

**POLITEKNIK KESEHATAN
TANJUNGPURUSAN GIZI**

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Penatalaksanaan Asuhan Gizi Terstandar Pada Penyakit Hipertensi Anggota Prolanis Puskesmas Tanjung Sari, Kecamatan Natar, Kabupaten Lampung Selatan Tahun 2024

Xiv + 57 halaman + 19 tabel, 7 gambar, 11 lampiran

ABSTRAK

Menurut data Dinas Kesehatan Provinsi Lampung tahun 2016 Hipertensi masuk ke dalam sepuluh besar penyakit Provinsi Lampung, Hipertensi menduduki peringkat ke tiga untuk kasus dengan prevalensi terbanyak yaitu 16,18% dengan jumlah penderita hipertensi 230.670 orang. sedangkan prevalensi Hipertensi berdasarkan hasil diagnosis dokter di Provinsi Lampung Prevelensi terbanyak Lampung Tengah 15,45%, Lampung Selatan 11,7%, dan yang terakhir Tanggamus 1,62%. Risiko komplikasi dapat dicegah jika kadar Tekanan darah pasien dapat dipertahankan dalam kadar normal. Penelitian ini bertujuan untuk melakukan Penatalaksanaan Asuhan Gizi Standar Hipertensi pada anggota Prolanis Puskesmas Tanjung Sari Tahun 2024.

Jenis Penelitian ini adalah studi kasus. Lokasi penelitian di Puskesmas Hajimena. Subyek penelitian 1 orang pasien hipertensi anggota PROLANIS. Pengumpulan data pada penelitian ini dilakukan dengan cara pengukuran antropometri yang meliputi pengukuran tinggi badan, dan berat badan, wawancara pengumpulan asupan makanan dengan cara recall dan melihat data lab pasien. Tahapan yang dilakukan yaitu pengkajian gizi, diagnosis gizi, intervensi gizi, serta monitoring dan evaluasi gizi. Analisis data dilakukan secara deskriptif. Penelitian ini dilakukan selama 10 hari.

Pasien menderita penyakit hipertensi dengan keluhan pusing, dan nafsu makan berkurang. Intervensi yang diberikan yaitu diet DASH <1500 mg natrium, dan pemberian obat oleh dokter puskesmas yang membantu menangani kontrol tekanan darah pasien. Selama intervensi terjadi penurunan berat badan sebesar 0,6 kg. Berdasarkan hasil data monitoring biokimia nilai kolesterol pasien mengalami penurunan dari kadar pemeriksaan awal yaitu 141 mg/dl.. Rata-rata asupan pasien yaitu energi 87,5% protein 94,5% lemak 91,9% karbohidrat 82,7% serat 19%, natrium 92,5%, kalsium 19 %, Magnesium 52,1 % dan kalium 24,6%. Tidak ada perubahan diagnosis sampai akhir intervensi. Keluhan pusing membaik, nafsu makan membaik. Di akhir intervensi tekanan darah normal. Hasil biokimia membaik. Asupan makan membaik pada 3 hari intervensi, namun menurun pada saat pengaturan makan mandiri. melaksanakan kegiatan edukasi dan konseling gizi setiap bulannya pada saat kegiatan PROLANIS.

Kata kunci : PAGT, Hipertensi

Daftar Bacaan : 54 (2012 - 2023)

**HEALTH POLYTECHNIC OF TANJUNGPONDA NUTRITION
DEPARTMENT**

Final Report , June 2024

Rafly Marchellino

Management of Standardized Nutritional Care for Hypertension in Members
Hajimena Health Center Prolanis in 2024
Xiv + 57 pages + 19 tables, 7 pictures, 11 attachments

ABSTRACT

According to data from the Lampung Provincial Health Service in 2016, hypertension was included in the top ten diseases of Lampung Province. Hypertension was ranked third for cases with the highest prevalence, namely 16.18% with the number of hypertension sufferers being 230,670 people. Meanwhile, the prevalence of hypertension is based on the results of doctors' diagnoses in Lampung Province. The highest prevalence is Central Lampung 15.45%, South Lampung 11.7%, and finally Tanggamus 1.62%. The risk of complications can be prevented if the patient's blood pressure levels can be maintained at normal levels. This research aims to carry out standard nutritional care management for hypertension in Prolanis members of the Tanjung Sari Health Center in 2024.

This type of research is a case study. The research location is the Hajimena Health Center. The research subject was 1 hypertensive patient, a member of PROLANIS. Data collection in this research was carried out by means of anthropometric measurements which included measuring height and weight, interviews, collecting food intake by recall and looking at the patient's laboratory data. The stages carried out are nutritional assessment, nutritional diagnosis, nutritional intervention, and nutritional monitoring and evaluation. Data analysis is carried out descriptively. This research was conducted for 10 days.

The patient suffers from hypertension with complaints of dizziness and reduced appetite. The interventions provided are the DASH diet <1500 mg sodium, and administration of medication by community health center doctors to help control the patient's blood pressure. During the intervention there was a weight loss of 0.6 kg. Based on the results of biochemical monitoring data, the patient's cholesterol value decreased from the initial examination level of 141 mg/dl. The average patient intake was energy 87.5% protein 94.5% fat 91.9% carbohydrate 82.7% fiber 19% , sodium 92.5%, calcium 19%, magnesium 52.1% and potassium 24.6%. There was no change in diagnosis until the end of the intervention. Complaints of dizziness improved, appetite improved. At the end of the intervention blood pressure was normal. Biochemical results improved. Food intake improved during the 3 days of intervention, but decreased during self-regulation of eating. carry out nutritional education and counseling activities every month during PROLANIS activities.

Keywords : PAGT, Hypertension

Reference : 54 (2012 - 2023)