

## ABSTRAK

**FADHIA DWI REZKIA PUTRI.** *Proses Asuhan Gizi Terstandar pada Pasien Chronic Kidney Disease dengan Multikomplikasi di RS X Kota Pekanbaru.* Dibimbing oleh Yessi Alza, SST, M.Biomed dan Dr. Lidya Novita, S.Si., M.Si.

*Chronic Kidney Disease* (CKD) merupakan penyakit progresif yang dapat disertai berbagai komplikasi dan meningkatkan risiko malnutrisi. Penelitian ini bertujuan menganalisis pelaksanaan Proses Asuhan Gizi Terstandar (PAGT) pada pasien CKD dengan multikomplikasi di Ruang Dahlia RS X Kota Pekanbaru. Penelitian menggunakan metode deskriptif dengan desain studi kasus pada satu pasien rawat inap. Pengkajian meliputi antropometri, biokimia, fisik/klinis, riwayat gizi, dan riwayat personal, dilanjutkan dengan diagnosis, intervensi, serta monitoring dan evaluasi. Hasil pengkajian menunjukkan pasien mengalami status gizi kurang dengan IMT 17,8 kg/m<sup>2</sup> dan penurunan berat badan 15 kg (25%) dalam enam bulan, anemia, leukopenia, hipertensi, gangguan fungsi ginjal, serta defisit asupan energi. Skrining MUST menunjukkan risiko malnutrisi tinggi dengan skor 6. Intervensi diberikan berupa diet rendah protein, rendah garam, dan rendah kalium dalam bentuk makanan lunak, disertai edukasi dan konseling gizi. Monitoring selama tiga hari menunjukkan peningkatan asupan energi dari 84% menjadi 103% serta perbaikan nafsu makan. Disimpulkan bahwa penerapan PAGT secara sistematis dapat membantu meningkatkan asupan gizi pasien CKD dengan multikomplikasi, meskipun beberapa kondisi klinis memerlukan penanganan medis lebih lanjut.

**Kata Kunci:** *Chronic Kidney Disease*, multikomplikasi, proses asuhan gizi terstandar, malnutrisi, studi kasus.

## ABSTRAK

**FADHIA DWIREZKIA PUTRI.** Standardized Nutrition Care Process in a Patient with Chronic Kidney Disease and Multiple Complications at X Hospital, Pekanbaru City. Supervised by Yessi Alza, SST ,M.Biomed and Dr. Lidya Novita, S.Si., M.Si.

Chronic Kidney Disease (CKD) is a progressive disease that may be accompanied by various complications and an increased risk of malnutrition. This study aimed to analyze the implementation of the Standardized Nutrition Care Process (SNCP) in a patient with CKD and multiple complications in the Dahlia Ward of X Hospital, Pekanbaru City. This study used a descriptive method with a case study design involving one hospitalized patient. The assessment included anthropometric, biochemical, physical/clinical, dietary history, and personal history data, followed by nutrition diagnosis, intervention, monitoring, and evaluation. The assessment results showed that the patient had undernutrition with a BMI of 17.8 kg/m<sup>2</sup> and a weight loss of 15 kg (25%) over six months, as well as anemia, leukopenia, hypertension, impaired kidney function, and inadequate energy intake. Nutritional screening using the Malnutrition Universal Screening Tool (MUST) indicated a high risk of malnutrition with a score of 6. The intervention consisted of a low-protein, low-salt, and low-potassium diet in soft food form, accompanied by nutrition education and counseling. Monitoring over three days showed an improvement in energy intake from 84% to 103%, along with improved appetite. It was concluded that the systematic implementation of the SNCP could help improve the nutritional intake of patients with CKD and multiple complications, although certain clinical conditions require further medical management.

**Keywords:** Chronic Kidney Disease, multiple complications, standardized nutrition care process, malnutrition, case study.