

STANDARDIZED NUTRITIONAL CARE PROCESS (PAGT) IN PATIENTS WITH PNEUMONIA DEXTRA LOW INTAKE AT UNIVERSITY OF ISLAM INDONESIA HOSPITAL

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ABSTRACT

Background : Pneumonia is an acute infection of the lung tissue that can increase inflammatory burden and metabolic demand. In pediatric patients, pneumonia may reduce appetite and oral intake even when the previous nutritional status is not undernutrition. Therefore, nutritional care through the Standardized Nutrition Care Process (PAGT) is required to identify acute intake problems, increased nutrient requirements, and inappropriate food choices before admission.

Objective : To determine the implementation of the Standardized Nutrition Care Process (PAGT) in patients with right-sided pneumonia and low intake at the Magnolia Ward of the University of Islam Indonesia Hospital.

Methods : A descriptive observational study with a case study design. The case study was conducted at UII Hospital in Bantul. The study subjects were patients with right-sided pneumonia and low intake. The focus of the study was to conduct nutritional screening, nutritional assessment, nutritional diagnosis, dietary prescription goals, dietary interventions, and monitoring and evaluation of the patients.

Result : Nutritional screening using the PYMS indicated that the patient was severely malnourished. Although nutritional status based on weight-for-height and BMI-for-age indicated a risk of overnutrition (z-scores of +1.61 and +1.65), food intake during illness was far below requirements. Biochemical tests showed elevated levels of WBC, Hb, PLT, LYM%, and LYM#. PDW and P-LCR were low. Based on the results of the clinical physical examination, the patient was alert, experiencing nausea, with normal respiration, a rapid pulse, a high temperature, and normal SPO₂, and the chest X-ray results showed right-sided pneumonia. A 24-hour dietary recall indicated adequate energy and fat intake, excessive protein, and insufficient carbohydrates. A TKTP dietary intervention was provided, with monitoring results showing stable intake appropriate for the patient's condition.

Conclusion : The application of the Standardized Nutrition Care Process (PAGT) in this patient successfully achieved most of the nutritional intervention goals in a short period, as evidenced by a progressive increase in food intake and improvement in clinical condition during the course of care.

Keywords : Standardized Nutrition Care Process, Right-sided Pneumonia, Low Intake, High-Calorie High-Protein Diet, Malnutrition.

PROSES ASUHAN GIZI TERSTANDAR (PAGT) PADA PASIEN PNEUMONIA DEXTRA LOW INTAKE DI RUMAH SAKIT UNIVERSITAS ISLAM INDONESIA

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ABSTRAK

Latar Belakang : Pneumonia merupakan infeksi akut pada jaringan paru yang dapat meningkatkan beban inflamasi dan kebutuhan metabolik. Pada pasien anak, pneumonia dapat menyebabkan penurunan nafsu makan dan asupan oral, meskipun status gizi sebelumnya tidak termasuk gizi kurang. Oleh karena itu, asuhan gizi melalui Proses Asuhan Gizi Terstandar (PAGT) diperlukan untuk mengidentifikasi masalah penurunan asupan akut, peningkatan kebutuhan zat gizi, dan pemilihan makanan yang kurang tepat sebelum dirawat.

Tujuan : Mengetahui pelaksanaan Proses Asuhan Gizi Terstandar (PAGT) pada pasien Pneumonia Dextra Low Intake di Bangsal Magnolia Rumah Sakit Universitas Islam Indonesia.

Metode : Penelitian deskriptif observasional dengan rancangan studi kasus pada. Studi kasus dilakukan di RS UII Bantul. Subjek penelitian adalah pasien pneumonia dextra low intake. Fokus studi yaitu melakukan skrining gizi, pengkajian gizi, diagnosis gizi, tujuan dari preskripsi diet, intervensi diet, dan monitoring evaluasi pada pasien.

Hasil : Skrining gizi menggunakan PYMS menunjukkan pasien mengalami malnutrisi berat. Meskipun status gizi berdasarkan BB/TB dan IMT/U menunjukkan risiko gizi lebih (z-score +1,61 dan +1,65), asupan makan saat sakit jauh di bawah kebutuhan. Pemeriksaan biokimia WBC, HBG, PLT, LYM% dan LYM# tinggi. PDW dan P-LCR rendah. Berdasarkan hasil pemeriksaan fisik klinis menunjukkan pasien dalam keadaan composmentis, mengalami mual, respirasi normal, nadi tinggi, suhu tinggi, dan SPO2 normal serta hasil thorax menunjukkan pneumonia dextra. Recall 24 jam menunjukkan asupan energi dan lemak cukup, protein berlebih, dan karbohidrat kurang. Intervensi diet TKTP diberikan, dengan hasil monitoring menunjukkan asupan stabil sesuai kondisi pasien.

Kesimpulan : Penerapan PAGT pada pasien berhasil mencapai sebagian besar tujuan intervensi gizi dalam waktu singkat, yang ditunjukkan dengan peningkatan asupan makan secara progresif dan perbaikan kondisi klinis selama masa perawatan.

Kata Kunci : Proses Asuhan Gizi Terstandar, Pneumonia Dextra, Low Intake, Diet TKTP, Malnutrisi