

ABSTRAK

MELANI ZAKIAH PUTRI. Gambaran Proses Asuhan Gizi Terstandar Pasien Penyakit Ginjal Kronik (PGK) dengan Hipertensi Di RSUD Teluk Kuantan. Dibimbing oleh Yessi Marlina dan Falinda Oktariani.

PGK yang disertai hipertensi mempercepat penurunan fungsi ginjal dan meningkatkan risiko komplikasi. Pasien rentan malnutrisi akibat penurunan nafsu makan, asupan tidak adekuat, dan gangguan metabolisme. Di RSUD Teluk Kuantan, PGK tercatat 142 kasus pada tahun 2025. Penelitian ini bertujuan menggambarkan penerapan PAGT pada pasien PGK dengan hipertensi di RSUD Teluk Kuantan. Jenis penelitian deskriptif dengan desain studi kasus. Subjek penelitian berjumlah 1 orang pasien rawat inap perempuan berusia 66 tahun dengan diagnosis PGK stadium III dan hipertensi grade II. Data dikumpulkan melalui skrining gizi (SGA), assessment antropometri, biokimia, fisik/klinis, *food recall* 24 jam, dan riwayat personal. Intervensi berupa diet rendah protein (38 g/hari) dan rendah garam II (600 mg/hari) disertai edukasi gizi, dengan monitoring dan evaluasi selama tiga hari. Hasil menunjukkan pasien kategori SGA B, LILA 24,5 cm (gizi baik), ureum 50,3 mg/dl, kreatinin 3,0 mg/dl, eGFR 42,5 mL/menit/1,73 m² (PGK stadium III), dan asupan defisit seluruh zat gizi (energi 52%, protein 46%). Setelah intervensi, asupan meningkat bertahap, tekanan darah turun dari 166/111 menjadi 103/84 mmHg, sesak napas berkurang, dan nafsu makan membaik. Penerapan PAGT telah berhasil dilaksanakan mulai dari assessment gizi hingga evaluasi pada pasien PGK dengan hipertensi.

Kata kunci : PGK, Hipertensi, PAGT, Status Gizi.

ABSTRACT

MELANI ZAKIAH PUTRI. An Overview of the Standardised Nutritional Care Process for Patients with Chronic Kidney Disease (CKD) and Hypertension at Teluk Kuantan Regional General Hospital. Supervised by Yessi Marlina and Falinda Oktariani.

CKD accompanied by hypertension accelerates kidney function decline and increases complication risks. Patients are prone to malnutrition due to decreased appetite, inadequate food intake, and metabolic disturbances. At Teluk Kuantan Regional General Hospital, 142 CKD cases were recorded in 2025. This study aimed to describe SNCP implementation in patients with CKD and hypertension. A descriptive study with a case study design was used. The research subject consisted of 1 female hospitalized patient aged 66 years diagnosed with CKD stage III and grade II hypertension. Data were collected through nutritional screening (SGA), anthropometric, biochemical, physical/clinical assessment, 24-hour *food recall*, and personal history. Intervention consisted of a low-protein diet (38 g/day) and low-sodium diet (600 mg/day) with nutrition education, and monitoring was conducted over three days. Results showed SGA B classification, MUAC 24.5 cm (normal nutritional status), urea 50.3 mg/dL, creatinine 3.0 mg/dL, eGFR 42.5 mL/min/1.73 m² (CKD stage III), and deficient intakes across all nutrients (energy 52%, protein 46%). Following intervention, food intake improved gradually, blood pressure decreased from 166/111 to 103/84 mmHg, dyspnea resolved, and appetite improved. The implementation of SNCP was successfully carried out, from nutritional assessment through to evaluation, in patients with CKD and hypertension.

Keywords : CKD, Hypertension, Nutritional Status, SNCP