

ABSTRAK

CHINTYA. *Penatalaksanaan Proses Asuhan Gizi Terstandar Pada Stroke Non Hemoragik, Hipertensi, dan Hipokalemia Di RS X Bukittinggi Tahun 2026 (Studi Kasus)*. Dibimbing oleh ROZIANA, SST, M.Gizi dan IRMA SUSAN PARAMITA, S.Gz, M.Kes

Stroke non hemoragik merupakan gangguan neurologis akibat terhambatnya aliran darah ke otak yang dapat menyebabkan hipertensi, hipokalemia, dan gangguan asupan makan sehingga memengaruhi status gizi pasien. Penelitian ini bertujuan menggambarkan penatalaksanaan Proses Asuhan Gizi Terstandar (PAGT) pada pasien stroke non hemoragik dengan hipertensi dan hipokalemia di Rumah Sakit X Bukittinggi. Penelitian menggunakan metode deskriptif dengan desain studi kasus pada satu pasien rawat inap. Pengumpulan data dilakukan melalui pengkajian gizi, penetapan diagnosis gizi, intervensi, monitoring, dan evaluasi. Hasil pengkajian menunjukkan status gizi normal dengan IMT 19,64 kg/m² dan LILA 24 cm. Pemeriksaan laboratorium menunjukkan hipokalemia (2,8 mmol/L), kolesterol total tinggi (236 mg/dL), dan LDL tinggi (172 mg/dL). Asupan energi dan zat gizi makro kurang dari 80% kebutuhan. Diagnosis gizi meliputi asupan oral tidak adekuat, perubahan nilai laboratorium terkait gizi, dan kurangnya pengetahuan gizi. Intervensi berupa Diet Stroke Rendah Garam Tinggi Kalium dengan Diet Rendah Kolesterol dan Lemak Terbatas serta edukasi gizi. Hasil monitoring menunjukkan perbaikan kadar kalium dari 2,5 mmol/L menjadi 3,0 mmol/L, penurunan tekanan darah dari 210/100 mmHg menjadi 132/91 mmHg, dan peningkatan asupan makan. Penerapan PAGT membantu memperbaiki kondisi klinis, asupan makan, dan parameter biokimia pada pasien stroke non hemoragik dengan hipertensi dan hipokalemia.

Kata Kunci: stroke non hemoragik, hipertensi, hipokalemia, proses asuhan gizi terstandar, studi kasus

ABSTRACT

CHINTYA. Nutritional Care Process Management in a Patient with Non-Hemorrhagic Stroke, Hypertension, and Hypokalemia at X Hospital Bukittinggi in 2026 (A Case Study). Supervised by ROZIANA, SST, M.Gizi and IRMA SUSAN PARAMITA, S.Gz, M.Kes.

Non-hemorrhagic stroke is a neurological disorder caused by impaired blood flow to the brain, which may lead to hypertension, hypokalemia, and inadequate dietary intake, thereby affecting the patient's nutritional status. This study aimed to describe the implementation of the Nutrition Care Process (NCP) in a patient with non-hemorrhagic stroke, hypertension, and hypokalemia at X Hospital Bukittinggi. This study used a descriptive method with a case study design involving one hospitalized patient. Data were collected through nutritional assessment, nutrition diagnosis, intervention, monitoring, and evaluation. The assessment results showed that the patient had a normal nutritional status with a Body Mass Index (BMI) of 19.64 kg/m² and a Mid-Upper Arm Circumference (MUAC) of 24 cm. Laboratory findings indicated hypokalemia (2.8 mmol/L), elevated total cholesterol (236 mg/dL), and high LDL cholesterol (172 mg/dL). Energy and macronutrient intakes were less than 80% of the patient's requirements. The nutrition diagnoses included inadequate oral intake, altered nutrition-related laboratory values, and nutrition knowledge deficit. The intervention consisted of a Low-Sodium, High-Potassium Stroke Diet combined with a Low-Cholesterol and Fat-Restricted Diet, along with nutrition education. Monitoring and evaluation results showed an improvement in potassium levels from 2.5 mmol/L to 3.0 mmol/L, a decrease in blood pressure from 210/100 mmHg to 132/91 mmHg, and improved dietary intake. The implementation of the Nutrition Care Process helped improve the patient's clinical condition, dietary intake, and biochemical parameters.

Keywords: non-hemorrhagic stroke, hypertension, hypokalemia, nutrition care process, case study.