

**POLITEKNIK KESEHATAN TANJUNGPUR**  
**JURUSAN GIZI**  
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Penatalaksanaan Asuhan Gizi Terstandar pada Pasien Gagal Ginjal Kronik Dengan Hemodialisis Di RSUD Jendral Ahmad Yani Metro Tahun 2023.

xiii + 77 Halaman + 15 Tabel +2 Gambar + 22 Lampiran

**ABSTRAK**

Penyakit Ginjal Kronik (PGK) adalah suatu gangguan pada ginjal ditandai dengan abnormalitas struktur ataupun fungsi ginjal yang berlangsung lebih dari 3 bulan. Pada tahun 2021 di RSUD Jendral Ahmad Yani Metro pasien gagal ginjal kronik rawat inap yaitu sebanyak 884 jiwa. Penelitian ini bertujuan untuk melaksanakan Penatalaksanaan Asuhan Gizi Terstandar pada pasien gagal ginjal kronik dengan hemodialysis di RSUD Jendral Ahmad Yani Metro tahun 2023

Jenis penelitian ini merupakan penelitian studi kasus. Penelitian ini dilakukan pada bulan Mei 2023, intervensi selama 3 hari. Subjek penelitian ini adalah 1 pasien gagal ginjal kronik dengan hemodialisis. Analisa data yang digunakan yaitu analisa deskriptif dengan membandingkan data sebelum dan sesudah proses penatalaksanaan asuhan gizi terstandar (PAGT).

Dengan metode Malnutrition Screening Tool (MST) didapatkan hasil bahwa pasien berisiko malnutrisi. Pemeriksaan antropometri, IMT pasien normal. Untuk pemeriksaan biokimia pasien ureum dan kreatinin tinggi, sedangkan hb, MCV, dan mch pasien rendah. Untuk pemeriksaan fisik klinis pasien selama dirumah sakit masih merasakan lemas, tekanan darah pasien tinggi, dan normal pada intervensi hari ketiga. Rata-rata asupan pasien selama di rumah sakit belum mencapai target energi 39%, protein 40%, lemak 54%, karbohidrat 35%, kalsium 8%, fosfor 49%, Natrium 27%, dan kalium 17%.

Status gizi pasien dalam kategori baik. Pasien diharapkan mampu mematuhi diet yang diberikan, memperhatikan makanan yang dianjurkan dan tidak dianjurkan serta keluarga pasien lebih memberikan dukungan kepada pasien agar memenuhi diet yang diberikan.

Kata Kunci : Penatalaksanaan Gagal ginjal Kronik, Hemodialisis  
Daftar Bacaan : 56, (2012-2022)

**TANJUNGPURBAN HEALTH POLYTECHNIC**  
**DEPARTMENT OF NUTRITION**  
**Final Project Report, 14 June 2023**

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Management of Standardized Nutritional Care for Chronic Kidney Failure Patients with Hemodialysis at Jendral Ahmad Yani Metro Hospital in 2023.

xiii + 77 Pages +15 Tables +2 Figures + 22 Appendices

**ABSTRACT**

Chronic Kidney Disease (CKD) is a kidney disorder characterized by abnormalities in kidney structure or function that lasts more than 3 months. In 2021, there will be 884 hospitalized chronic kidney failure patients at Jendral Ahmad Yani Metro Hospital. This study aims to carry out Standardized Nutrition Care Management in patients with chronic kidney failure with hemodialysis at Jendral Ahmad Yani Metro General Hospital in 2023

This type of research is a case study research. This research was conducted in May 2023, intervention for 3 days. The subject of this study was 1 patient with chronic kidney failure on hemodialysis. The data analysis used was descriptive analysis by comparing the data before and after the standardized nutritional care management (PAGT) process.

Using the Malnutrition Screening Tool (MST) method, the results show that patients are at risk of malnutrition. Anthropometric examination, normal patient BMI. For biochemical examination, the patient's urea and creatinine were high, while the patient's Hb, MCV, and MCH were low. For clinical physical examination the patient while in the hospital still felt weak, the patient's blood pressure was high, and normal on the third day of intervention. The average intake of patients while in the hospital has not reached the target of 39% energy, 40% protein, 54% fat, 35% carbohydrates, 8% calcium, 49% phosphorus, 27% sodium and 17% potassium.

The patient's nutritional status is in the good category. Patients are expected to be able to comply with the diet given, pay attention to recommended and not recommended foods and the patient's family to provide more support to the patient to fulfill the diet given.

Keywords: Management of Chronic Kidney Failure, Hemodialysis  
Reading List : 56, (2012-2022)