

ABSTRAK

FADHILAH SALWA. Gambaran Proses Asuhan Gizi Terstandar pada Pasien Penyakit Ginjal Kronik dengan Komplikasi Hipertensi di RS X Tembilahan. Dibimbing oleh YESSI ALZA dan FALINDA OKTARIANI.

Penyakit Ginjal Kronis (PGK) merupakan masalah kesehatan global yang memengaruhi sekitar 10% populasi dunia, dengan prevalensi di Indonesia sebesar 0,2% (RISKESDAS 2023). Hipertensi dan PGK memiliki hubungan bidireksional yang secara sinergis memperburuk progresivitas penyakit dan status gizi pasien. Penelitian ini bertujuan menggambarkan penerapan Proses Asuhan Gizi Terstandar (PAGT) pada pasien PGK dengan komplikasi hipertensi di RS X Tembilahan. Desain yang digunakan adalah studi kasus deskriptif pada Tn. D, laki-laki usia 66 tahun, yang menjalani rawat inap pada Februari 2026. Skrining gizi dengan MST menunjukkan risiko malnutrisi (skor 2). Pengkajian mengidentifikasi IMT 20,27 kg/m² (normal), anemia (Hb 10,8 g/dL), kreatinin serum 1,5 mg/dL, tekanan darah 162/92 mmHg, dan asupan energi defisit berat (18,96%) akibat mual uremik. Diagnosis gizi meliputi asupan oral inadeguat (NI-2.1), penurunan kebutuhan protein (NI-5.4), dan ketidaksiapan perubahan perilaku diet (NB-1.3). Intervensi berupa diet rendah protein (0,8 g/kgBB/hari), rendah garam (natrium 600 mg/hari), tekstur lunak, disertai edukasi gizi menggunakan leaflet. Monitoring tiga hari menunjukkan perbaikan klinis bertahap, meskipun asupan makronutrien masih dalam kategori defisit berat. Penerapan PAGT secara sistematis terbukti efektif mengidentifikasi masalah gizi secara komprehensif dan mendukung perbaikan kondisi klinis pasien PGK dengan hipertensi.

Kata kunci : PAGT, penyakit ginjal kronis, hipertensi, diet rendah protein, diet rendah garam, status gizi.

ABSTRACT

FADHILAH SALWA. Overview of the Nutrition Care Process in Patients with Chronic Kidney Disease and Hypertension Complications at X Hospital, Tembilahan. Supervised by YESSI ALZA and FALINDA OKTARIANI.

Chronic Kidney Disease (CKD) is a global health problem affecting approximately 10% of the world's population, with a prevalence of 0.2% in Indonesia (RISKESDAS 2023). Hypertension and CKD have a bidirectional relationship that synergistically worsens disease progression and patients' nutritional status. This study aimed to describe the implementation of the Nutrition Care Process (NCP) in a CKD patient with hypertension complications at X Hospital, Tembilahan. A descriptive case study design was used, involving Mr. D, a 66-year-old male, who was hospitalized in February 2026. Nutritional screening using the Malnutrition Screening Tool (MST) indicated a risk of malnutrition (score of 2). The assessment identified a BMI of 20.27 kg/m² (normal), anemia (Hb 10.8 g/dL), serum creatinine of 1.5 mg/dL, blood pressure of 162/92 mmHg, and a severe energy intake deficit (18.96%) due to uremic nausea. Nutrition diagnoses included inadequate oral intake (NI-2.1), decreased protein requirements (NI-5.4), and not ready for diet-related behavior change (NB-1.3). The intervention consisted of a low-protein diet (0.8 g/kg body weight/day), a low-salt diet (sodium 600 mg/day), and a soft-textured diet, accompanied by nutrition education using a leaflet. Three-day monitoring showed gradual clinical improvement, although macronutrient intake remained in the severe deficit category. The systematic implementation of the NCP proved effective in comprehensively identifying nutritional problems and supporting the improvement of the clinical condition of the CKD patient with hypertension.

Keywords : NCP, chronic kidney disease, hypertension, low-protein diet, low-salt diet, nutritional status.