

**POLITEKNIK KESEHATAN TANJUNGPURUNING  
JURUSAN GIZI**

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Dhea Amelia

Penatalaksanaan Asuhan Gizi Terstandar pada Pasien Penderita Gastritis di RSUD Tubaba Kabupaten Tulang Bawang Barat Tahun 2023

xiv + 96 halaman + 14 tabel, 4 gambar, 11 lampiran

**ABSTRAK**

Gastritis adalah peradangan mukosa lambung bersifat akut atau kronis. Karakteristik antara lain anoreksia, rasa penuh pada epigastrium, serta mual muntah. Kejadian gastritis di Provinsi Lampung tahun 2020 mencapai 19,37%. Faktor yang mempengaruhi gastritis yaitu pola makan, jenis makanan, stres, makanan pedas, panas asam terutama alcohol. Penelitian ini bertujuan untuk melakukan asuhan gizi pada pasien Gastritis di RSUD Tubaba Tahun 2023.

Metode yang digunakan studi kasus analisis deskriptif dengan sampel penelitian 1 pasien penderita gastritis dirawat di rumah sakit selama 4 hari. Analisa data meliputi hasil data sebelum dan setelah dilakukan Penatalaksanaan Asuhan Gizi Terstandar (PAGT) pada pasien yang disajikan dalam bentuk tabel dan narasi.

Hasil penelitian diperoleh skor skrining gizi pasien yaitu 2. Pada pengukuran antropometri diperoleh hasil Tinggi Badan 169 cm dan Berat Badan 70 kg. Berdasarkan pemeriksaan laboratorium sebagai berikut: Hb: 12,6 mg/dl, Leukosit: 6.200 sel/UL, Trombosit: 327.000 sel/UL, Eritrosit 4,2 jt sel/UL, Hematokrit: 37 %, MCV: 82 fl, MCH: 27 pg, MCHC: 33 g/dl. Kondisi fisik dan klinis pasien masuk rumah sakit mengeluh lemas, sakit perut, nyeri ulu hati yang sering muncul kadang tidak. Hasil recall asupan pasien sebelum masuk rumah sakit didapatkan energi 42%, protein 23%, lemak 73,9%, karbohidrat 41%. Dietary asupan makanan pasien selama 3 hari diperoleh rata-rata energi 79,6%, protein 85,6%, lemak 95% dan karbohidrat 75%.

Pada pengukuran antropometri berat badan pasien mengalami peningkatan sebesar 100 gr. Kondisi fisik klinis pasien berangsur membaik. Hasil dietary asupan makan selama 3 hari meningkat dibandingkan sebelum masuk rumah sakit. Disarankan pasien mengkonsumsi makanan seimbang sesuai prinsip diet lambung dan keluarga pasien memberikan motivasi serta dukungan kepada pasien.

Kata Kunci : Gastritis, Pola Makan, PAGT  
Daftar bacaan : 30 (2000-2022)

**TANJUNGPURONG HEALTH POLYTECHNIC  
DEPARTMENT OF NUTRITION**

**Final Project, May 2023**

Dhea Amelia

Implementation of Nutritional Care Process in Patients With Gastritis at Tubaba Hospital, Tulang Bawang Barat Regency in 2023

xiv + 96 pages + 14 table, 4 figures, 11 appendices

**ABSTRACT**

Gastritis is an inflammation of the gastric mucosa that is acute or chronic. Characteristics include anorexia, a feeling of fullness in the epigastrium, and nausea and vomiting. The incidence of gastritis in Lampung Province in 2020 reached 19.37%. Factors that affect gastritis are diet, type of food, stress, spicy food, hot sour especially alcohol. This study aims to carry out nutritional care for Gastritis patients at Tubaba Hospital in 2023.

Method used was a descriptive analysis case study with a research sample of 1 patient with gastritis who was hospitalized for 4 days. The data analysis included the results of the data before and after the Standardized Nutritional Care Management (PAGT) was carried out in patients presented in tabular and narrative form.

Results of the study obtained the patient's nutritional screening score of 2. On anthropometric measurements, the results obtained were 169 cm body height and 70 kg body weight. Based on laboratory tests as follows: Hb: 12.6 mg/ dl, Leukocytes 6,200 cells/ UL, Platelets; 327,000 cells/ UL, Entrocyte 4.2 it cells/ UL, Hematocrit: 37 %, MCV: 82 fl MCH: 27 pg. MCHC: 33 g/ dl. The physical and clinical condition of the patient admitted to the hospital complains of weakness, abdominal pain, heartburn which often appears sometimes not. The results of the recall of before entering the hospital patient intake obtained 42% energy, 23% protein, 73.9% fat, 41% carbohydrate Dietary patient food intake for 3 days obtained an average energy of 79.6%, 85.6% protein, 95% fat carbohydrates 75%

In anthropometric measurements, the patient's body weight by 100 gr. The patient's clinical physical condition gradually improved. The results of dietary intake for 3 days increased compared to before entering the hospital. It is recommended that the patient consume a balanced diet according to the principles of the gastric diet and the patient's family to provide motivation and support to the patient

Keywords : Gastritic, Diet, NCP  
Reading list : 30 (2000-2022)