

NUTRITION CARE PROCESS (NCP) FOR CHRONIC KIDNEY DISEASE ON
HEMODIALYSIS COMPLICATED BY HYPERTENSIVE HEART DISEASE
AND ANEMIA IN ASTER 2 RSUD TIDAR KOTA MAGELANG

Adira Farah Hatta¹, Weni Kurdanti², Idi Setiyobroto³

¹²³Departement of Nutrition Poltekkes Kemenkes Yogyakarta,

Jl. Titibumi No.3 Banyuraden, Gamping, Sleman

email : adirafarahhatta@gmail.com

ABSTRACT

Background : Stage V Chronic Kidney Disease (CKD) is the final stage of kidney disease requiring hemodialysis. Complications such as anemia and Hypertensive Heart Disease (HHD) may further impair patients' nutritional status.

Objective : To describe the implementation of the Nutrition Care Process (NCP) in a patient with Stage V CKD undergoing hemodialysis with anemia and HHD at Tidar Regional General Hospital.

Methods : This descriptive observational study used a case study approach. The subject was a 35-year-old male patient diagnosed with Stage V CKD, anemia, and HHD. Data collection included nutritional screening and assessment (anthropometric, biochemical, clinical, and dietary data), followed by nutrition diagnosis, intervention, monitoring, and evaluation.

Results : The patient was identified as being at risk of malnutrition. Laboratory findings showed hemoglobin 8.1 g/dL, blood urea nitrogen 148.3 mg/dL, creatinine 8.86 mg/dL, and sodium 132 mEq/L. Clinical findings included hypertension (199/106 mmHg), edema, nausea, generalized pain, and headache. Dietary recall revealed inadequate energy and macronutrient intake. Interventions included a hemodialysis diet, egg white protein supplementation, nutrition education, and counseling. Monitoring showed improved dietary intake and reduced nausea.

Conclusion : NCP facilitated comprehensive identification of nutritional problems and improved dietary intake and clinical condition during hospitalization.

Keywords : CKD, hemodialysis, anemia, HHD, NCP.

PROSES ASUHAN GIZI TERSTANDAR PADA PASIEN CHRONIC KIDNEY DISEASE STAGE V DENGAN HEMODIALISA DENGAN HYPERTENSIVE HEART DISEASE AND ANEMIA DI BANGSAL ASTER 2 RSUD TIDAR KOTA MAGELANG

Adira Farah Hatta¹, Weni Kurdanti², Idi Setiyobroto³

¹²³Jurusan Gizi Poltekkes Kemenkes Yogyakarta,

Jl. Titibumi No.3 Banyuraden, Gamping, Sleman

email : adirafarahhatta@gmail.com

ABSTRAK

Latar Belakang : *Chronic Kidney Disease* (CKD) stadium V merupakan tahap akhir penyakit ginjal kronis yang memerlukan terapi hemodialisis. Komplikasi seperti anemia dan *Hypertensive Heart Disease* (HHD) dapat memperburuk kondisi klinis dan status gizi pasien.

Tujuan : Mengetahui pelaksanaan Proses Asuhan Gizi Terstandar (PAGT) pada pasien CKD stadium V dengan hemodialisis, HHD, dan anemia di RSUD Tidar.

Metode : Penelitian deskriptif observasional dengan rancangan studi kasus. Subjek penelitian adalah seorang laki-laki berusia 35 tahun dengan diagnosis CKD stadium V, HHD, dan anemia yang menjalani hemodialisis. Pengumpulan data dilakukan melalui skrining dan pengkajian gizi meliputi antropometri, biokimia, fisik/klinis, dan riwayat makan, dilanjutkan dengan diagnosis, intervensi, monitoring, dan evaluasi gizi.

Hasil : Skrining menunjukkan pasien berisiko malnutrisi. Hasil biokimia menunjukkan hemoglobin 8,1 g/dL, ureum 148,3 mg/dL, kreatinin 8,86 mg/dL, dan natrium 132 mEq/L. Pemeriksaan fisik dan klinis menunjukkan tekanan darah 199/106 mmHg, edema, mual, nyeri seluruh tubuh, dan sakit kepala. *Recall* 24 jam menunjukkan asupan energi dan zat gizi makro belum memenuhi kebutuhan. Intervensi berupa diet hemodialisis ekstra putih telur, edukasi, dan konseling gizi. Monitoring menunjukkan perbaikan asupan makan dan penurunan keluhan mual.

Kesimpulan : Penerapan PAGT membantu mengidentifikasi masalah gizi secara komprehensif serta mendukung perbaikan kondisi klinis dan asupan makan pasien selama perawatan.

Kata Kunci : CKD, hemodialisis, HHD, anemia, PAGT.