

ABSTRAK

RIFA DWI RIANI. (Gambaran Penerapan Proses Asuhan Gizi Terstandar Pada Pasien Pascaoperasi Diabetes Melitus Tipe 2 RSUD Lubuk Basung (Studi Kasus)). Dibimbing oleh YESSI ALZA, SST, M. Biomed dan FALINDA OKTARIANI, M.Pd.

Diabetes Melitus (DM) tipe 2 merupakan penyakit metabolik kronis yang sering disertai komplikasi seperti obesitas dan abses submandibula yang dapat memengaruhi status gizi serta asupan makan pasien. Penelitian ini bertujuan untuk mengetahui penerapan Proses Asuhan Gizi Terstandar (PAGT) pada pasien pascaoperasi DM tipe 2 di RSUD Lubuk Basung. Penelitian ini menggunakan metode deskriptif observasional dengan desain studi kasus berbasis Nutrition Care Process (NCP). Subjek penelitian adalah pasien rawat inap dengan diagnosis abses submandibula sinistra, DM tipe 2, dan obesitas. Hasil asesmen gizi menunjukkan pasien mengalami obesitas dengan IMT 31,8 kg/m² dan kadar gula darah sewaktu sebesar 381 mg/dL. Hasil recall 1x24 jam menunjukkan asupan energi 42,6%, protein 45,2%, lemak 43,6%, dan karbohidrat 50,3% dari kebutuhan. Diagnosis gizi yang ditegakkan yaitu asupan oral tidak adekuat, perubahan nilai laboratorium terkait gizi, dan ketidaksiapan menjalani perubahan pola makan. Intervensi gizi diberikan melalui diet DM 2100 kkal, edukasi gizi, serta monitoring dan evaluasi selama empat hari. Hasil monitoring menunjukkan adanya peningkatan asupan makan secara bertahap hingga mencapai >80% kebutuhan, perbaikan kondisi klinis, serta peningkatan toleransi makan pasien. Penerapan PAGT mampu mendukung perbaikan status gizi dan pengendalian glukosa darah pada pasien DM tipe 2.

Kata kunci: Diabetes Melitus tipe 2, obesitas, abses submandibula, PAGT, asuhan gizi.

ABSTRACT

RIFA DWI RIANI. (Description of the Implementation of the Standardized Nutrition Care Process in Postoperative Patients with Type 2 Diabetes Mellitus at RSUD Lubuk Basung (Case Study))". Supervised by Yessi Alza, SST, M.Biomed and Falinda Oktariani, M.Pd

Type 2 Diabetes Mellitus (T2DM) is a chronic metabolic disease often accompanied by complications such as obesity and submandibular abscess, which may affect nutritional status and food intake. This study aimed to describe the implementation of the Standardized Nutrition Care Process (SNCP) in postoperative T2DM patients at RSUD Lubuk Basung. This study used a descriptive observational method with a case study design based on the Nutrition Care Process (NCP). The subject was a hospitalized patient diagnosed with submandibular abscess sinistra, Type 2 Diabetes Mellitus, and obesity. Nutritional assessment showed that the patient had obesity with a BMI of 31.8 kg/m² and random blood glucose level of 381 mg/dL. The 24-hour food recall results indicated inadequate intake, consisting of energy 42.6%, protein 45.2%, fat 43.6%, and carbohydrate 50.3% of total requirements. Nutritional diagnoses included inadequate oral intake, altered nutrition-related laboratory values, and lack of readiness for dietary changes. Nutritional intervention was provided through a 2100 kcal diabetic diet, nutrition education, and monitoring for four days. The results showed gradual improvement in food intake until it reached >80% of the requirements, improvement in clinical condition, and enhanced dietary tolerance. The implementation of SNCP was able to support nutritional improvement and glycemic control in patients with Type 2 Diabetes Mellitus.

Keywords: Type 2 Diabetes Mellitus, obesity, submandibular abscess, NCP, nutritional care.