

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

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**“PROSES ASUHAN GIZI TERSTANDAR PADA PASIEN *DENGUE HAEMORRHAGIC FEVER* DI RSUD KOTA DUMAI“**

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**ABSTRAK**

Pasien *Dengue Haemorrhagic Fever* biasanya mengalami gangguan pemenuhan gizi dikarenakan asupan pasien kurang dari kebutuhan. Pada umumnya *Dengue Haemorrhagic Fever* menimbulkan gejala seperti mual, muntah dan nyeri saat menelan sehingga menyebabkan asupan gizi tidak adekuat. Proses asuhan gizi yang akan diberikan pada pasien *Dengue Haemorrhagic Fever* (DHF) bertujuan untuk menjaga volume cairan tubuh pasien agar tetap stabil dan memberikan diet yang sesuai dengan kebutuhan pasien dikarenakan dari beberapa gejala DHF dapat menimbulkan dehidrasi. Dari hasil *assessment* didapatkan hasil yaitu pasien mengalami obesitas berdasarkan IMT/U, selain itu hasil trombosit pasien berada dibawah nilai normal, sedangkan tekanan nadi dan pernafasan pasien berada diatas nilai normal. Pasien memiliki kebiasaan mengkonsumsi ciki-cikian dan jajanan dipinggir jalan. Dari hasil diagnosis yaitu pasien mengalami asupan oral tidak adekuat yang berkaitan dengan mual dan muntah yang ditandai dengan asupan energi pasien sebesar 38%, protein 29%, lemak 60% dan karbohidrat 31%. Dilakukannya intervensi selama 5 hari kepada pasien dengan pemberian menu snack, dan juga pemberian diet tinggi energi dan tinggi protein serta selain itu diberikannya edukasi terkait pola makan dengan menggunakan media leaflet. Dari hasil monitoring dan evaluasi, terdapat kenaikan bb pada pasien sebesar 1,8%, kadar trombosit pada pasien sudah berada dinilai normal dan juga asupan gizi pasien sudah terpenuhi yaitu sudah mencapai 80%.

**Daftar Pustaka :Referensi 40 (2010 – 2021)**

**Kata Kunci : *Demam Berdarah*, Asuhan Gizi, Diet Tinggi Energi Tinggi Protein, *Nutritional Care Procces* (NCP)**

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**“STANDARD NUTRITIONAL CARE IN DENGUE HAEMORRHAGIC FEVER  
PATIENT IN RSUD KOTA DUMAI“**

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**ABSTRACT**

*Dengue Haemorrhagic Fever patients usually experience nutritional impairments because the patient's intake is less than necessary. In general, Dengue Haemorrhagic Fever causes symptoms such as nausea, vomiting and pain when swallowing, causing adequate nutritional intake. The nutritional care process that will be given to Dengue Haemorrhagic Fever (DHF) patients aims to maintain the patient's body fluid volume to remain stable and provide a diet that suits the patient's needs because some of the symptoms of DHF can cause dehydration. From the results of the assessment, the results were obtained, namely the patient was obese based on BMI / A, besides that the patient's platelet results were below normal values, while the patient's pulse and respiratory pressure were above normal values. Patients have a habit of consuming snacks and snacks on the side of the road. From the results of the diagnosis, the patient experienced an inadgenious oral intake related to nausea and vomiting which was characterized by the patient's energy intake of 38%, protein 29%, fat 60% and carbohydrates 31%. The intervention was carried out for 5 days to patients by giving snack menus, and also providing a diet high in energy and high in protein and in addition to providing education related to diet using leaflet media. From the results of monitoring and evaluation, there was an increase in bb in patients by 1.8%, platelet levels in patients were considered normal and also the patient's nutritional intake had been met, which had reached 80%.*

***Bibliography :Reference 40 (2010 – 2021)***

***Keywords : Dengue Haemorrhagic Fever, Nutritional Care, High Energy High Protein Diet, Nutritional Care Procces (NCP)***