

**POLITEKNIK KESEHATAN TANJUNGPUR**  
**JURUSAN GIZI**  
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Penatalaksanaan Asuhan Gizi Terstandar pada Pasien Gagal Ginjal Kronik dengan Hemodialisis di RSUD Pringsewu Tahun 2023  
xiii + 85 halaman + 16 tabel + 2 gambar + 12 lampiran

**ABSTRAK**

Hasil Riset Kesehatan Dasar menunjukkan bahwa prevalensi penyakit gagal ginjal kronik di Indonesia pada penduduk usia  $\geq 15$  tahun berdasarkan diagnosis dokter mengalami peningkatan dari 0,2% pada tahun 2013 menjadi 0,38% pada tahun 2018 (Kemenkes RI, 2017). Di Lampung prevalensi penyakit gagal ginjal kronik juga mengalami peningkatan dari 0,3% tahun 2013 menjadi 0,39% tahun 2018. Dari data diatas menunjukkan prevalensi penyakit gagal ginjal kronik di Lampung lebih tinggi dari data nasional. Tujuan penelitian ini adalah untuk melakukan proses asuhan gizi terstandar (PAGT) yang meliputi asesmen, diagnosis, intervensi, serta monitoring dan evaluasi pada pasien gagal ginjal kronik dengan hemodialisis di RSUD Pringsewu tahun 2023.

Jenis penelitian yang digunakan yaitu studi kasus dimana cara meneliti suatu permasalahan suatu kasus yang terdiri dari unit tunggal. Sampel penelitiannya adalah satu pasien gagal ginjal kronik dengan hemodialisis di RSUD Pringsewu. Penelitian dilakukan pada bulan April 2023. analisa deskriptif dengan membandingkan data setelah dan sesudah intervensi meliputi data skrining gizi, *food recall* diolah menggunakan *nutrisurvey*, dan kuesioner pengetahuan dengan data sesudah proses penatalaksanaan asuhan gizi terstandar (PAGT) pada pasien Gagal Ginjal Kronik dengan hemodialisis di RSUD Pringsewu tahun 2023.

Hasil penelitian diperoleh status gizi pasien beresiko malnutrisi. Selama perawatan pasien diberikan Diet HD Protein 60 gram dengan asupan gizi pasien sebelum masuk rumah sakit adalah asupan energi 14%, asupan protein 8%, asupan lemak 18% dan asupan karbohidrat 15%, selama 3 hari intervensi di RS asupan pasien mengalami peningkatan dengan rata-rata asupan energi 42%, asupan protein 47%, asupan lemak 60% dan asupan karbohidrat 45%. Berat badan pasien tidak mengalami peningkatan. Namun, beberapa kondisi fisik dan klinis pasien mengalami peningkatan.

Sebaiknya pasien mengikuti diet yang sedang dijalani serta ahli gizi berkolaborasi dengan juru masak agar tujuan diet dapat tercapai, serta untuk instalasi gizi dapat memperhatikan kondisi pasien yang mengalami pembatasan garam pada bumbu masakan seperti kondisi *odema* akan lebih baiknya untuk menggunakan garam sachet.

Kata kunci : Proses Asuhan Gizi Terstandar, Gagal Ginjal Kronik,  
Hemodialisis

Daftar bacaan : 52 (2006-2022)

**HEALTH POLYTECHNIC OF TANJUNGPUR  
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Management of Standardized Nutritional Care for Chronic Kidney Failure Patients with Hemodialysis at Pringsewu Hospital in 2023  
xiii + 85 pages + 16 tables + 2 pictures + 12 attachment

**ABSTRACT**

The results of Basic Health Research show that the prevalence of chronic kidney disease in Indonesia in people aged  $\geq 15$  years based on a doctor's diagnosis has increased from 0.2% in 2013 to 0.38% in 2018 (Ministry of Health RI, 2017). In Lampung the prevalence of chronic kidney failure has also increased from 0.3% in 2013 to 0.39% in 2018. The data above shows the prevalence of chronic kidney failure in Lampung is higher than the national data. The purpose of this study was to carry out a standardized nutrition care process (NCP) which includes assessment, diagnosis, intervention, as well as monitoring and evaluation in patients with chronic kidney failure on hemodialysis at Pringsewu Hospital in 2023.

The type of research used is a case study in which the method of researching a problem in a case consists of a single unit. The research sample was one patient with chronic kidney failure on hemodialysis at Pringsewu General Hospital. The research was conducted in April 2023. Descriptive analysis by comparing data after and after the intervention included nutritional screening data, food recall processed using nutrisurvey, and a knowledge questionnaire with data after the standardized nutrition care process (NCP) in Chronic Kidney Failure patients with hemodialysis at Pringsewu Hospital in 2023.

The results of the study obtained the nutritional status of patients at risk of malnutrition. During treatment the patient was given a 60 gram HD Protein Diet with the nutritional intake of the patient before admission to the hospital being 14% energy intake, 8% protein intake, 18% fat intake and 15% carbohydrate intake. 42% energy, 47% protein intake, 60% fat intake and 45% carbohydrate intake. The patient's weight did not increase. However, some of the patient's physical and clinical conditions have improved.

It is recommended that patients follow the diet that is being followed and nutritionists collaborate with cooks so that dietary goals can be achieved, as well as for nutritional installations to pay attention to the condition of patients who experience salt restrictions in cooking spices such as conditions edema it would be better to use salt sachets.

Keywords : Standardized Nutrition Care Process, Chronic Kidney Failure, Hemodialysis  
Reading list : 52 (2006-2022)