

ABSTRAK

NADYA FEBRI HAFIZA. Gambaran Proses Asuhan Gizi Terstandar pada Pasien Stroke Non Hemoragik dengan Hipertensi di RSUD Lubuk Basung. Dibimbing oleh YESSI MARLINA dan IRMA SUSAN PARAMITA.

Stroke non hemoragik merupakan jenis stroke yang paling sering terjadi dan hipertensi merupakan faktor risiko utama yang berperan dalam kejadiannya. Pasien stroke non hemoragik dengan hipertensi berisiko mengalami berbagai masalah gizi sehingga memerlukan penerapan Proses Asuhan Gizi Terstandar (PAGT). Penelitian ini bertujuan untuk mengetahui gambaran penerapan PAGT pada pasien stroke non hemoragik dengan hipertensi di RSUD Lubuk Basung. Penelitian menggunakan desain deskriptif dengan pendekatan studi kasus pada satu pasien rawat inap selama empat hari. Pengumpulan data meliputi skrining gizi, pengkajian antropometri, biokimia, fisik klinis, riwayat gizi, penetapan diagnosis gizi, intervensi, serta monitoring dan evaluasi. Hasil penelitian menunjukkan pasien berisiko malnutrisi berdasarkan skor *Mini Nutritional Assessment* (MNA) 10, dengan status gizi kurang berdasarkan Lingkar Lengan Atas (LILA) 25,5 cm, Diagnosis gizi meliputi asupan oral tidak adekuat, penurunan kebutuhan natrium terkait hipertensi, serta kurangnya pengetahuan gizi. Intervensi berupa diet rendah garam III 1700 kkal, pengaturan porsi makan kecil tetapi sering, dan edukasi gizi serta monitoring selama empat hari memperlihatkan peningkatan asupan makan hingga kategori baik, tekanan darah menurun menjadi 138/78 mmHg, serta perbaikan kondisi klinis pasien. Penelitian ini menunjukkan bahwa penerapan PAGT berperan dalam mendukung perbaikan status klinis dan asupan makan pasien stroke non hemoragik dengan hipertensi selama menjalani perawatan.

Kata kunci: Stroke Non Hemoragik, Hipertensi, Proses Asuhan Gizi Terstandar, Status gizi.

ABSTRACT

NADYA FEBRI HAFIZA. Overview of the Standardized Nutrition Care Process in a Non-Hemorrhagic Stroke Patient with Hypertension at Lubuk Basung Regional Hospital. Supervised by YESSI MARLINA and IRMA SUSAN PARAMITA.

Non-hemorrhagic stroke is the most common type of stroke, and hypertension is a major risk factor contributing to its occurrence. Patients with non-hemorrhagic stroke and hypertension are at risk of various nutritional problems, necessitating the implementation of the Standardized Nutrition Care Process (SNCP). This study aims to describe the implementation of SNCP in patients with non-hemorrhagic stroke and hypertension at Lubuk Basung Regional General Hospital (RSUD). A descriptive design with a case study approach was used, focusing on one inpatient for four days. Data collection included nutritional screening; anthropometric, biochemical, and clinical-physical assessments; nutritional history; nutritional diagnosis; intervention; and monitoring and evaluation. Results indicated that the patient was at risk of malnutrition (Mini Nutritional Assessment/MNA score of 10) and had a nutritional status of "underweight" based on a Mid-Upper Arm Circumference (MUAC) of 25.5 cm. Nutrition diagnoses included inadequate oral intake, sodium deficiency due to hypertension, and nutritional knowledge deficits. Interventions consisted of a 1700 kcal low-salt diet (Level III), small, frequent meals, and nutrition education. Four-day monitoring showed an increase in dietary intake to the "good" category, a decrease in blood pressure to 138/78 mmHg, and an improvement in the patient's clinical condition. This study demonstrates that the implementation of the SNCP plays a role in supporting improvements in the clinical status and dietary intake of patients with non-hemorrhagic stroke and hypertension during their hospitalization.

Keywords: Non-Hemorrhagic Stroke, Hypertension, Standardized Nutrition Care Process, Nutritional Status.