

ABSTRAK

Silvy Naomi Sianturi. Gambaran Proses Asuhan Gizi Terstandar Pasien Ginjal Kronik (PGK) Dengan Hemodialisa Di RSUD Puri Husada Tembilahan. Dibimbing oleh YESSI MARLINA.

Penyakit Ginjal Kronik (PGK) merupakan gangguan ginjal progresif yang tidak dapat disembuhkan. Salah satu terapi utama adalah hemodialisa yang memerlukan penatalaksanaan gizi tepat karena pasien rentan mengalami malnutrisi. Penelitian ini bertujuan menggambarkan proses asuhan gizi terstandar pada pasien PGK dengan hemodialisa di RSUD Puri Husada Tembilahan melalui pendekatan deskriptif studi kasus. Subjek penelitian adalah Ny. H, pasien PGK stage V dengan hemodialisa dan anemia. Data dikumpulkan melalui pengkajian gizi (antropometri, biokimia, fisik, dan riwayat gizi), penetapan diagnosis gizi, intervensi berupa edukasi dan terapi diet tinggi protein 1,2 g/kg BB serta monitoring dan evaluasi. Hasil menunjukkan adanya perbaikan status gizi secara klinis dan peningkatan pemahaman pasien terhadap diet ginjal. Asuhan gizi terstandar berperan penting dalam mendukung perbaikan status gizi pasien PGK yang menjalani hemodialisa.

Kata Kunci: Penyakit Ginjal Kronik, Hemodialisa, Asuhan Gizi, Malnutrisi, Terapi Diet

ABSTRACT

Chronic Kidney Disease (CKD) is a progressive and irreversible condition requiring hemodialysis as one of the main therapies. Patients are at high risk of malnutrition, thus requiring appropriate nutritional care. This study aims to describe the standardized nutrition care process for CKD patients undergoing hemodialysis at RSUD Puri Husada Tembilahan using a descriptive case study approach. The subject was Mrs. H, a stage V CKD patient with hemodialysis and anemia. Data were collected through nutrition assessment (anthropometry, biochemistry, clinical, and dietary history), nutrition diagnosis, intervention including high-protein diet therapy of 1,2 gr/kg body weight and nutrition education, followed by monitoring and evaluation. The result showed clinical improvement and enhanced patient understanding of renal diet. The standardized nutrition care process plays a crucial role in improving the nutritional status of CKD patients on hemodialysis.

Keywords: Chronic Kidney Disease, Hemodialysis, Nutrition Care, Malnutrition, Diet Therapy