

POLITEKNIK KESEHATAN TANJUNGPINANG
JURUSAN GIZI
Tugas Akhir, Juni 2022

Dina Merista

Penatalaksanaan Asuhan Gizi Terstandar pada Pasien Gagal Ginjal Kronik dengan Hepatitis di Rumah Sakit Umum Daerah Zainal Abidin Pagaralam Kabupaten Way Kanan

xiv + 70 halaman + 14 tabel, 3 gambar, 19 lampiran

ABSTRAK

Penyakit gagal ginjal kronik merupakan suatu keadaan ketika terjadi penurunan fungsi ginjal yang cukup berat secara perlahan-lahan. Berdasarkan data Riset Kesehatan Dasar (Riskesdas) 2018 Kementerian Kesehatan Indonesia prevalensi penyakit gagal ginjal kronik berdasarkan diagnosis dokter pada penduduk umur ≥ 15 tahun yaitu sebesar 0,38% sedangkan di Provinsi Lampung yaitu sebesar 0,39%. Dibeberapa penelitian juga menyebutkan bahwa asupan natrium yang berlebih mempengaruhi edema sebesar 4,1 kali dan asupan kalium yang berlebih mempengaruhi edema sebesar 3,4 kali. Berdasarkan penjelasan tersebut, penulis tertarik untuk melakukan penelitian mengenai penatalaksanaan asuhan gizi terstandar pasaien gagal ginjal kronik dengan hepatitis di RSUD Zainal Abidin Pagaralam Kabupaten Way Kanan.

Tujuan penelitian ini adalah untuk dilakukannya penatalaksanaan asuhan gizi terstandar pasaien gagal ginjal kronik dengan hepatitis di RSUD Zainal Abidin Pagaralam Kabupaten Way Kanan. Subyek penelitian adalah seorang pasien gagal ginjal kronik dengan hepatitis. Metode yang digunakan dalam penelitian ini adalah studi kasus dengan lama intervensi yaitu 3 hari. Jenis penelitian ini adalah penelitian deskriptif dengan rancangan penelitian studi kasus.

Hasil penelitian didapatkan hasil skrining gizi pasien yaitu 3 atau beresiko malnutrisi. Diagnosa medis yaitu gagal ginjal kronik dan hepatitis. Diagnosis gizi yaitu *underweight* dan perubahan nilai lab terkait gizi. Pasien diberi diet rendah protein 35 gram 1575 kalori. Energi yang diberikan mulai dari 75% dihari pertama intervensi dan 85% dihari kedua dan ketiga intevensi. Asupan pasien meningkat dari hari pertama intervensi sampai hari ketiga intervensi

Kesimpulan, asupan pasien secara garis besar mengalami peningkatan. Pada data biokimianya dilakukan satu kali pengecekan. Kadar hemoglobin, eritrosit, dan hematokrit normal. Kadar SGOT, SGPT, ureum, kreatinin, dan leukosit tinggi. Albumin dan trombosit rendah. Terdapat peningkatan yang baik pada tekanan darah. Untuk keluarga pasien agar dapat memberikan dukungan dan motivasi kepada psien, agar pasien bisa taat dalam menjalani aturan diet yang diberikan.

Kata kunci : Gagal Ginjal Kronik, Hepatitis, Asuhan Gizi
Daftar Bacaan : 51 (2005-2021)

HEALTH POLYTECHNIC OF TANJUNGKARANG
NUTRITION DEPARTMENT
Final Report, June 2022

Dina Merista

Nutrition Care Process in Patient Chronic Kidney Disease with Hepatitis at the Zainal Abidin Pagaralam Public Hospital, Way Kanan Regency

xiv + 70 page + 14 tables, 3 pictures, 19 attachment

ABSTRACT

Chronic kidney failure is a condition when there is a gradual decline in kidney function that is quite severe. Based on the 2018 Basic Health Research (Riskesdas) data from the Indonesian Ministry of Health, the prevalence of chronic kidney failure based on a doctor's diagnosis in the population aged 15 years is 0.38%, while in Lampung Province it is 0.39%. Several studies also state that excessive sodium intake affects edema by 4.1 times and excess potassium intake affects edema by 3.4 times. Based on this explanation, the authors are interested in conducting research on the management of standardized nutritional care for patients with chronic kidney failure with hepatitis at Zainal Abidin Hospital, Pagaralam, Way Kanan Regency.

The purpose of this study was to carry out standardized nutritional care management for patients with chronic kidney failure with hepatitis at Zainal Abidin Hospital, Pagaralam, Way Kanan Regency. The subject of the study was a patient with chronic renal failure with hepatitis. The method used in this study is a case study with a length of intervention of 3 days. This type of research is descriptive research with a case study research design.

The results of the study showed that the results of nutritional screening of patients were 3 or at risk of malnutrition. Medical diagnoses are chronic kidney failure and hepatitis. The nutritional diagnosis is inadequate oral intake and changes in laboratory values related to nutrition. The patient was given a low protein diet of 35 grams 1575 calories. The energy given starts from 75% on the first day of the intervention and 85% on the second and third day of the intervention. The patient intake increased from the first day of intervention to the third day of intervention.

In conclusion, the patient's intake has generally increased. The biochemical data is only checked once. Hemoglobin, erythrocyte and hematocrit levels were normal. High levels of SGOT, SGPT, urea, creatinine, and leukocytes. Low albumin and platelets. There is a good increase in blood pressure. Furthermore, for the patient's family to be able to provide support and motivation to the patient so that the patient can obey the dietary rules given.

Keywords : Chronic Kidney Failure, Hepatitis, Nutrient Intake
Reading list : 51 (2005-2021)