

ABSTRAK

ROUDAH ANNISA. Proses Asuhan Gizi Terstandar Pada Pasien Diabetes Mellitus Tipe 2 Di RSUD Kota Dumai (Studi Kasus). Dibimbing oleh YESSI MARLINA.

Salah satu pilar utama dalam pencegahan dan pengelolaan diabetes adalah pengaturan pola makan melalui terapi gizi yang terencana untuk membantu mengontrol kadar glukosa darah serta mencegah komplikasi. Penelitian ini bertujuan untuk menggambarkan penerapan proses asuhan gizi terstandar (PAGT) pada pasien Diabetes Mellitus Tipe 2 di RSUD Kota Dumai. Penelitian ini menggunakan desain deskriptif dengan pendekatan studi kasus. Subjek penelitian adalah pasien perempuan usia 64 tahun dengan riwayat Diabetes Mellitus Tipe 2 dan Hipertensi, serta keluhan bengkak kemerahan di paha kanan, mual, muntah, demam, dan nafsu makan menurun. Data antropometri diperoleh melalui pengukuran antropometri menggunakan alat ukur LILA, Data biokimia dan fisik klinis di peroleh melalui rekam medis, serta pengamatan asupan makan harian selama 4 hari perawatan menggunakan metode food recall dan food weighing. Hasil pengkajian menunjukkan status gizi lansia menurut LILA menunjukkan status gizi lebih (≥ 27), hiperglikemia (glukosa darah acak 251 mg/dL), dan asupan energi hanya 35,61% dari kebutuhan. Intervensi gizi dilakukan selama empat hari dengan pemberian diet DM 1500 kkal berbentuk makanan lunak dan cair sesuai kondisi pasien, serta edukasi gizi melalui leaflet. Pemantauan menunjukkan adanya peningkatan asupan energi hingga $>80\%$ pada hari ke-3 dan ke-4. Pelaksanaan PAGT pada pasien ini berhasil dilakukan dengan baik, ditandai dengan peningkatan asupan makan meskipun belum terlihat perubahan signifikan pada kondisi fisik klinis maupun kadar glukosa darah. Dengan demikian, PAGT dapat diterapkan secara efektif dalam perbaikan asupan, namun pemantauan lanjutan tetap diperlukan untuk menilai keberhasilan intervensi secara klinis dalam jangka panjang.

Kata Kunci : Diabetes Mellitus Tipe 2, Asupan Gizi, Asuhan Gizi Terstandar, Diet DM, Edukasi Gizi

ABSTRACT

ROUDAH ANNISA Standardized Nutrition Care Process For A Patient With Type 2 Diabetes Mellitus At Dumai City General Hospital (Case Study). Supervised by YESSI MARLINA.

One of the main pillars in the prevention and treatment of diabetes is regulating diet through planned nutritional therapy to help control blood glucose levels and prevent complications. This study aims to describe the implementation of the standardized nutritional care process (PAGT) in patients with Type 2 Diabetes Mellitus at Dumai City Hospital. This study uses a descriptive design with a case study approach. The subject of the study was a 64-year-old female patient with a history of Type 2 Diabetes Mellitus and Hypertension, and complaints of reddish swelling on the right thigh, nausea, vomiting, fever, and decreased appetite. Anthropometric data were obtained through anthropometric measurements using the LILA measuring tool, Biochemical and clinical physical data were obtained through medical records, and observations of daily food intake for 4 days of treatment using the food recall and food weighing methods. The results of the assessment showed that the nutritional status of the elderly according to LILA showed a state of overnutrition (≥ 27), hyperglycemia (random blood glucose 251 mg/dL), and energy intake was only 35.61% of the needs. Nutritional intervention was carried out for four days by providing a 1500 kcal DM diet in the form of soft and liquid foods according to the patient's condition, as well as nutritional education through leaflets. The monitoring results showed an increase in energy intake of up to >80% on days 3 and 4. The implementation of PAGT in this patient was successful, indicated by an increase in food intake even though there were no significant changes in clinical physical conditions or blood glucose levels. Thus, PAGT can be applied effectively in increasing intake, but further monitoring is still needed to assess the success of the intervention clinically in the long term.

Keywords: Type 2 Diabetes Mellitus, Nutritional Intake, Standardized Nutrition Care, DM Diet, Nutrition Education