

PROSES ASUHAN GIZI TERSTANDAR (PAGT) PADA PASIEN GAGAL GINJAL KRONIK (GGK) STADIUM V DI RSUD WONOSARI

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ABSTRAK

Latar Belakang: Gagal Ginjal Kronik (GGK) merupakan kondisi penurunan fungsi ginjal secara progresif dan irreversibel yang menyebabkan gangguan keseimbangan cairan, elektrolit, dan metabolisme tubuh. GGK menjadi salah satu masalah kesehatan dengan kejadian yang terus meningkat. Pasien GGK berisiko mengalami malnutrisi akibat gangguan metabolisme, anoreksia uremik, penurunan nafsu makan, serta pembatasan asupan zat gizi. Sebanyak 76,1% pasien GGK mengalami malnutrisi, terutama pada usia ≥ 60 tahun dan pasien dengan lama penyakit ≥ 2 tahun. Oleh karena itu, diperlukan Proses Asuhan Gizi Terstandar (PAGT) untuk menangani permasalahan gizi pada pasien GGK.

Tujuan: Mengkaji pelaksanaan Proses Asuhan Gizi Terstandar (PAGT) pada pasien Gagal Ginjal Kronik di RSUD Wonosari.

Metode: Jenis penelitian ini adalah penelitian deskriptif dengan metode studi kasus. Subjek penelitian merupakan satu pasien GGK yang menjalani perawatan di RSUD Wonosari pada Januari–Februari 2026. Data diperoleh melalui wawancara, observasi, pengukuran antropometri, pemeriksaan rekam medis, recall 24 jam, dan food weighing. Analisis data dilakukan secara deskriptif.

Hasil: Hasil skrining menggunakan Malnutrition Screening Tool (MST) menunjukkan pasien berisiko malnutrisi dengan skor 3. Diagnosis gizi yang ditetapkan meliputi asupan oral tidak adekuat, pembatasan kebutuhan zat gizi tertentu, perubahan nilai laboratorium terkait gizi, dan permasalahan perilaku diet. Intervensi berupa diet GGK, edukasi, dan konseling gizi menunjukkan perbaikan kondisi klinis serta peningkatan pemahaman pasien terkait diet.

Kesimpulan : Pelaksanaan PAGT dapat membantu mengidentifikasi masalah gizi dan memberikan intervensi sesuai kondisi pasien GGK.

Kata Kunci : Gagal Ginjal Kronik, Proses Asuhan Gizi Terstandar, malnutrisi.

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ABSTRACT

Background: Chronic Kidney Disease (CKD) is a condition characterized by a progressive and irreversible decline in kidney function, resulting in impaired fluid balance, electrolyte regulation, and body metabolism. CKD has become a major health problem with an increasing incidence. Patients with CKD are at risk of malnutrition due to metabolic disorders, uremic anorexia, decreased appetite, and dietary restrictions. Approximately 76.1% of CKD patients experience malnutrition, particularly among individuals aged ≥ 60 years and patients with a disease duration of ≥ 2 years. Therefore, the Standardized Nutrition Care Process (NCP) is needed to identify and manage nutritional problems in CKD patients.

Objective: Mengkaji pelaksanaan Proses Asuhan Gizi Terstandar (PAGT) pada pasien Gagal Ginjal Kronik di RSUD Wonosari.

Methods: This study was a descriptive study using a case study method. The subject was one CKD patient hospitalized at RSUD Wonosari from January to February 2026. Data were collected through interviews, observations, anthropometric measurements, medical record reviews, 24-hour dietary recall, and food weighing. Data were analyzed descriptively.

Result: Nutritional screening using the Malnutrition Screening Tool (MST) showed that the patient was at risk of malnutrition with a score of 3. Nutritional diagnoses included inadequate oral intake, restriction of specific nutrients, altered nutrition-related laboratory values, and dietary behavior problems. Interventions provided included CKD dietary management, nutrition education, and counseling, which resulted in improved clinical conditions and increased patient understanding of CKD dietary management.

Conclusion : The implementation of the NCP can help identify nutritional problems and provide appropriate interventions according to the condition of CKD patients.

Keywords : Chronic Kidney Disease, Standardized Nutrition Care Process, malnutrition.