

**POLITEKNIK KESEHATAN TANJUNGPUR**  
**JURUSAN GIZI**  
**Tugas Akhir, Juni 2024**

Anggun Mutiara

Penatalaksanaan Asuhan Gizi Terstandar pada Pasien Hipertensi dengan LBP (*low back pain*) di RSUD Demang Sepulau Raya Lampung Tengah

xiii+ 41 halaman+17 tabel, 3 gambar, 10 lampiran

**ABSTRAK**

Berdasarkan hasil Survey Kesehatan Indonesia, (2023) pada provinsi Lampung prevalensi hipertensi pada Penduduk Umur  $\geq 15$  Tahun berdasarkan diagnosis dari dokter sebanyak 7,4% dan sedangkan dari hasil pengukuran sebanyak 28,3%. Hipertensi pada Penduduk Umur  $\geq 15$  Tahun berdasarkan diagnosis dari dokter menurut karakteristik usia 45-54 tahun sebanyak 11,8% dan sedangkan dari hasil pengukuran sebanyak 39,1%.

Rancangan penelitian ini adalah study kasus. Subjek penelitian adalah seorang pasien hipertensi di RSUD Demang Sepulau Raya Lampung Tengah yang di rawat minimal 3 hari. Analisis deskriptif dengan membandingkan standar data sebelum dan sesudah proses penatalaksanaan asuhan gizi terstandar (PAGT) serta membandingkan dengan referensi.

Pasien menderita hipertensi dengan LBP (*low back pain*) dengan keluhan mual, pusing, nyeri pada ulu hati, penurunan nafsu makan, nyeri pinggang. Intervensi yang diberikan yaitu diet DASH dan pemberian obat oleh dokter yang membantu menangani kondisi fisik, kontrol tekanan darah. Status gizi pasien dalam kategori overweight dengan IMT  $31,84\text{kg/m}^2$ . Selama intervensi tidak ada peningkatan dan penurunan berat badan. Diagnosis medis pasien adalah hipertensi+LBP. Diet yang diberikan diet DASH. Setelah intervensi selama 3 hari rasa mual, muntah, dan pusing sudah berkurang. Tekanan darah sebelum intervensi 170/100 mmHg menjadi 120/70 mmHg. Rata rata asupan pasien membaik menjadi energi 103%, protein 87%, lemak 89%, karbohidrat 80%, Natrium 82%. Saran untuk pasien saat dirumah pasien memperbaiki asupan makan dengan menerapkan diet yang sudah dianjurkan agar dapat memperbaiki status gizi pasien dengan mengoptimalkan asupan gizi sesuai dengan kebutuhan.

Kata Kunci : hipertensi, low back pain, PAGT

Daftar Bacaan: 36 ( 2010-2023)

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

Anggun Mutiara

Management of Standardized Nutritional Care for Hypertension Patients with LBP (low back pain) at Demang Se Island Raya Regional Hospital, Central Lampung

xiii+41 pages+17 tables, 3 pictures, 10 attachments

**ABSTRACT**

Based on the results of the Indonesian Health Survey (2023), in Lampung province, the prevalence of hypertension in residents aged  $\geq 15$  years based on a doctor's diagnosis was 7.4% and from measurement results it was 28.3%. Hypertension in the population aged  $\geq 15$  years based on a diagnosis from a doctor according to the characteristics of those aged 45-54 years is 11.8% and from measurement results it is 39.1%.

The design of this research is a case study. The research subject was a hypertensive patient at Demang Se Island Raya Regional Hospital, Central Lampung who was treated for a minimum of 3 days. Descriptive analysis by comparing standard data before and after the standardized nutritional care management (PAGT) process and comparing with references.

The patient suffers from hypertension with LBP (low back pain) with complaints of nausea, dizziness, pain in the pit of the stomach, decreased appetite, low back pain. The intervention provided is the DASH diet and medication by a doctor to help treat physical conditions and control blood pressure. The patient's nutritional status is in the overweight category with a BMI of 31.84kg/m<sup>2</sup>. During the intervention there was no increase or decrease in body weight. The patient's medical diagnosis is hypertension+LBP. The diet provided is the DASH diet. After 3 days of intervention, the feeling of nausea, vomiting and dizziness had reduced. Blood pressure before intervention was 170/100 mmHg to 120/70 mmHg. The average patient intake improved to 103% energy, 87% protein, 89% fat, 80% carbohydrates, 82% sodium. Suggestions for patients when at home are to improve their food intake by implementing the recommended diet in order to improve the patient's nutritional status by optimizing nutritional intake according to needs.

Keywords : hypertension, low back pain, PAGT

Reading List: 36 (2010-2023)