STANDARDIZED NUTRITION CARE PROCESS FOR DIABETES MELITUS PATIENTS WITH ACUTE KIDNEY INJURY (AKI), HYPOKALEMIA, WITH A HISTORY OF STROKE AND RIGHT HEMIPARESIS INFARCTION AT WONOSARI HOSPITAL GUNUNGKIDUL

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ABSTRACK

Background: Diabetes mellitus (DM) is a non-communicable disease with an increasing prevalence worldwide. Indonesia ranked fifth globally with approximately 19,5 million people living with DM in 2021. Common complications of DM include Acute Kidney Injury (AKI), hypokalemia, and stroke, which may increase the risk of malnutrition. The Nutrition Care Process (NCP) is recommended to provide effective and standardized nutrition care for patients with DM and its complications.
Objective: To implement and evaluate the Nutrition Care Process (NCP) in a patient with Diabetes Mellitus complicated by Acute Kidney Injury (AKI), hypokalemia, and a history of right hemiparetic ischemic stroke at Wonosari Hospital, Gunungkidul.
Methods: This study used a descriptive observational case study approach. Data were analyzed and presented narratively and in tables.
Results: Nutritional screening indicated a risk of malnutrition. Nutritional assessment showed undernutrition based on MUAC percentile, impaired kidney function, hypokalemia, hypoglycemia, and inadequate dietary intake. The intervention included a 1.200 kcal diabetic diet with soft-textured meals, oral feeding, nutrition counseling, education, and nutrition collaboration. Monitoring and evaluation showed that dietary intake and blood glucose levels remained fluctuating; however, improvements were observed in nausea, dizziness, limb weakness, and blood pressure.
Conclusion: The implementation of the Nutrition Care Process (NCP) improved the patient's physical and clinical condition during the three-day intervention period, although dietary intake and blood glucose levels remained fluctuating.
Keywords: Nutrition Care Process (NCP), Diabetes Mellitus, Acute Kidney Injury (AKI), Hypokalemia, Right Hemiparetic Ischemic Stroke.
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PROSES ASUHAN GIZI TERSTANDAR PADA PASIEN DIABETES MELITUS DENGAN *ACUTE KIDNEY INJURY* (AKI), HIPOKALEMIA, DAN RIWAYAT STROKE INFARK HEMIPARASE DEXTRA DI RSUD WONOSARI GUNUNGKIDUL

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ABSTRAK

Latar Belakang: Diabetes melitus (DM) merupakan penyakit tidak menular dengan prevalensi yang terus meningkat. Indonesia menempati peringkat kelima dunia dengan sekitar 19,5 juta penyandang DM pada tahun 2021. Komplikasi DM yang umum terjadi antara lain *Acute Kidney Injury* (AKI), hipokalemia, serta stroke yang dapat meningkatkan risiko malnutrisi. Penerapan Proses Asuhan Gizi Terstandar (PAGT) merupakan pendekatan yang direkomendasikan oleh *American Diabetes Association* (ADA) untuk memberikan pelayanan gizi yang berkualitas dan efektif bagi pasien DM dengan komplikasi.
Tujuan: Mengkaji dan melaksanakan Proses Asuhan Gizi Terstandar (PAGT) pada pasien Diabetes Melitus dengan *Acute Kidney Injury* (AKI), Hipokalemia, dan Riwayat Stroke Infark Hemiparase Dextra di RSUD Wonosari Gunungkidul.
Metode: Penelitian ini merupakan studi kasus dengan pendekatan deskriptif observasional. Analisis data disajikan secara narasi dan tabulasi.
Hasil: Berdasarkan hasil skrining gizi pasien berisiko malnutrisi. Asesmen gizi menunjukkan status gizi kurang berdasarkan persentil LiLA, gangguan fungsi ginjal, hipokalemia, hipoglikemia, dan asupan makan tidak adekuat. Intervensi yang diberikan berupa diet DM RGRPRK 1.200 kkal, tekstur lunak, frekuensi makan 3 x 2 sehari, rute oral. Konseling gizi dengan media leaflet, edukasi, serta kolaborasi gizi. Monitoring dan Evaluasi menunjukkan aupan makan dan kadar GDS masih fluktuatif, namun terdapat perbaikan kondisi fisik/klinis berupa berkurangnya mual, kelemahan anggota gerak, dan pusing, serta tekanan darah yang membaik.
Kesimpulan: Penerapan PAGT pada pasien DM dengan AKI, hipokalemia, dan riwayat stroke infark hemiparase dextra di RSUD Wonosari Gunungkidul menunjukkan perbaikan kondisi fisik/klinis selama masa intervensi tiga hari, meskipun asupan makan dan kadar gula darah masih fluktuatif.
Kata Kunci: Proses Asuhan Gizi Terstandar (PAGT), Diabetes Melitus, *Acute Kidney Injury* (AKI), Hipokalemia, Stroke Infark Hemiparase Dextra
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