

POLITEKNIK KESEHATAN TANJUNGPURBARANG
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Penatalaksanaan Asuhan Gizi Terstandar pada Pasien Gagal Jantung Kongestif dengan Atrial Fibrilasi di RS Advent Bandar Lampung Tahun 2023

xiii + 54 halaman + 14 tabel, 2 gambar, 15 lampiran

ABSTRAK

Congestive Heart Failure (CHF) merupakan suatu keadaan dimana ketidakmampuan jantung untuk memompa darah secara maksimal sehingga jaringan tidak mendapatkan suplai darah untuk metabolisme dan menimbulkan kongesti. Pasien gagal jantung kongestif memiliki risiko yang tinggi untuk mengalami malnutrisi, maka dilakukan asuhan gizi untuk mengembalikan pada status gizi normal dengan mengintervensi berbagai faktor penyebab. Penelitian ini bertujuan untuk melakukan Penatalaksanaan Asuhan Gizi Terstandar pada Pasien Gagal Jantung Kongestif dengan Atrial Fibrilasi di RS Advent Bandar Lampung Tahun 2023.

Rancangan yang digunakan dalam penelitian ini yaitu dengan metode studi kasus, dengan variabel assesmen gizi, diagnosis gizi, intervensi gizi, monitoring dan evaluasi. Analisis data yang digunakan dalam penelitian ini yaitu menggunakan analisis deskriptif.

Berdasarkan hasil skrining gizi pasien berisiko malnutrisi. Status gizi pasien normal (IMT = 21,63 kg/m²). Diagnosa medis Atrial Fibrilasi. Hasil pemeriksaan laboratorium kadar natrium pasien rendah yaitu 122 mEq/L. Problem gizi yang ditegakkan yaitu NI.5.1 peningkatan kebutuhan zat gizi natrium dan NI.2.1 Asupan oral tidak adekuat. Intervensi gizi pasien diberikan diet jantung, dan diet rendah garam yaitu natrium <2300 mg/hr. Asupan pasien selama intervensi yaitu inadkuat dan tidak terdapat peningkatan setiap harinya. Hal ini dikarenakan pasien masih mengalami penurunan nafsu makan.

Kondisi klinis/fisik pasien mulai membaik, sesak nafas pasien berkurang setiap harinya, odema pada kaki sedikit berkurang, pasien masih mengalami penurunan nafsu makan dan badan masih lemas. Bagi pasien disarankan agar mengkonsumsi makanan dengan porsi kecil tetapi sering untuk memenuhi kebutuhan gizinya serta memperhatikan prinsip diet jantung.

Kata kunci : Gagal Jantung Kongestif, Atrial Fibrilasi, Proses Asuhan Gizi Terstandar

Daftar bacaan : 42 (2010-2021)

**TANJUNGPURANG HEALTH POLYTECHNIC
DEPARTMENT OF NUTRITION
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Management of Standardized Nutritional Care for Congestive Heart Failure with Atrial Fibrillation Patients at Advent Hospital Bandar Lampung in 2023

xiii + 54 pages + 14 tables, 2 pictures, 15 attachments

ABSTRAK

Congestive Heart Failure (CHF) is a condition where the inability of the heart to pump blood optimally means that the tissues do not get blood supply for metabolism and cause congestion. Patients with congestive heart failure have a high risk of experiencing malnutrition, so nutritional care is carried out to restore normal nutritional status by intervening with various causative factors. This study aims to carry out standardized nutrition care management for congestive heart failure with atrial fibrillation patients at Advent Hospital Bandar Lampung in 2023.

The design used in this study is the method of case studies, with the variables used in this research being nutritional assessment, nutrition diagnosis, nutritional intervention, monitoring, and evaluation. The data analysis used in this research is descriptive analysis.

Based on the results of nutritional screening, patients are at risk of malnutrition. The patient's nutritional status was normal (BMI = 21.63 kg/m²). Atrial fibrillation is a medical diagnosis. The results of the laboratory examination of the patient's sodium level were low namely 122 mEq/L. Nutritional problems that are enforced are NI.5.1 increased need for sodium nutrients, and NI.5.4 inadequate oral intake. The patient's nutritional intervention was a heart diet and a low-salt diet, namely sodium <2300 mg/day. The patient's intake during the intervention was inadequate, and there was no increase every day. This is because the patient still has a decreased appetite.

The patient's clinical/physical condition is starting to improve, the patient's shortness of breath decreased every day, the edema on the legs slightly decreased, the patient is still experiencing a decrease in appetite, and the body is still a little weak. Patients are advised to consume food in small portions to meet their nutritional needs and pay attention to the principles of the heart diet.

Keywords : Congestive Heart Failure, Atrial Fibrillation, Standardized Nutrition Care Process

References : 42 (2010-2021)