

ABSTRAK

AZIZAH. Proses asuhan gizi pada pasien diabetes melitus tipe II komplikasi *hyperosmolar hyperglycemic state* (HHS) di Aulia Hospital Pekanbaru 2026 (Studi kasus). Dibimbing oleh Yessi Marlina, S.Gz, MPH, Dietisien dan Muharni, SP,M.Gizi.

Hyperosmolar Hyperglycemic State (HHS) dapat menyebabkan penurunan nafsu makan sehingga berisiko menimbulkan masalah gizi pada pasien, sehingga diperlukan penatalaksanaan melalui Proses Asuhan Gizi Terstandar. Penelitian ini bertujuan untuk mengetahui pelaksanaan Proses Asuhan Gizi pada pasien Diabetes Melitus Tipe 2 dengan komplikasi HHS di Aulia Hospital Pekanbaru. Penelitian ini menggunakan metode deskriptif dengan desain studi kasus pada seorang pasien laki-laki berusia 59 tahun. Pengumpulan data dilakukan melalui pengkajian antropometri, biokimia, fisik/klinis, riwayat gizi, dan riwayat personal, kemudian dilanjutkan dengan penetapan diagnosis gizi, intervensi, serta monitoring dan evaluasi selama tiga hari. Hasil pengkajian menunjukkan pasien berisiko malnutrisi dengan skor MST 3 dan hasil pengukuran LiLA sebesar 23 cm yang menunjukkan status gizi kurang, serta mengalami defisit berat asupan energi dan zat gizi makro. Diagnosis gizi yang ditegakkan meliputi asupan oral tidak adekuat, asupan karbohidrat berlebih, kesulitan mengunyah, dan kurang pengetahuan tentang makanan dan gizi. Intervensi yang diberikan berupa Diet DM 2.300 kkal dalam bentuk makanan lunak serta edukasi gizi. Hasil monitoring dan evaluasi selama tiga hari menunjukkan adanya perubahan asupan makan yang fluktuatif, dengan kondisi fisik dan klinis pasien secara umum mengalami perbaikan. Keluhan lemas, mual, muntah, dan nyeri ulu hati berkurang, namun kadar GDS masih belum terkontrol secara optimal. Evaluasi terhadap pemberian makanan juga menunjukkan adanya beberapa menu dengan sumber karbohidrat yang relatif tinggi, sehingga diperlukan pemantauan dan evaluasi kembali terhadap kesesuaian menu Diet DM di rumah sakit.

Kata kunci: Diabetes Melitus Tipe 2, Hyperosmolar Hyperglycemic State, Proses Asuhan Gizi Terstandar, studi kasus.

ABSTRACT

AZIZAH. Nutrition care process for a patient with type 2 diabetes mellitus complicated by hyperosmolar hyperglycemic state (HHS) at Aulia Hospital Pekanbaru (Case study). Supervised by Yessi Marlina, S.Gz., MPH., Dietitian and Muharni, SP, M.Gizi.

Hyperosmolar Hyperglycemic State (HHS) can cause decreased appetite, which may increase the risk of nutritional problems in patients; therefore, management through the Standardized Nutrition Care Process is required. This study aimed to describe the implementation of the Standardized Nutrition Care Process in a patient with Type 2 Diabetes Mellitus complicated by HHS at Aulia Hospital Pekanbaru. This study used a descriptive method with a case study design involving a 59-year-old male patient. Data were collected through anthropometric, biochemical, physical/clinical, dietary history, and personal history assessments, followed by nutritional diagnosis, intervention, monitoring, and evaluation over three days. The assessment results showed that the patient was at risk of malnutrition with an MST score of 3, and a Mid-Upper Arm Circumference (MUAC) measurement of 23 cm indicated undernutrition, accompanied by severe deficits in energy and macronutrient intake. The nutritional diagnoses established included inadequate oral intake, excessive carbohydrate intake, chewing difficulty, and lack of knowledge regarding food and nutrition. The intervention provided consisted of a 2,300 kcal Diabetes Mellitus diet in soft food form and nutrition education. The results of three days of monitoring and evaluation showed fluctuating dietary intake, with overall improvement in the patient's physical and clinical condition. Complaints of weakness, nausea, vomiting, and epigastric pain decreased; however, the patient's random blood glucose (RBG) level remained suboptimal. Evaluation of the meals provided also showed several menus containing relatively high amounts of carbohydrate sources, indicating the need for further monitoring and evaluation of the suitability of the Diabetes Mellitus diet menu in the hospital.

Keywords: Type 2 Diabetes Mellitus, Hyperosmolar Hyperglycemic State, Standardized Nutrition Care Process, case study.