INTISARI

Prevalensi anemia pada balita di Indonesia masih sangat tinggi, Data Riset Kesehatan Dasar (Riskesdas) tahun 2018 menunjukkan anemia pada anak 12-59 bulan sebesar 38,5 persen. Tujuan dari penelitian ini untuk mengetahui proses asuhan gizi terstandar pada pasien anak dengan anemia defisiensi besi secara individual di Ruang Mawar Rumah Sakit P.

Penelitian ini merupakan penelitian deskriptif observasional dengan rancangan studi kasus. Waktu pengambilan kasus pada bulan Januari 2020, bertempat di Ruang Mawar Rumah Sakit P. Hasil Proses Asuhan Gizi Terstandar pada pasien anak dengan anemia defisiensi besi menunjukkan bahwa status gizi pasien masih dalam kategori gizi kurang. Skrining menggunakan *Strong Kids* menunjukkan pasien beresiko tinggi malnutrisi.

Hasil *assessment* gizi asupan makanan yaitu <60% dari kebutuhan. Masuk rumah sakit dengan keluhan lemas, demam, nafsu makan menurun, batuk, pilek dan tampak pucat. Kadar Hb pada saat *assessment* yaitu 6,3 g/dl. Pengetahuan orang tua pada saat dilakukan wawancara mendapatkan hasil bahwa orang tua pasien memahami makanan yang dianjurkan dan yang tidak dianjurkan untuk diit anemia defisiensi besi. Diagnosa gizi yang ditetapkan yaitu kekurangan asupan oral, perubahan nilai laboratorium, malnutrisi, dan kurang mematuhi anjuran gizi. Hasil monitoring dan evaluasi keadaan setelah diintervensi selama 2 hari mengalami peningkatan asupan oral yaitu >60%, kadar Hb sudah meningkat namun masih tergolong rendah yaitu 11,4 g/dl. Keluhan lemas, demam, nafsu makan menurun, dan tampak pucat sudah berkurang namun masih terdapat batuk, pilek. Untuk pengetahuan orang tua bersedia menerapkan diet makanan yang dianjurkan dan yang tidak dianjurkan dirumah.

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TUGAS AKHIR

HASANA HUSNA

STANDARDIZED NUTRITION CARE PROCESSES IN IRON DEFICIENCY ANEMIA CASE (Case Study at RS.P)

xiv + 53 pages + 13 tables + 1 picture + 11 attachments

ABSTRACT

The prevalence of anemia in infants in Indonesia is still very high, the Basic Health Research Data (Riskesdas) in 2018 shows anemia in children 12-59 months by 38.5 percent. The purpose of this study was to determine the standardized nutritional care process in pediatric patients with iron deficiency anemia individually in the Rose Room of P. Hospital.

This study was an observational descriptive study with a case study design. Case taking time in January 2020, located in the Rose Room of the Hospital P. Results of the Process of Standardized Nutrition Care in pediatric patients with iron deficiency anemia indicate that the nutritional status of patients is still in the category of malnutrition. Screening using Strong Kids shows patients at high risk of malnutrition.

The results of nutritional assessment of food intake are <60% of needs. Hospitalized with complaints of weakness, fever, decreased appetite, cough, runny nose and look pale. The Hb level at the time of assessment is 6.3 g / dl. Knowledge of parents at the time of the interview to get the results that the patient's parents understand the foods that are recommended and which are not recommended for iron deficiency anemia diet. Nutritional diagnoses determined are lack of oral intake, changes in laboratory values, malnutrition, and poor adherence to nutritional recommendations. The results of monitoring and evaluating the condition after being intervened for 2 days experienced an increase in oral intake of> 60%, the Hb level had increased but was still relatively low at 11.4 g / dl. Complaints of weakness, fever, decreased appetite, and appear pale has decreased but there are still coughs, colds. To the knowledge of parents who are willing to adopt a food diet that is recommended and which is not recommended at home.