

**KEMENTERIAN KESEHATAN REPUBLIK INDONESIA
POLITEKNIK KESEHATAN KEMENKES RIAU
PROGRAM STUDI DIPLOMA III GIZI**

TUGAS AKHIR, 2021

ALFIAH NUR HIDAYATI

**PROSES ASUHAN GIZI TERSTANDAR PADA PASIEN NEFROPATI
DIABETIK (STUDI KASUS)
TUGAS AKHIR**

Ix + 56 Halaman + 13 Tabel

ABSTRAK

Penderita diabetes mempunyai kecenderungan menderita nefropati 17 kali lebih sering dibandingkan dengan orang non-diabetik. Salah satu faktor yang mempengaruhi berkembangnya diabetes melitus ke arah nefropati adalah tekanan darah. Beberapa penelitian menyebutkan apabila glukosa darah pada pasien diabetes melitus tidak terkontrol maka akan berdampak pada penurunan kualitas hidup dan peningkatan resiko komplikasi. Komplikasi yang ditimbulkan antara lain gangguan penglihatan mata, katarak, penyakit jantung, sakit ginjal, impotensi seksual, luka sulit sembuh dan membusuk/gangren, infeksi paru-paru, gangguan pembuluh darah, stroke dan sebagainya.

Tujuan penelitian ini adalah untuk melakukan proses asuhan gizi terstandar pada pasien nefropati diabetik di RSUD Kota Dumai. Penelitian ini merupakan penelitian observasional deskriptif dengan desain studi kasus.

Dari hasil monitoring selama 4 hari, diketahui tidak terjadi perubahan LILA pada pasien, kadar gula darah normal dan asupan makan meningkat, namun masih dalam kategori defisit. Hal ini dikarenakan pasien masih mengalami mual.

Kesimpulan, pasien diberikan asuhan gizi meliputi skrining gizi, pengkajian gizi, diagnosis gizi, intervensi gizi, monitoring dan evaluasi gizi serta konseling gizi.

Kata Kunci : *Asuhan Gizi, Diabetik Nefropati*
Referensi : 30 Referensi (2011-2021)

**MINISTRY OF HEALTH OF THE REPUBLIC OF INDONESIA
RIAU MINISTRY OF HEALTH POLYTECHNIC
DIPLOMA III NUTRITION STUDY PROGRAM**

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**STANDARD NUTRITIONAL CARE PROCESS IN DIABETIC NEPHROPATHY
PATIENTS (CASE STUDY)**

Ix + 56 Pages + 13 Tables

ABSTRACT

Diabetics tend to suffer from nephropathy 17 times more often than non-diabetic people. One of the factors that influence the development of diabetes mellitus towards nephropathy is blood pressure. Several studies have stated that if blood glucose in patients with diabetes mellitus is uncontrolled, it will have an impact on decreasing quality of life and increasing the risk of complications. Complications caused include impaired eye vision, cataracts, heart disease, kidney disease, sexual impotence, wounds that are difficult to heal and rot/gangrene, lung infections, blood vessel disorders, stroke, and so on.

The purpose of this study was to carry out a standardized nutritional care process for diabetic nephropathy patient in Dumai Regional General Hospital. This research is a descriptive observational study with a case study design.

Based on monitoring for 4 days, it was found that there was no change in upper-arm circumference in the patient, normal blood sugar levels, and increased food intake, but still in the deficit category, due to still experiencing nausea.

In conclusion, the patient was given nutritional care including nutrition screening, nutritional assessment, nutrition diagnosis, nutrition intervention, nutrition monitoring, and evaluation and nutritional counseling.

Keywords: Nutrition Care, Diabetic Nephropathy

Reference : 30 References (2011-2021)

