PROSES ASUHAN GIZI TERSTANDAR PADA PASIEN POST RELAPAROTOMI AKIBAT KOMPLIKASI PEMBEDAHAN DAN TUMOR ABDOMEN DI RUANG ICU RSUD PROF. DR MARGONO SOEKARJO PURWOKERTO

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ABSTRAK

Latar Belakang: Relaparotomi merupakan tindakan operasi ulang pada abdomen yang dilakukan akibat komplikasi post operasi seperti infeksi intraabdomen, perdarahan, atau kebocoran anastomosis. Pasien post relaparotomi mempunyai resiko mengalami gangguan fungsi gastrointestinal seperti penurunan motilitas usus dan gangguan absorpsi zat gizi, sehingga meningkatkan risiko malnutrisi. Dukungan nutrisi menjadi bagian penting dalam penatalaksanaan pasien untuk mempertahankan fungsi organ dan mempercepat proses penyembuhan.

Tujuan: Mendeskripsikan pelaksanaan Proses Asuhan Gizi Terstandar pada pasien post relaparotomi dengan komplikasi pembedahan dan tumor abdomen di RSUD Prof. Dr. Margono Soekarjo Purwokerto.

Metode: Studi kasus ini di ruang ICU RSUD Prof. Dr. Margono Soekarjo Purwokerto. Subjek studi kasus adalah seorang pasien post relaparotomi dengan akibat komplikasi pembedahan dan tumor abdomen. Fokus studi kasus adalah mengakaji skrining gizi, asesmen gizi, diagnosis gizi, intervensi gizi, dan monitoring evaluasi. Analisis data secara deskriptif dan penyajian data dengan grafik dan tabel.

Hasil: Skrining gizi menggunakan NRS-2002 menunjukan pasien beresiko malnutrisi, status gizi pasien overweight. Intervensi gizi yang diberikan adalah diet TKTP yang diberikan bertahap dimulai dengan nutrisi enteral oligomerik melalui rute NGT. Asupan nutrisi selama intervensi menunjukan peningkatan asupan tetapi masih fluktuatif, dengan toleransi fungsi gastrointestinal yang masih belum konsisten. Konseling gizi dilakukan dengan metode ceramah dan tanya jawab.

Kesimpulan: Proses Asuhan Gizi Terstandar (PAGT) merupakan metode yang sistematis dalam menangani masalah gizi yang meliputi pengkajian gizi, diagnosis gizi, intervensi gizi, dan monitoring evaluasi gizi.

Katakunci: Relaparotomi, Tumor Abdomen, Asuhan Gizi

NUTRITION CARE PROCESS IN POST RELAPAROTOMY PATIENT DUE TO SURGICAL COMPLICATIONS AND ABDOMINAL TUMOR IN THE ICU RSUD PROF. DR. MARGONO SOEKARJO PURWOKERTO

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ABSTRACT

Background: *Relaparotomy is a repeat abdominal surgery performed due to post-operative complications such as intra-abdominal infection, bleeding, or anastomotic leakage. Patients after relaparotomy have a risk of digestive function disturbances, such as decreased bowel movement and nutrient absorption issues, which increases the risk of malnutrition. Nutritional support is very important in patient care to maintain organ function and speed up recovery.*

Objective: *To describe the implementation of the Standardized Nutrition Care Process in patients post-relaparotomy due to surgical complications and abdominal tumors at RSUD Prof. Dr. Margono Soekarjo Purwokerto.*

Method: *This case study was conducted in the ICU at RSUD Prof. Dr. Margono Soekarjo Purwokerto. The case study subject is a patient post-relaparotomy due to surgical complications and an abdominal tumor. The focus of the case study is to review nutrition screening, nutrition assessment, nutrition diagnosis, nutrition intervention, and monitoring evaluation. Data analysis is done descriptively and presented using charts and tables.*

Results: *Nutrition screening using NRS-2002 showed the patient is at risk of malnutrition, with an overweight nutritional status. The nutrition intervention provided was a high protein, high calorie diet, given gradually starting with oligomeric enteral nutrition through the NGT route. Nutrient intake during the intervention showed improvement but was still fluctuating, with gastrointestinal function tolerance still inconsistent. Nutrition counseling was carried out using lectures and Q&A.*

Conclusion: *Nutrition Care Process (NCP) is a systematic method for addressing nutrition problems, including nutrition assessment, nutrition diagnosis, nutrition intervention, and nutrition monitoring and evaluation.*

Keywords: *Relaparotomy, Abdominal Tumor, Nutrition Care Process*