

**POLITEKNIK KESEHATAN TANJUNGPUR**  
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Penatalaksanaan Asuhan Gizi Terstandar pada Pasien Gagal Jantung di RSUD  
Batin Mangunang Kabupaten Tanggamus Tahun 2021

xiii + 59 halaman + 13 tabel, 2 gambar, 10 lampiran

**ABSTRAK**

Gagal jantung adalah suatu keadaan dimana jantung sebagai pompa tidak mampu memenuhi kebutuhan darah untuk metabolisme tubuh. Fungsi pompa jantung secara keseluruhan tidak berjalan normal. Data dari Riset Kesehatan Dasar (Riskesdas) Kementerian Kesehatan Indonesia pada tahun 2018, prevalensi penyakit gagal jantung di Indonesia berdasarkan diagnosis dokter diperkirakan sebesar 1,5% atau diperkirakan sekitar 29.550 orang. Tujuan penelitian ini adalah untuk melakukan penatalaksanaan asuhan gizi terstandar pada pasien gagal jantung di RSUD Batin Mangunang Kabupaten Tanggamus tahun 2021. Berdasarkan data RSUD Kabupaten Tanggamus tahun 2021 rata-rata pasien gagal jantung setiap bulan ada 2 pasien yang dirawat sehingga dalam satu tahun terdapat 24 pasien gagal jantung yang dirawat.

Rancangan penelitian ini adalah penelitian studi kasus. Subyek penelitian ini adalah seorang pasien gagal jantung rawat inap di ruang penyakit dalam dengan diagnosis gagal jantung selama 3 hari. Analisa data yang digunakan dalam penelitian ini yaitu menggunakan analisa deskriptif dengan membandingkan data sebelum dan sesudah proses penatalaksanaan asuhan gizi terstandar (PAGT) serta membandingkan dengan *standard reference*.

Hasil skrining gizi pada pasien yaitu 3 atau berisiko malnutrisi. Masalah gizi pasien asupan oral tidak adekuat (NI.2.1), penurunan kebutuhan zat gizi natrium (NI.5.3.7), perubahan nilai lab terkait gizi (NC.2.2), dan kurangnya pengetahuan terkait makanan dan zat gizi (NB.1.1). Pasien diberikan diet jantung. Intervensi gizi pasien diberikan secara bertahap mulai dari 1.166,4 kkal (80%) hari pertama, 1.312,2 kkal (90%) hari kedua, dan 1.458 kkal (100%) hari ketiga. Kebutuhan protein 38,88 gram, lemak 40,5 gram dan karbohidrat 234 gram.

Cholesterol pasien menurun mendekati standar normal, terdapat penurunan tekanan darah pasien hingga standar normal, keluhan mual, tidak nafsu makan dan odeme mulai berkurang. Rata-rata asupan pasien selama intervensi yaitu energi 61%, protein 79,62%, lemak 84,4%, karbohidrat 53,97%, serat 34,9%, natrium 94,5%, kalium 36,3%, dan kolesterol 80,85%. Asupan energi, protein, lemak, karbohidrat, dan serat belum mencapai target. Untuk instansi hendaknya menerapkan diet rendah garam serta membatasi konsumsi telur.

Kata kunci : Asuhan Gizi, Gagal Jantung  
Daftar bacaan : 28 (2010-2020)

**TANJUNGPURONG HEALTH POLYTECHNIC  
DEPARTMENT OF NUTRITION  
Final Project Report, 2021**

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The Management of Standardized Nutritional Care for Heart Failure Patients at Batin Mangunang Hospital, Tanggamus Regency in 2021

xiii + 59 pages + 13 tables, 2 pictures, 10 attachments

**ABSTRACT**

Heart failure is a condition in which the heart as a pump is not able to meet the needs of blood for the body's metabolism. The overall pumping function of the heart is not working normally. The data from the Indonesian Ministry of Health's Basic Health Research (Riskesdas) in 2018, the prevalence of heart failure in Indonesia based on doctor's diagnosis is estimated at 1.5% or an estimated 29,550 people. The purpose of this research was to carry out standardized nutritional care management for heart failure patients at Batin Mangunang Hospital, Tanggamus Regency in 2021. Based on the data from RSUD Tanggamus regency Hospital in 2021, the average heart failure patient was 2 patients every month, so that in one year there were 24 patients who were treated because of a heart failure.

The design of this research is case study research. The subject of this research was a heart failure patient who was hospitalized in an internal medicine room with a diagnosis of heart failure for 3 days. The data analysis technique used in this research is descriptive analysis by comparing the data before and after the process of managing standardized nutrition care (PAGT) and comparing it with a standard reference.

The results of nutritional screening in patients are 3 or at risk of malnutrition. Nutritional problems of patients with inadequate oral intake (NI.2.1), decreased need for sodium (NI.5.3.7), changes in laboratory values related to nutrition (NC.2.2), and lack of knowledge related to food and nutrients (NB.1.1). The patient was given a cardiac diet. The patient's nutritional intervention was given in stages starting from 1,166.4 kcal (80%) on the first day, 1,312,2 kcal (90%) on the second day, and 1,458 kcal (100%) on the third day. Protein needs 38.88 grams, fat 40.5 grams and carbohydrates 234 grams.

The patient's cholesterol decreased to near normal standards. There was a decrease in the patient's blood pressure to normal standards. Complaints of nausea, no appetite and edema began to decrease. The average intake of patients during the intervention was 61% energy, 79.62% protein, 84.4% fat, 53.97% carbohydrates, 34.9% fiber, 94.5% sodium, 36.3% potassium, and 80.85% cholesterol. Intake of energy, protein, fat, carbohydrates, and fiber has not reached the target. The agencies should implement a low-salt diet and limit the consumption of eggs.

Keywords : Nutritional Care, Heart Failure

Reading list : 28 (2010-2020)