

STANDARDIZED NUTRITION CARE PROCESS FOR G1P1A0 PATIENT AT 41+4 WEEKS GESTATION, WITH DPH-2 IUD AND CEPHALOPELVIC DISPROPORTION IN THE CEMPAKA OF DR. SOEHADI PRIJONEGORO SRAGEN REGIONAL HOSPITAL

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ABSTRACT

Background: Cesarean Section (CS) is a major surgical procedure that increases nutrient requirements due to dual physiological stress: postpartum recovery and surgical wound healing. The implementation of the Standardized Nutrition Care Process (NCP) using the ADIME approach (Assessment, Diagnosis, Intervention, Monitoring, Evaluation) is necessary to provide comprehensive and evidence-based nutrition care.

Objective: To determine the implementation of the Standardized Nutrition Care Process (SNCP) in Cesarean Section patients at Dr. Soehadi Prijonegoro Sragen Regional Hospital.

Method: This research was a descriptive observational case study. The subject was Mrs. J (17 years old) with a diagnosis of G1P1A0 at 41+4 weeks gestation, DPH-2 IUD, and Cephalopelvic Disproportion, who was hospitalized in the Cempaka Ward of Dr. Soehadi Prijonegoro Sragen Regional Hospital.

Results: Nutrition screening showed the patient was at risk of malnutrition (score 3). Nutrition assessment revealed: good nutritional status (91.22%), increased leukocyte and neutrophil levels as a postoperative inflammatory response, and very low initial intake (energy 45.83%, protein 34.18%). The intervention provided was a High Energy High Protein diet in regular food form with a frequency of 3 main meals and 2 snacks, along with nutrition education. After 3 days of intervention, there was a significant increase in intake to an adequate category. The patient's physical and clinical conditions showed a good recovery trend.

Conclusion: The implementation of NCP in post-cesarean section patients is effective in improving nutrient intake and supporting the recovery process. The HEHP diet provided, tailored to the patient's condition, achieved the minimum target intake of 80% within 3 days.

Keywords: Standardized Nutrition Care Process, Cesarean Section, HEHP Diet

PROSES ASUHAN GIZI TERSTANDAR PADA PASIEN G1P1A0 UKURAN 41 + 4 MINGGU, DENGAN IUD DPH-2 DAN DISPROPORSI KEPALA PANGGUL DI BANGSAL CEMPAKA RSUD dr SOEHADI PRIJONEGORO SRAGEN

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ABSTRAK

Latar Belakang : *Sectio Caesarea* (SC) merupakan prosedur bedah mayor yang meningkatkan kebutuhan zat gizi akibat stres fisiologis ganda: pemulihan pasca persalinan dan penyembuhan luka operasi. Penerapan Proses Asuhan Gizi Terstandar (PAGT) dengan pendekatan ADIME (Assessment, Diagnosis, Intervention, Monitoring, Evaluation) diperlukan untuk memberikan asuhan gizi yang komprehensif dan berbasis bukti.

Tujuan : Mengetahui penatalaksanaan Proses Asuhan Gizi Terstandar (PAGT) pada pasien G1P1A0 ukuran 41+4 minggu, dengan IUD DPH-2 dan DKP di Bangsal Cempaka RSUD dr. Soehadi Prijonegoro Sragen.

Metode : Penelitian ini merupakan studi kasus observasional deskriptif. Subjek adalah Ny. J (17 tahun) dengan diagnosis G1P1A0 UK 41+4 minggu, IUD DPH-2, dan Disproporsi Kepala Panggul yang menjalani rawat inap di Bangsal Cempaka RSUD dr. Soehadi Prijonegoro Sragen.

Hasil : Skrining gizi menunjukkan pasien berisiko malnutrisi (skor 3). Pengkajian gizi: status gizi baik (%LILA 91,22%), terdapat peningkatan leukosit dan neutrofil sebagai respons inflamasi pasca bedah, serta asupan awal sangat kurang (energi 45,83%, protein 34,18%). Intervensi diberikan berupa diet Tinggi Energi Tinggi Protein (TETP) dengan bentuk makanan biasa dan frekuensi 3x makan utama 2x selingan, serta edukasi gizi. Setelah 3 hari intervensi, terjadi peningkatan asupan yang signifikan menjadi kategori cukup. Kondisi fisik dan klinis pasien menunjukkan tren pemulihan yang baik.

Kesimpulan : Penerapan PAGT pada pasien pasca SC efektif dalam meningkatkan asupan zat gizi dan mendukung proses pemulihan. Diet TETP yang diberikan sesuai dengan kondisi pasien mampu mencapai target asupan minimal 80% dalam waktu 3 hari.

Kata Kunci : Proses Asuhan Gizi Terstandar, Bedah SC, Diet TETP