

ABSTRAK

NATASHIA YULIA ANGGRAINI. Pengkajian Asupan Karbohidrat, Asupan Serat Dan Kadar Glukosa Darah Pada Pasien Rawat Jalan Diabetes Melitus Tipe 2 di RSUD Kota Dumai (Studi Kasus). Dibimbing oleh Yessi Alza, SST, M.Biomed.

Diabetes Melitus merupakan gangguan kesehatan yang berupa kumpulan gejala yang di sebabkan oleh peningkatan kadar glukosa darah, atau penyakit metabolik yang ditandai dengan hiperglikemia kronis yang diakibatkan karena kerusakan / defisiensi sekresi insulin. Tujuan penelitian ini untuk melihat apakah asupan karbohidrat, asupan serat dapat meningkatkan kadar glukosa darah pada penderita Diabetes Melitus Tipe 2. Metode penelitian ini *deskriptif observasional studi kasus (case study)*. Data asupan karbohidrat dan serat didapat dengan wawancara menggunakan metode *food recall* 1 x 24 jam diolah menggunakan aplikasi *nutrisurvey*, kadar glukosa darah puasa didapat dengan pengambilan darah kapiler menggunakan alat *easy touch*, HbA1c didapat dengan pengambilan darah vena yang dilakukan di laboratorium. Hasil penelitian menunjukkan asupan karbohidrat 123,6 % (berlebih), dan asupan serat defisit sebesar 10,24 gr, kadar glukosa darah puasa HbA1c yaitu 11,6% (tinggi) dan kadar glukosa darah menggunakan alat *easy touch* dengan hasil 195 mg/dl (tinggi). Kesimpulan penelitian ini asupan karbohidrat lebih dan asupan serat responden kurang dari kebutuhan per harinya serta pola makan yang tidak teratur, jarang mengkonsumsi buah dan sayur yang menyebabkan tidak terkontrolnya kadar glukosa darah pasien. Diharapkan penderita Diabetes Melitus dapat menjaga pola makan dan dapat membatasi makanan manis serta bijak dalam pemilihan makanan.

Kata kunci ; asupan karbohidrat, asupan serat, kadar glukosa darah

ABSTRACT

NATASHIA YULIA ANGGRAINI. Assessment of Carbohydrate Intake, Fiber Intake, and Blood Glucose Levels in Type 2 Diabetes Mellitus Outpatients at Dumai City Hospital (Case Study). Guided by Yessi Alza, SST, M.Biomed dan Dewi Erowati, S Gz. MPH

Diabetes Mellitus is a health disorder in the form of a collection of symptoms caused by increased blood glucose levels, or a metabolic disease characterized by chronic hyperglycemia caused by damage/deficiency in insulin secretion. The aim of this research is to see whether carbohydrate intake and fiber intake can increase blood glucose levels in people with type 2 diabetes mellitus. This research method is a descriptive observational case study. Carbohydrate and fiber intake data was obtained by interviews using the 1 x 24 hour food recall method, processed using the nutrisurvey application, fasting blood glucose levels were obtained by taking capillary blood using an easy touch device, HbA1c was obtained by taking venous blood carried out in the laboratory. The results of the study showed excess carbohydrate intake of 298.7 gr, and deficit fiber intake of 10.24 gr, fasting blood glucose level HbA1c was 11.6% (high), and blood glucose levels using the easy touch device with results of 195 mg/dl (high). The conclusion of this study was that the respondents' carbohydrate intake was more and the fiber intake was less than their daily needs, as well as irregular eating patterns, rarely consuming fruit and vegetables, which caused the patient's blood glucose levels to be uncontrolled. It is hoped that diabetes mellitus sufferers can maintain their diet and limit sweet foods and be wise in choosing food.

Keywords ; carbohydrate intake, fiber intake, blood glucose levels