

**KEMENTERIAN KESEHATAN REPUBLIK INDONESIA
POLITEKNIK KESEHATAN KEMENKES RIAU
PROGRAM STUDI DIPLOMA III GIZI
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**PROSES ASUHAN GIZI TERSTANDAR PADA PASIEN HIPERTENSI DI
RSUD BENGKALIS (STUDI KASUS)**

xii, Halaman 67, 15 Tabel, 1 Gambar, 11 Lampiran

ABSTRAK

Proses asuhan gizi terstandar dilakukan pada pasien hipertensi bertujuan untuk menurunkan dan mempertahankan tekanan darah. Prevalensi hipertensi di Kabupaten Bengkalis menurut Riskesdas 2018 yaitu 85% yang disebabkan oleh beberapa hal seperti gaya hidup, faktor genetic, dan stress. Berdasarkan data rekam medik RSUD Bengkalis 2018, hipertensi termasuk kedalam 10 penyakit rawat inap terbanyak di RSUD Bengkalis. Tujuan dari penelitian ini yaitu untuk melakukan dan mengetahui proses asuhan gizi terstandar pada penderita hipertensi di RSUD Bengkalis.

Jenis penelitian ini adalah deskriptif dengan metode studi kasus. Waktu studi kasus dilaksanakan pada 9 hingga 12 Maret 2021 di RSUD Bengkalis. Subjek penelitian berjumlah 1 orang pasien hipertensi. Proses asuhan gizi terstandar dilakukan dari pengkajian data, penetapan diagnosis dan intervensi gizi serta melakukan monitoring dan evaluasi terhadap pasien. Cara pengumpulan data melalui wawancara langsung dengan pasien dan rekam medis RSUD Bengkalis.

Hasil assessment didapatkan bahwa pasien mengalami overweight, kadar HDL rendah, tekanan darah tinggi, dan kebiasaan makan yang tidak baik. Dalam studi kasus ini, pasien diberikan intervensi berupa diet Rendah Garam II dan pemberian konseling. Dari hasil monitoring, asupan makan pasien selama 3 hari sudah memenuhi kebutuhan dan tekanan darah menurun. Perlu adanya perhatian khusus bagi pasien dan keluarga untuk terus termotivasi agar pasien dapat mematuhi diet yang dianjurkan.

Daftar Pustaka : 15 (2013 – 2020)

Kata kunci : Proses Asuhan Gizi Terstandar, Hipertensi.

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**THE STANDARDIZED NUTRITIONAL CARE PROCESS OF HYPERTENSION
PATIENT IN BENGKALIS GENERAL HOSPITAL (CASE STUDY)**

xii, 67 Pages, 15 Tables, 1 Picture, 11 Attachment

ABSTRACT

The standardized nutritional care process is carried out in hypertensive patients with the aim of reducing and maintaining blood pressure. The prevalence of hypertension in Bengkalis Regency according to basic health research 2018 is 85% which is caused by several things such as lifestyle, genetic factors, and stress. Based on the 2018 Bengkalis Hospital medical record data, hypertension is included in the 10 most inpatient diseases at Bengkalis Hospital. The purpose of this study was to conduct and determine the process of standardized nutrition care for patients with hypertension in Bengkalis Hospital.

This type of research is descriptive with a case study method. The time of the case study was carried out on March 9 to 12, 2021 at the Bengkalis Hospital. The research subjects were 1 hypertension patient. The process of standardized nutrition care is carried out by analyzing data, establishing a diagnosis and nutritional intervention as well as monitoring and evaluating patients. The method of collecting data is through direct interviews with patients and medical records at Bengkalis Hospital.

The results of the assessment found that the patient was overweight, had low HDL levels, high blood pressure, and poor eating habits. In this case study, the patient was given an intervention in the form of a Low Salt II diet and counseling. From the results of monitoring, the patient's food intake for 3 days has met the needs and blood pressure has decreased. Special attention is needed for patients and families to continue to be motivated so that patients can adhere to the recommended diet.

Information literacy : 15 References (2008-2020)

Keyword : Standardized Nutrition Care Process, Hypertension