

POLITEKNIK KESEHATAN TANJUNGPUR
JURUSAN GIZI
Tugas Akhir, Juni 2022

Firza Rahmalia

**Penatalaksanaan Asuhan Gizi Terstandar Pada Pasien Penyakit GERD
(Gastroesophageal Reflux Disease) Di RSUD Muhammadiyah Metro Tahun
2022**

xiv + 77 halaman + 14 tabel, 2 gambar, 14 lampiran

ABSTRAK

GERD berupa gangguan isi lambung yang mengalami refluks berulang ke dalam esofagus, menyebabkan gejala dan komplikasi yang mengganggu. Gejala khas GERD adalah *heartburn* dan *regurgitation*. Prevalensi GERD di Indonesia telah mencapai 27,4%. Berdasarkan studi pendahuluan, pasien GERD di RSUD dr. Soekardjo Tasikmalaya mengalami peningkatan sebanyak 12%. Penelitian ini bertujuan untuk melakukan asuhan gizi pada pasien GERD di RSUD Muhammadiyah Metro Tahun 2022.

Rancangan penelitian yang digunakan dalam penelitian ini adalah rancangan penelitian studi kasus dengan sampel 1 orang dengan tujuan melaksanakan asesment, diagnosis gizi, intervensi gizi dan monitoring evaluasi (ADIME).

Dari hasil penelitian diperoleh hasil pasien beresiko malnutrisi. Selama perawatan pasien diberikan Diet Lambung 3 dengan asupan gizi pasien selama 3 hari diperoleh hasil sebesar dengan rata-rata asupan energi 73%, asupan protein 87%, asupan lemak 109% dan asupan karbohidrat 67% sedangkan hasil anamnesa asupan SMRS adalah asupan energi 53%, asupan protein 44%, asupan lemak 70% dan asupan karbohidrat 52%. Jika dibandingkan dengan asupan SMRS asupan pasien selama di RS meningkat.

Dari hasil penelitian berat badan pasien mengalami peningkatan sebesar 0,7 gram, kondisi fisik dan klinis pasien mengalami peningkatan. Disarankan pasien mengikuti diet yang sedang dijalani dan dukungan motivasi keluarga serta ahli gizi berkolaborasi dengan juru masak agar dapat memberikan diet yang tepat.

Kata Kunci :GERD, Asuhan Gizi, Asupan Gizi.
Daftar Bacaan : 36 (2012-2021)

HEALTH POLITECNIC OF TANJUNGPUR
NUTRITION DEPARTMENT

Final Report, Juni 2022

Firza Rahmalia

**The Standard Nutritional Care System In Patients With GERD Disease at
RSU Muhammadiyah Metro, Province Lampung in 2022.**

xiv + 77 pages + 14 tables, 2 pictures, 14 attachments

ABSTRACT

GERD of gastrointestinal disorders that have repeated reflux into the esophagus, causing symptoms and other complications. The typical symptoms of GERD are heartburn and regurgitation. GERD's prevalence in Indonesia has been at 27.4%. According to a preliminary study, GERD patients at Dr. Soekardjo Tasikmalaya were given a 12-percent increase. The study was intended to conduct nutritional education on GERD patients at the Muhammadiyah Metro General in 2022.

The research design used in this study was a case study designed with a sample of 1 person with the goal of carrying out his assessment, nutrition diagnosis, nutrition monitoring and evaluation (ADIME).

Research came back from patients at risk of malnutrition. During treatment the patient is given a diet of level 3 with a patient's nutrition diet for 3 days obtained results of 73% energy intake, a 87% protein intake, 109% fat intake, 67% carbohydrate intake while a SMRS intake is 53% energy intake, a protein 44% intake, 70% fatty intake and 52% carbohydrate intake. Compared to the patient's intake at the hospital increases.

From the results of the study, the patient's weight increased by 0.7 grams, the patient's physical and clinical condition increased. It is recommended that patients follow the diet that is being followed and support the motivation of families and nutritionists to collaborate with the cook in order to provide the right diet.

Keywords :GERD, *Nutrition, Nutrient intake.*

Reference : 36 (2012-2021)