biokimia sebagian besar normal, dan kondisi fisik/klinis stabil tanpa tanda komplikasi pasca operasi. Asupan protein dan lemak pasien tergolong kurang berdasarkan hasil SQFFQ. Diagnosis gizi yang ditegakkan adalah peningkatan kebutuhan zat gizi (energi dan protein) serta kurang patuh terhadap rekomendasi gizi. Intervensi gizi berupa diet Tinggi Energi Tinggi Protein (TKTP) dengan bentuk lunak/bubur kemudian menjadi TKTP biasa. Hasil monitoring dan evaluasi selama tiga hari menunjukkan perbaikan asupan makan, parameter biokimia yang membaik, serta kondisi fisik/klinis yang semakin stabil.

Kesimpulan: Penerapan Proses Asuhan Gizi Terstandar (PAGT) pada pasien pasca bedah *Sectio Caesarea* di Rumah Sakit Universitas Islam Indonesia telah dilaksanakan dengan tepat dan menunjukkan hasil yang positif terhadap perbaikan status gizi dan proses pemulihan pasien.

Kata Kunci: Proses Asuhan Gizi Terstandar (PAGT), Sectio Caesarea