

**KEMENTERIAN KESEHATAN REPUBLIK INDONESIA
POLITEKNIK KESEHATAN KEMENKES RIAU
PROGRAM STUDI DIPLOMA III GIZI**

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**ASUHAN GIZI PADA PASIEN *DENGUE HAEMORRHAGIC FEVER* DI RS
X BANDUNG**

xvi + 49 Halaman + 13 Tabel + 4 Lampiran + 1 Gambar + 20 Singkatan

ABSTRAK

Dengue Haemorrhagic Fever (DHF) adalah penyakit yang disebabkan oleh virus *dengue*. Virus *dengue* ditularkan ke manusia melalui gigitan nyamuk *Aedes betina*, terutama *Aedes aegypti* dan *Aedes albopictus*. Demam berdarah dengue (DBD) disebut juga *Dengue Haemorrhagic fever* (DHF), *Dengue Fever* (DF), demam *Dengue*, dan *Dengue Shock Sindrom* DHF merupakan penyakit demam akut dengan ciri-ciri demam, manifestasi perdarahan, dan bertendensi mengakibatkan renjatan yang dapat menyebabkan kematian. DHF memiliki derajat klinik yang terbagi menjadi 4, yaitu derajat I, derajat II, derajat III dan derajat IV. Ada beberapa faktor yang mempengaruhi derajat klinik DHF, diantaranya yaitu agen (nyamuk), *host* (manusia), dan *envieronment* (lingkungan). Tujuan penelitian ini adalah untuk melaksanakan asuhan gizi pada pasien anak *Dengue haemorrhagic fever* di RS x Bandung.

Jenis penelitian ini merupakan penelitian observasional dengan desain studi kasus (*case study*). Peneliti melakukan asuhan gizi pada 1 orang pasien *Dengue Haemorrhagic Fever*.

Hasil pengkajian gizi awal status gizi pasien adalah kurus, asupan makan pasien selama tiga hari intervensi sudah mencapai 80% dari kebutuhan. Intervensi yang diberikan berupa diet Tinggi Energi Tinggi Protein serta edukasi mengenai makan porsi kecil tapi sering, pentingnya memenuhi kebutuhan asupan bagi pasien dan mengenai perilaku makan yang baik serta makanan yang dianjurkan dan tidak dianjurkan.

Daftar Pustaka : 24 (2001-2018)

Kata Kunci : *dengue haemorrhagic fever*, asuhan gizi, diet tinggi energi tinggi protein, kurus, edukasi perilaku makan

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NUTRITIONAL STUDY PROGRAM**

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**NUTRITIONAL CARE IN DENGUE HAEMORRHAGIC FEVER
PATIENTS IN RS X BANDUNG (CASE STUDY)**

xvi + 49 Page + 13 Table + 4 Attachment + 1 Picture + 20 Abbreviation

ABSTRACT

Dengue Haemorrhagic Fever (DHF) is a disease caused by dengue virus. The dengue virus is transmitted to humans through the bite of female *Aedes* mosquitoes, especially *Aedes aegypti* and *Aedes albopictus*. Dengue hemorrhagic fever (DHF) is also called Dengue Haemorrhagic fever (DHF), Dengue Fever (DF), Dengue fever, and Dengue Shock DHF syndrome is an acute febrile illness with features of fever, manifestations of bleeding, and has the tendency to cause shock that can cause death. DHF has clinical degrees which are divided into 4, namely degree I, degree II, degree III and degree IV. There are several factors that influence the clinical degree of DHF, including agents (mosquitoes), hosts (humans), and environment (environment). The purpose of this study was to carry out nutritional care in pediatric Dengue haemorrhagic fever patients at Al-ihsan District Hospital Bandung.

This type of research is an observational study with a case study design. Researchers performed nutritional care for 1 patient with Dengue Haemorrhagic Fever.

The results of the initial nutritional assessment of the patient's nutritional status were thin, the patient's food intake during the three days of the intervention had reached 80% of the needs. The interventions provided were in the form of a High Energy High Protein diet and education about eating small but frequent meals, the importance of meeting the intake requirements for patients and regarding good eating behavior and recommended and not recommended foods.

Reference : 24 (2001-2018)

Keywords : *dengue haemorrhagic fever*, nutritional care, high energy high protein diet, thin, eating behavior education