

STANDARDIZED NUTRITION CARE PROCESS FOR DIABETES MELLITUS WITH CRURIS SINISTRA CELLULITIS PATIENTS IN THE PANTI RAPIH YOGYAKARTA HOSPITAL

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ABSTRACT

Background : Diabetes Mellitus is a non-communicable disease with an increasing prevalence and a high risk of causing various complications, including cruris sinistra cellulitis. The implementation of the Nutrition Care Process is essential to optimize nutritional status, control blood glucose levels, and support the effectiveness of treatment.

Objective : To determine the outcomes of the Standardized Nutrition Care Process implementation in patients with Diabetes Mellitus and cruris sinistra cellulitis at Panti Rapih Hospital, Yogyakarta.

Method : Descriptive analysis with data presented in narrative, table, and figure formats.

Results : Based on the nutrition screening using the Short-Form Mini Nutritional Assessment (SF-MNA), the patient is malnourished. The patient's nutritional status, measured using the Mid-Upper Arm Circumference percentile, falls into the overweight category. Biochemical examination results show low hemoglobin and albumin levels, while creatinine, FBG (Fasting Blood Glucose), and leukocyte counts are high. Vital signs examination indicates normal categories, and the physical examination reveals that the patient is in a compos mentis state, experiencing nausea, and has red, swollen, and severely painful legs. The 24-hour dietary recall shows a deficient intake category. The intervention provided is a 1.700 kcal Diabetes Mellitus (DM) diet with a soft food texture and a frequency of 3 main meals and 3 snacks. Monitoring and evaluation results show that the patient's FBG and leukocyte levels decreased, nausea complaints subsided, and appetite gradually improved by the last day of the patient's hospitalization.

Conclusion : Based on the research results, it is known that the patient is malnourished. The monitoring and evaluation of dietary intake show that the patient's appetite, symptoms, and biochemical markers gradually started to improve until the final day.

Keywords : Standardized Nutrition Care Process, Diabetes Mellitus, Cruris Sinistra Cellulitis.

PROSES ASUHAN GIZI TERSTANDAR PADA PASIEN DIABETES MELITUS DENGAN SELULITIS *CRURIS SINISTRA* DI RUMAH SAKIT PANTI RAPIH YOGYAKARTA

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ABSTRAK

Latar Belakang : Diabetes Melitus merupakan Penyakit Tidak Menular dengan prevalensi yang terus meningkat dan berisiko menimbulkan berbagai komplikasi, termasuk selulitis *cruris sinistra*. Penerapan Proses Asuhan Gizi Terstandar diperlukan untuk mengoptimalkan status gizi, mengendalikan kadar glukosa darah, dan mendukung keberhasilan terapi.

Tujuan : Mengetahui hasil Penatalaksanaan Proses Asuhan Gizi Terstandar pada Pasien Diabetes Melitus dengan Selulitis *Cruris Sinistra* di Rumah Sakit Panti Rapih Yogyakarta.

Metode : Deskriptif dengan penyajian data dalam bentuk narasi, tabel, dan gambar.

Hasil : Berdasarkan skrining gizi yang digunakan menggunakan skrining SF-MNA pasien mengalami malnutrisi. Status gizi pasien diukur menggunakan persentil LiLA termasuk dalam kategori *overweight*. Hasil pemeriksaan biokimia menunjukkan kadar hemoglobin dan albumin rendah, sedangkan kreatinin, GDP, dan leukosit tinggi. Pemeriksaan vital sign menunjukkan kategori normal, dan pemeriksaan fisik pasien menunjukkan pasien dalam kondisi *compos mentis*, mual, kaki bengkak kemerahan dan nyeri hebat. Asupan recall 24 jam pasien menunjukkan kategori kurang. Intervensi yang diberikan adalah diet DM 1.700 kkal dengan bentuk makanan lunak dan frekuensi 3 kali makanan utama, 3 kali selingan. Hasil monitoring dan evaluasi diperoleh hasil kadar GDP dan leukosit pasien mengalami penurunan, keluhan mual berkurang dan nafsu makan sedikit demi sedikit sudah membaik di hari terakhir pasien dirawat di rumah sakit.

Kesimpulan : Hasil penelitian yang telah dilakukan dapat diketahui bahwa pasien mengalami malnutrisi. Hasil monitoring dan evaluasi asupan makan menunjukkan bahwa nafsu makan, keluhan, dan biokimia pasien perlahan mulai membaik sampai di hari terakhir.

Kata Kunci : Proses Asuhan Gizi Terstandar, Diabetes Melitus, Selulitis *Cruris Sinistra*.