PROSES ASUHAN GIZI TERSTANDAR (PAGT) PADA PASIEN *CHRONIC KIDNEY DISEASE* (CKD) *STAGE* V PRE-HD DI RSUD dr. SOEHADI PRIJONEGORO SRAGEN

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ABSTRAK

Latar Belakang : Berdasarkan informasi dari Riset Kesehatan Dasar (Riskesdas) tahun 2018, prevalensi penyakit CKD di Indonesia pada orang dewasa mencapai 0,38%, yang meningkat dibandingkan dengan tahun 2013 yang sebesar 0,2%. Malnutrisi menjadi isu utama yang sering muncul pada pasien CKD. Pelayanan gizi berupa asuhan gizi terstandar pada pasien CKD sangat diperlukan untuk mencegah risiko malnutrisi karena munculnya gejala seperti penurunan nafsu makan, mual/muntah, dan lainnya.
Tujuan : Mengkaji penatalaksanaan Proses Asuhan Gizi Terstandar (PAGT) pada Pasien *Chronic Kidney Disease* (CKD) *Stage* V Pre-HD di RSUD dr. Soehadi Prijonegoro Sragen.
Metode : Jenis penelitian yaitu observasional deskriptif dengan menggunakan desain studi kasus (*case study*). Subjek penelitian yaitu satu pasien dengan kriteria inklusi dan eksklusi. Data primer didapatkan dari wawancara dan pengukuran langsung, sedangkan data sekunder didapatkan dari data rekam medis.
Hasil : Skrining gizi pasien berisiko malnutrisi. Status gizi pasien yaitu gizi buruk berdasarkan persentil LILA. Data biokimia diperoleh kadar ureum dan kreatinin pasien kritis/C, kadar hemoglobin, hematokrit, dan eritrosit pasien rendah, kadar MCH dan RDW-CV pasien tinggi. Data fisik/klinis pasien kondisi keseluruhan lemah dan lemas, mual, muntah. Diagnosis gizi meliputi domain *intake*, klinis, dan *behavior*. Pemberian diet yaitu RGRPRK dengan bentuk makanan lunak melalui oral dan frekuensi pemberian 3x makanan utama dan 2x selingan. Hasil monitoring dan evaluasi data biokimia pasien yaitu kadar kreatinin dan ureum mengalami penurunan. Asupan makan pasien mengalami fluktuasi.
Kesimpulan : Proses Asuhan Gizi Terstandar (PAGT) pada pasien *Chronic Kidney Disease* (CKD) *Stage* V Pre-HD meliputi skrining gizi pasien yaitu berisiko malnutrisi, pengkajian gizi, diagnosis gizi, intervensi gizi, monitoring dan evaluasi gizi. Asupan makan pasien mengalami peningkatan dan penurunan karena kondisi pasien.

Kata Kunci : Proses Asuhan Gizi Terstandar (PAGT), *Chronic Kidney Disease*

THE STANDARDIZED NUTRITION CARE PROCESS FOR CHRONIC KIDNEY DISEASE (CKD) STAGE V PRE-HD PATIENT IN RSUD dr. SOEHADI PRIJONEGORO SRAGEN

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ABSTRACT

Background : According to information from the 2018 Basic Health Research (Riskesdas), the prevalence of CKD in Indonesia among adults reached 0.38%, which is an increase compared to 2013, which was 0.2%. Malnutrition is a major issue that often arises in CKD patients. Nutritional services in the form of standardized nutrition care for CKD patients are very necessary to prevent the risk of malnutrition due to symptoms like decreased appetite, nausea/vomiting, and others.
Objective : Examining the management of the Standardized Nutrition Care Process (PAGT) in Stage V Chronic Kidney Disease (CKD) patients before dialysis at RSUD dr. Soehadi Prijonegoro Sragen.
Method : The type of research is descriptive observational using a case study design. The research subject is one patient with inclusion and exclusion criteria. Primary data is obtained from interviews and direct measurements, while secondary data is obtained from medical record data.
Results : Nutritional screening for patients at risk of malnutrition. The patient's nutritional status is malnourished based on the MUAC percentile. Biochemical data shows that urea and creatinine levels in critical patients are high, hemoglobin, hematocrit, and red blood cell counts are low, and MCH and RDW-CV are high. Physical/clinical data indicates the patient is generally weak and lethargic, with nausea and vomiting. Nutrition diagnosis covers intake, clinical, and behavior domains. The diet provided is RGRPRK with soft food served orally, with a frequency of 3 main meals and 2 snacks. Monitoring and evaluation show that the patient's creatinine and urea levels have decreased. The patient's food intake has been fluctuating.
Conclusion : The Standardized Nutrition Care Process (PAGT) for patients with Chronic Kidney Disease (CKD) Stage V Pre-HD includes patient nutrition screening for malnutrition risk, nutrition assessment, nutrition diagnosis, nutrition intervention, and nutrition monitoring and evaluation. The patient's food intake goes up and down depending on their condition.

Keywords : Standardized Nutrition Care Process (PAGT), Chronic Kidney Disease