

**POLITEKNIK KESEHATAN TANJUNG KARANG  
JURUSAN GIZI**

**Tugas Akhir, Mei 2023**

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Penatalaksanaan Asuhan Gizi Terstandar pada Pasien Jantung Koroner Rawat Inap di Rumah Sakit Umum Abdul Moeloek Bandar Lampung

xiv + 102 halaman + 20 tabel , 4 gambar, 27 lampiran

**ABSTRAK**

Penyakit Jantung Koroner adalah penyakit yang disebabkan adanya plak yang menumpuk di dalam arteri koroner yang berfungsi mensuplai oksigen ke otot jantung. Prevalensi Penyakit Jantung Koroner di Provinsi Lampung berdasarkan Diagnosis Dokter terbanyak pada kelompok usia 65-74 tahun yaitu sebanyak 4,51%. Banyak faktor yang mempengaruhi terjadinya Jantung Koroner diantaranya yaitu stress, kebiasaan merokok, hipertensi, keturunan dan usia. Penelitian ini bertujuan untuk melakukan asuhan gizi pada pasien Jantung Koroner di Rumah Sakit Abdul Moeloek Bandar Lampung.

Rancangan penelitian ini adalah penelitian study kasus. Sampel dalam penelitian ini adalah 1 pasien penderita Jantung Koroner di ruang rawat inap Rumah Sakit Abdul Moeloek Bandar Lampung. Pengumpulan data meliputi skrining gizi, antropometri, data asupan makan, kebiasaan makan, hasil rekam medis, dan pengetahuan. Analisa data yang di gunakan dalam penelitian ini yaitu menggunakan Analisa deskriptif dengan membandingkan data sebelum dan setelah dilakukan Penatalaksanaan Asuhan Gizi Terstandar (PAGT) pada pasien yang disajikan dalam bentuk tabel dan narasi.

Dari hasil penelitian diperoleh hasil pasien beresiko sedang mengalami malnutrisi. Selama perawatan pasien diberikan Diet Jantung II dengan asupan gizi pasien selama 3 hari diperoleh hasil rata – rata asupan energi 77%, asupan protein 88%, asupan lemak 54%, dan asupan karbohidrat 81% . Jika dibandingkan dengan asupan SMRS asupan pasien selama di RS meningkat.

Dari hasil penelitian berat badan pasien mengalami peningkatan sebesar 0,6 gram, kondisi fisik dan klinis pasien mengalami peningkatan. Disarankan pasien mengikuti diet yang sedang dijalani dan dukungan, serta motivasi dari keluarga.

Kata kunci : Jantung Koroner, Asuhan Gizi, Asupan Gizi

Daftar bacaan : 26 (2012 – 2021)

**TANJUNGKARANG HEALTH POLYTECHNIC  
DEPARTMENT OF NUTRITION**

**Final Project , May 2023**

Ajeng Andini Setiawan

Implementation of Nutritional Care Process in Patients With Coronary Heart at  
Abdul Moeloek Hospital Bandar Lampung

xiv + 102 pages + 20 tabels, 4 pictures, 27 attachment

**ABSTRACT**

Coronary Heart Disease is a disease caused by plaque that accumulates in the coronary arteries which function to supply oxygen to the heart muscle. The prevalence of Coronary Heart Disease in Lampung Province based on Doctor's Diagnosis was highest in the age group of 65-74 years, that is 4,51%. Many factors influence the occurrence of coronary heart disease including stress, smoking habits, hypertension, heredity and age. This study aims to provide nutritional care for coronary heart patients at Abdul Moeloek Hospital, Bandar Lampung.

The design of this research is a case study research. The sample in this study was 1 patient with coronary heart disease in the inpatient room at Abdul Moeloek Badar Hospital, Lampung. Data collection included nutritional screening, anthropometry, food intake data, eating habits, medical record results, and knowledge. The data analysis used in this study was descriptive analysis by comparing data before and after Standardized Nutrition Care Proses (NCP) for patients presented in tables and narratives.

From the results of the study, it was found that patients were at moderate risk of experiencing malnutrition. During treatment the patient was given Heart Diet II with the patient's nutritional intake for 3 days, the results obtained were an average energy intake of 77%, protein intake of 88%, fat intake of 54%, and carbohydrate intake of 81%. When compared with the SMRS intake, the patient's intake while in the hospital has increased.

From the results of the study, the patient's weight increased by 0.6 grams, the patient's physical and clinical condition increased. It is recommended that patients follow the diet that is being undertaken and support, as well as motivation from the family.

Keywords : Coronary Heart, Nutritional care, nutritional intake

Daftar bacaan : 26 (2012 – 2021)