

**POLTEKKES KEMENKES TANJUNGPUR**  
**JURUSAN GIZI**  
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Penatalaksanaan Asuhan Gizi Terstandar Home Care Pada Kasus DM Type II Di Wilayah Kerja Puskesmas Rawat Inap Kedondong Kabupaten Pesawaran Tahun 2024

XV + 95 halaman + 24 tabel, 5 gambar, 15 lampiran

**ABSTRAK**

Menurut Data Riset Kesehatan Dasar (Riskesdas) tahun 2018 menunjukkan peningkatan prevalensi Diabetes Melitus Nasional dari hasil pemeriksaan gula darah naik sebanyak 1,6% dari tahun 2013. Sementara itu, prevalensi Diabetes Melitus berdasarkan diagnosis dokter pada semua umur rata-rata di Lampung sebesar 1% dan di Pesawaran sebesar 0,7% dari jumlah penderita diabetes di Lampung. Penelitian ini bertujuan untuk melakukan Penatalaksanaan Asuhan Gizi Standar Diabetes Melitus pada anggota Prolanis Di Puskesmas Rawat Inap Kedondong Kabupaten Pesawaran Tahun 2024.

Jenis Penelitian ini adalah penelitian deskriptif. Lokasi penelitian di Wilayah Kerja Puskesmas Rawat Inap Kedondong. Subyek penelitian 1 orang pasien diabetes melitus anggota prolanis. Fokus penelitian ini, yaitu melakukan asuhan gizi (Arsesmen, Diagnosis, Intervensi, Monitoring dan Evaluasi).

Pasien menderita penyakit diabetes melitus komplikasi kadar kolesterol dan tekanan darah tinggi dengan keluhan pusing, lemas, lesu, nafsu makan berkurang, dan keadaan gigi geligi yang tidak lengkap (*Endentulisme Parsial*). Status gizi pasien masuk dalam kategori gizi baik dengan %LILA 85,6%. Intervensi yang diberikan yaitu diet DM 1500 kkal + RG dan kolesterol protein 49,5 gr dan pemberian obat oleh dokter puskesmas yang membantu menangani kontrol kadar gula darah pasien. Selama intervensi terjadi kenaikan berat badan sebesar 0,6 kg. Hasil monitoring biokimia nilai gula darah puasa maupun sewaktu pasien mengalami penurunan dari kadar pemeriksaan awal yaitu GDN 94 mg/dl dan GDS 129 mg/dl. Begitupun dengan kadar kolesterol mengalami penurunan di akhir intervensi, yaitu 223 mg/dl. Rata-rata asupan pasien yaitu energi 86,7% protein 99,5% lemak 98,1% karbohidrat 84,7% serat 62,8% natrium 22,7% dan kalium 32,4%. Tidak ada perubahan diagnosis sampai akhir intervensi. Keluhan pusing membaik, nafsu makan membaik. Tekanan darah masih tinggi. Hasil biokimia membaik. Asupan makan membaik pada 3 hari intervensi, namun menurun pada saat pengaturan makan mandiri. Saran ahli gizi untuk melaksanakan kegiatan edukasi dan konseling gizi setiap bulannya pada saat kegiatan prolanis.

Kata kunci : Diabetes Melitus Tipe II, Home care, PAGT,  
Daftar Bacaan : 42 (2013-2024)

**HEALTH POLYTECHNIC OF TANJUNGPUR  
NUTRITION DEPARTMENT  
Final Report, Mei 2024**

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Home Care Nutrition Care Process in Type II DM Cases in the Working Area of the Kedondong Inpatient Health Center, Pesawaran Regency in 2024

XV + 95 pages + 24 tables, 5 pictures, 15 attachments

**ABSTRACT**

According to Basic Health Research Data (Riskesdas) in 2018, it shows an increase in the national prevalence of Diabetes Mellitus from the results of blood sugar examinations, up by 1.6% from 2013. Meanwhile, the prevalence of Diabetes Mellitus based on doctor's diagnosis at all ages on average in Lampung is 1 % and in Pesawaran it is 0.7% of the number of diabetes sufferers in Lampung. This research aims to carry out standard nutritional care management for diabetes mellitus for Prolanis members at the Kedondong Inpatient Health Center, Pesawaran Regency in 2024.

This type of research is descriptive research. The research location is the Kedondong Inpatient Health Center. The research subject was 1 patient with diabetes mellitus, a member of Prolanis. The focus of this research is providing nutritional care (Assessment, Diagnosis, Intervention, Monitoring and Evaluation).

The patient suffered from diabetes mellitus complicated by high cholesterol levels with complaints of dizziness, weakness, lethargy, reduced appetite, and partial endentulism. The intervention provided is a DM diet of 1500 kcal, 49.5 grams of protein and administration of medication by a health center doctor who helps control the patient's blood sugar levels. The patient's nutritional status is in the good nutrition category with a %LILA of 85.6%. During the intervention there was an increase in body weight of 0.6 kg. Based on the results of biochemical monitoring data, fasting and patient blood sugar values decreased from initial examination levels, namely GDN 129 mg/dl and GDS 157 mg/dl. Likewise, cholesterol levels decreased at the end of the intervention, namely 223 mg/dl. The average patient intake is energy 86,7% protein 99,5% fat 98,1% carbohydrate 84,7%, fiber 62,8%, sodium 22,4% and potassium 32,4%. There was no change in diagnosis until the end of the intervention. Complaints of dizziness improved, appetite improved. Blood pressure is still high. Biochemical results improved. Food intake improved during the 3 days of intervention, but decreased during self-regulation of eating. Nutrition experts suggest carrying out nutritional education and counseling activities every month during prolani activities.

Keywords : Home care, PAGT, Type II Diabetes Mellitus

Reference : 42 (2013-2024)