

**POLITEKNIK KESEHATAN TANJUNGPUR**  
**JURUSAN GIZI**  
**Tugas Akhir, Juni 2022**

Mala Ayuningtiah

Penatalaksanaan Asuhan Gizi Terstandar Pada Pasien Geriatri Dengan Gagal  
Jantung Kongestif Di RSUD Dr. A. Dadi Tjokrodipo Tahun 2022

xii + 50 halaman + 12 tabel, 2 gambar, 14 lampiran

**ABSTRAK**

Gagal jantung kongestif adalah ketidakmampuan jantung untuk memompa darah yang adekuat untuk memenuhi kebutuhan jaringan akan oksigen dan nutrisi. Gagal jantung kongestif menyebabkan kerusakan fisik dan fungsional secara progresif yang menyebabkan sesak nafas, kelelahan, bengkak pada pergelangan kaki dan atau perut, pusing, krisis yang mengancam kehidupan secara tiba-tiba dan rawat inap yang berulang. Data dari Riset Kesehatan Dasar (Riskesdas) Kementerian Kesehatan Indonesia pada tahun 2018, prevalensi penyakit gagal jantung berdasarkan diagnosis dokter di Indonesia sebesar 1,5% sebanyak 29.550 orang. Tujuan penelitian ini adalah untuk dilakukannya Penatalaksanaan Asuhan Gizi Terstandar pada Pasien Geriatri dengan Gagal Jantung Kongestif di RSUD Dr. A. Dadi Tjokrodipo Tahun 2022.

Rancangan penelitian adalah studi kasus. Lokasi penelitian di RSUD Dr. A. Dadi Tjokrodipo. Subyek penelitian 1 orang pasien rawat inap. Fokus penelitian yaitu melakukan panapisan gizi, pengkajian gizi, diagnosa gizi, intervensi gizi dan monitoring serta evaluasi gizi. Analisis data dilakukan secara deskriptif dengan membandingkan data sebelum dan sesudah proses penatalaksanaan asuhan gizi terstandar (PAGT) serta membandingkan dengan *standard reference*.

Hasil skrining gizi pada pasien yaitu 9 atau beresiko malnutrisi. Masalah gizi pasien NC.2.2 Kurangnya pengetahuan terkait makanan dan zat gizi. Pasien diberikan diet jantung II dan rendah garam. Intervensi gizi pasien diberikan secara bertahap dimulai dari 1108,3 kkal (80%) pada hari pertama intervensi, 1427 kkal (90%) pada hari kedua intervensi, dan 1585,2 kkal (100%) pada hari ketiga. Kebutuhan protein 59,4 gram, lemak 44 gram, karbohidrat 237,81 gram.

Sesak nafas pasien berkurang setiap harinya dan nafsu makan pasien mengalami peningkatan. Tekanan darah pasien mencapai standar normal serta odeme pada kedua kaki mulai membaik. Rata-rata asupan pasien selama intervensi yaitu asupan energi 95%, protein 101%, lemak 108%, karbohidrat 92%, serat 21%, natrium 20.6%, dan kalium 124%. Untuk intansi perlu dilakukannya validasi penimbangan berat badan dan pengukuran tinggi badan pada pasien.

Kata kunci : Pasien Geriatri, Gagal Jantung Kongestif, Proses Asuhan Gizi Terstandar

Daftar bacaan : 38 (2011-2019)

**HEALTH POLYTECHNIC OF TANJUNGKARANG**  
**NUTRITION DEPARTMENT**  
**Final Report, 2022**

Mala Ayuningtiah

Standardized Nutrition Care Process in Geriatric Patients with Coronary Heart

Failure at Dr. A. Dadi Tjokrodipo Hospital in 2022

xii + 50 pages + 12 tables, 2 pictures, 14 attachments

**ABSTRACT**

Congestive heart failure is the inability of the heart to pump adequate blood to meet the tissue's needs for oxygen and nutrients. Congestive heart failure causes progressive physical and functional impairment leading to shortness of breath, fatigue, swelling of the ankles and/or abdomen, dizziness, sudden life-threatening crises and repeated hospitalizations. Data from the Basic Health Research (Riskesdas) of the Indonesian Ministry of Health in 2018, the prevalence of heart failure based on doctor diagnoses in Indonesia was 1.5%, with 29,550 people. The purpose of this study was to carry out standardized nutritional care management in geriatric patients with congestive heart failure at Dr. A. Dadi Tjokrodipo in 2022.

The research design is a case study. The research location is at Dr. Hospital. A. Dadi Tjokrodipo. The research subjects were 1 hospitalized patient. The focus of the research is conducting nutrition screening, nutritional assessment, nutritional diagnosis, nutrition intervention and nutritional monitoring and evaluation. Data analysis was carried out descriptively by comparing the data before and after the standardized nutrition care management process (PAGT) and comparing it with a standard reference.

The results of nutrition screening in patients are 9 or at risk of malnutrition. Nutritional problems of patients NC.2.2 Lack of knowledge regarding food and nutrients. The patient was given a cardiac II and low-salt diet. The patient's nutritional intervention was given in stages starting from 1108.3 kcal (80%) on the first day of intervention, 1427 kcal (90%) on the second day of intervention, and 1585.2 kcal (100%) on the third day. Protein needs 59.4 grams, 44 grams fat, 237.81 grams carbohydrates.

The patient shortness of breath decreases every day and the patient appetite has increased. The patient's blood pressure reached normal standards and the edema in both legs began to improve. The average intake of patients during the intervention was 95% energy intake, 101% protein, 108% fat, 92% carbohydrates, 21% fiber, 20.6% sodium, and 124% potassium. For agencies, it is necessary to validate the weighing and measuring of height in patient.

Keywords : Geriatric Patients, Congestive Heart Failure, Standardized Nutrition Care Process

References : 38 (2011-2019)