

**STANDARDIZED NUTRITION CARE PROCESS GERIATRIC
PATIENTS WITH ACUTE GASTROENTERITIS AT DR.
TJITROWARDOJO PURWOREJO HOSPITAL**

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ABSTRACT

Background : Acute gastroenteritis is an inflammation of the gastrointestinal tract characterized by the passage of loose or semi-liquid stools more frequently than normal for less than 14 days. The World Health Organization (WHO) estimates that approximately 1.7 billion cases of acute gastroenteritis occur worldwide each year. In geriatric patients, this condition may worsen nutritional status due to decreased physiological function and increased susceptibility to dehydration and electrolyte imbalance. Therefore, the implementation of the Nutrition Care Process is essential to support nutritional recovery and improve clinical outcomes.

Objective : To determine the Standardized Nutritional Care Process for elderly patients diagnosed with acute gastroenteritis at Dr. Tjitrowardojo General Hospital in Purworejo.

Methods : This study employed a descriptive method with a case study design. Data were collected through nutritional screening, nutritional assessment, nutritional diagnosis, nutritional intervention, and monitoring and evaluation

Result : Nutritional screening using MNA indicated that the patient was at risk of malnutrition. Anthropometric assessment based on the mid-upper arm circumference percentage of 73.6% indicated undernutrition. Biochemical data revealed dehydration, hyponatremia, and hypokalemia accompanied by gastrointestinal infection. Physical/clinical findings included watery diarrhea, nausea, vomiting, intermittent fever, dry oral mucosa and mouth, decreased blood pressure, and reduced skin turgor, while the dietary history showed deficits in macronutrient and fluid intake. The intervention provided was a low-residue soft diet with a frequency of three main meals, accompanied by nutritional counseling and education. Monitoring and evaluation showed improved food intake, normalization of serum sodium and potassium levels, as well as improvements in physical/clinical conditions.

Conclusion : The implementation of the Standardized Nutrition Care Process in geriatric patients with Acute Gastroenteritis yielded favorable outcomes, as indicated by improvements in food intake, biochemical parameters, and the patient's clinical physical condition.

Keywords : standardized nutrition care process, acute gastroenteritis, geriatrics, diarrhea, dehydration, low-residue diet

**PROSES ASUHAN GIZI TERSTANDAR (PAGT) PADA PASIEN
GERIATRI DENGAN GASTROENTERITIS AKUT (GEA) DI RSUD dr.
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ABSTRAK

Latar belakang : Gastroenteritis akut (GEA) merupakan peradangan saluran cerna yang ditandai buang air besar cair atau setengah padat melebihi frekuensi normal dalam kurun waktu kurang dari 14 hari. WHO melaporkan sekitar 1,7 miliar kasus GEA terjadi setiap tahun di dunia. Pada pasien geriatri, kondisi tersebut berisiko memperburuk status gizi sehingga diperlukan Proses Asuhan Gizi Terstandar sebagai penatalaksanaan untuk mendukung proses pemulihan.

Tujuan : Mengetahui Proses Asuhan Gizi Terstandar pada pasien lanjut usia dengan diagnosis Gastroenteritis Akut di RSUD dr. Tjitrowardojo Purworejo.

Metode : Penelitian ini menggunakan metode deskriptif dengan desain studi kasus. Data diperoleh melalui skrining gizi, pengkajian gizi, penetapan diagnosis gizi, intervensi gizi, serta monitoring dan evaluasi.

Hasil : Skrining menggunakan MNA menunjukkan pasien berisiko malnutrisi. Pengkajian antropometri berdasarkan persentase LILA sebesar 73,6% menunjukkan status gizi kurang. Data biokimia menunjukkan dehidrasi, hiponatremia, dan hipokalemia disertai infeksi saluran cerna. Data fisik/klinis menunjukkan diare cair, mual, muntah, demam hilang timbul, mukosa dan mulut kering, penurunan tekanan darah dan penurunan turgor kulit sedangkan riwayat makan diperoleh asupan zat gizi makro dan cairan defisit. Intervensi diberikan berupa diet rendah sisa bentuk lunak dan frekuensi makan 3x makan utama disertai konseling dan edukasi gizi. Monitoring evaluasi menunjukkan peningkatan asupan makan, kadar natrium dan kalium menjadi normal, serta perbaikan kondisi fisik/klinis.

Kesimpulan : Pelaksanaan PAGT pada pasien geriatri dengan Gastroenteritis Akut (GEA) memberikan hasil yang baik ditandai dengan perbaikan asupan makan, parameter biokimia dan kondisi fisik klinis pasien.

Kata kunci : proses asuhan gizi terstandar, gastroenteritis akut, geriatri, diare, dehidrasi, diet rendah sisa