

**POLITEKNIK KESEHATAN KEMENKES RIAU  
PROGRAM STUDI DIPLOMA III GIZI**

**FITRA MADANISYAM**

**NUTRITION FOR ASTHEROSCLEROTIC HEART DISEASE PATIENTS,  
CHF IN THE LOTUS ROOM INTERNIST BATAM RSBP (CASE STUDY)**

**xvi + 70 Halaman + 15 Tabel + 1 Grafik + 2 Lampiran**

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**Abstrak**

Aterosklerosis merupakan suatu penyakit akibat proses inflamasi yang melibatkan interaksi mekanisme imun dan beberapa zat metabolisme yang disertai dengan penimbunan lipid pada dinding arteri. Aktivasi sel-sel endotel menjadi proses awal pembentukan plak aterosklerosis. *Congestive Heart Failure* (CHF) adalah suatu keadaan dimana jantung sebagai pompa tidak mampu memenuhi kebutuhan darah untuk metabolisme tubuh, gagalnya aktivitas jantung terhadap pemenuhan kebutuhan tubuh, fungsi pompa jantung secara keseluruhan tidak berjalan normal.

Tujuan penelitian ini melakukan asuhan gizi pada pasien *Atherosclerotic heart disease*, CHF secara individual di RSBP Batam. Jenis penelitian ini merupakan penelitian observasional dengan desain studi kasus (*case study*). Peneliti melakukan asuhan gizi pada 1 orang pasien *Atherosclerotic Heart Disease*, CHF di RSBP Batam.

Hasil asuhan gizi berdasarkan monitoring evaluasi yaitu Asupan mengalami peningkatan dihari akhir, Adanya perubahan kondisi fisik menuju perbaikan selama intervensi dan Pasien paham terhadap edukasi yang diberikan selama intervensi.

**Daftar Pustaka** : 31 (2000-2019)

**Kata kunci** : *Atherosclerotic Heart Disease*, Asuhan Gizi, CHF

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**xvi + 70 Pages + 15 Tables + 1 Chart + 2 Attachment**

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**Abstrack**

Atherosclerosis is a disease caused by an inflammatory process that involves the interaction of immune mechanisms and several metabolic substances accompanied by the accumulation of lipids in artery walls. Activation of endothelial cells becomes the initial process of atherosclerotic plaque formation. Congestive Heart Failure (CHF) is a condition where the heart as a pump is not able to meet the needs of blood for the body's metabolism, the heart's activity fails to fulfill the body's needs, the overall function of the heart pump is not running normally.

The purpose of this study was to conduct nutritional care for patients with Astherosclerotic heart disease, CHF individually at Batam Hospital. This type of research is an observational study with a case study design. Researchers conducted nutritional care for 1 patient with Astherosclerotic Heart Disease, CHF in Batam Hospital.

The results of nutritional care based monitoring and evaluation is a supan experienced an increase in the end, presence of changes in conditions of physical towards improvement during the intervention and patient understanding of the education that is given during the intervention.

**Bibliography** : 31 References (2000-2019)

**Keywords** : Astherosclerotic Heart Disease, CHF, Nutrition Care