

ABSTRAK

DELLA KARYANDINI. Asuhan Gizi Pada Penyakit Pneumonia di Rumah Sakit Umum Daerah Puri Husada Tembilahan. Dibimbing oleh MUHARNI, SP, M. Gizi

Pneumonia adalah infeksi paru penyebab utama kematian balita, menyumbang 14% dari seluruh kematian balita di dunia (WHO, 2021). Di Indonesia, kasusnya 36,95% (Kemenkes, 2023), dan meningkat seiring usia (Risikesdas, 2018). Di Riau tercatat 12,4%, dengan 49 kasus di Indragiri Hilir (Dinkes, 2022). Penelitian ini bertujuan untuk melihat asuhan gizi pada penyakit pneumonia di RSUD Puri Husada Tembilahan. Jenis penelitian adalah kualitatif dengan desain studi kasus, dilaksanakan pada 28 Februari hingga 02 Maret 2025 di RSUD Puri Husada Tembilahan. Subjek penelitian berjumlah 1 orang pasien pneumonia. Proses asuhan gizi terstandar dilakukan dari pengkajian data, penetapan diagnosis dan intervensi gizi serta melakukan monitoring dan evaluasi terhadap pasien. Pengumpulan data melalui wawancara langsung dengan pasien dan rekam medis RSUD Puri Husada Tembilahan. Hasil assessment pasien status gizi normal berdasarkan indeks ($BMI/U = 0,24$), kadar leukosit $17,3 \times 10^3/\mu L$, tekanan darah 92/80 mmHg, denyut nadi 100x/menit, kebiasaan makan tidak teratur 2 - 3x sehari. Dalam studi kasus ini, pasien diberikan intervensi berupa diet TETP bentuk makanan biasa dan pemberian edukasi selama 3 hari. Hasil monitoring evaluasi menunjukkan peningkatan asupan energi (69%, 79%, 82%), protein (68%, 78%, 91%), lemak (55%, 69%, 95%), karbohidrat (55%, 85%, 99%), tekanan darah dalam kadar normal dan terjadi peningkatan pengetahuan pasien. Disarankan penambahan selingan untuk membantu memenuhi kebutuhan zat gizi selama pemulihan.

Kata Kunci: Pneumonia, Asuhan Gizi Terstandar, Diet TETP

ABSTRACT

DELLA KARYANDINI. Nutritional Care for Pneumonia at Puri Husada Tembilahan Regional General Hospital. Guided by MUHARNI, SP, M. Nutrition

Pneumonia is the leading cause of death among children under five, accounting for 14% of all deaths among children under five in the world (WHO, 2021). In Indonesia, the cases are 36.95% (Ministry of Health, 2023), and increase with age (Riskesdas, 2018). In Riau, it was recorded at 12.4%, with 49 cases in Indragiri Hilir (Health Office, 2022). This study aims to look at nutritional care in pneumonia at Puri Husada Tembilahan Hospital. The type of research is qualitative with a case study design, carried out from February 28 to March 02, 2025 at Puri Husada Tembilahan Hospital. The subjects of the study were 1 pneumonia patient. The standardized nutritional care process is carried out from data analysis, diagnosis and nutritional intervention, and monitoring and evaluation of patients. Data collection was done through direct interviews with patients and medical records of Puri Husada Tembilahan Hospital. The results of the patient's assessment of normal nutritional status based on the index ($BMI/U = 0.24$), leukocyte level $17.3 \times 10^3/\mu L$, blood pressure 92/80 mmHg, pulse rate 100x/minute, irregular eating habits 2 - 3x a day. In this case study, patients were given interventions in the form of a TETP diet in the form of regular food and education for 3 days. The results of the evaluation monitoring showed an increase in energy intake (69%, 79%, 82%), protein (68%, 78%, 91%), fat (55%, 69%, 95%), carbohydrates (55%, 85%, 99%), blood pressure at normal levels, and an increase in patient knowledge. The addition of snacking is recommended to help meet nutrient needs during recovery.

Keywords: Pneumonia, Standardized Nutrition Care, TETP Diet