

ABSTRAK

MEYLINA INDAH YAFI. *Penatalaksanaan Proses Asuhan Gizi Pada Pasien Dyspnea Bronkopneumonia Susp Tuberkulosis Paru Pada Anak Balita Di RSUD Raden Mattaher Jambi*. Dibimbing oleh YESSI ALZA.

Bronkopneumonia dan tuberkulosis paru merupakan infeksi saluran pernapasan bawah yang sering menyerang anak balita dan dapat menyebabkan peningkatan kebutuhan gizi serta penurunan asupan akibat gejala klinis seperti sesak napas, batuk, dan muntah. Asupan makan yang tidak adekuat berdampak pada status gizi dan proses penyembuhan pasien. Penelitian ini bertujuan untuk mendeskripsikan proses asuhan gizi pada anak balita dengan dyspnea bronkopneumonia suspek tuberkulosis paru di RSUD Raden Mattaher Jambi. Penelitian dilakukan secara deskriptif dengan pendekatan studi kasus. Proses asuhan gizi meliputi pengkajian, diagnosis, intervensi, serta monitoring dan evaluasi selama tiga hari. Hasil asesmen menunjukkan pasien dengan status gizi normal (IMT/U) namun asupan makan sangat rendah (energi 37%, protein 59%, lemak 28%, karbohidrat 40%). Diagnosis gizi yang ditegakkan adalah NI 2.1 (asupan oral tidak adekuat) dan NB 1.1 (kurangnya pengetahuan gizi). Intervensi gizi dilakukan melalui pemberian diet gizi seimbang dan edukasi gizi kepada orang tua. Monitoring menunjukkan peningkatan asupan gizi dan berat badan pasien (dari 12,6 kg menjadi 13,15 kg), serta perbaikan kondisi klinis. Evaluasi edukasi menunjukkan ibu pasien memahami materi dan bersedia menerapkannya di rumah. Penerapan proses asuhan gizi yang tepat dan edukasi gizi yang efektif dapat meningkatkan asupan makan, memperbaiki kondisi klinis, dan mempercepat pemulihan anak balita dengan infeksi saluran pernapasan berat.

Kata Kunci: Asuhan Gizi, Bronkopneumonia Sups Tuberkulosis Paru, Anak Balita

ABSTRACT

MEYLINA INDAH YAFI. *Management of the Nutritional Care Process in Patients with Bronchopneumonia Dyspnea Suspected of Pulmonary Tuberculosis in Toddlers at Rsud Raden Mattaher Jambi. Supervised by Yessi Alza, SST, M.Biomed.* Supervised by YESSI ALZA.

Bronchopneumonia and pulmonary tuberculosis are common lower respiratory tract infections in toddlers that increase nutritional needs while decreasing food intake due to symptoms such as shortness of breath, coughing, and vomiting. Inadequate intake may worsen nutritional status and delay recovery. This study aimed to describe the nutritional care process for a toddler with dyspnea bronchopneumonia suspected of pulmonary tuberculosis at RSUD Raden Mattaher Jambi. This research used a descriptive case study approach. The nutritional care process consisted of four stages: assessment, diagnosis, intervention, and monitoring and evaluation over a three-day hospitalization. Assessment revealed a normal nutritional status (based on BMI-for-age), but very low nutrient intake (energy 37%, protein 59%, fat 28%, carbohydrates 40%). The nutritional diagnoses included NI 2.1 (inadequate oral intake) and NB 1.1 (lack of nutrition knowledge). Interventions included a balanced diet plan and nutrition education for the patient's mother. Monitoring showed increased nutrient intake and weight gain (from 12.6 kg to 13.15 kg), along with clinical improvement. The mother demonstrated understanding of the educational material and committed to implementing it at home. Proper nutritional care and effective education significantly improved dietary intake, clinical conditions, and supported the recovery process in toddlers with severe respiratory infections.

Kata Kunci: Nutritional Care, Bronchopneumonia, Pulmonary Tuberculosis, Toddlers