

POLTEKKES KEMENKES TANJUNGPUR
JURUSAN GIZI
Tugas Akhir, Juni 2024

Assyifa Indah Andrean Nunyai

Penatalaksanaan Asuhan Gizi Terstandar pada Pasien Hipertensi *Homecare* di Wilayah Kerja Puskesmas Tata Karya Kabupaten Lampung Utara

Xiv + 97 halaman + 12 tabel , 4 gambar, 20 lampiran

ABSTRAK

Hipertensi adalah sebuah penyakit yang disebabkan oleh peningkatan abnormal tekanan darah, baik tekanan darah sistolik maupun tekanan darah diastolik. Seseorang dapat dikatakan hipertensi jika hasil dari pemeriksaan Tekanan darah sistolik/diastolic lebih dari 140/90 mmHg. Prevalensi hipertensi di Indonesia sebesar 34,1%. Prevalensi tekanan darah di perkotaan lebih tinggi (34,43%) dibandingkan dengan prevalensi tekanan darah perdesaan yaitu sebesar 33,72% (Kemenkes, 2018). Tujuan penelitian ini adalah untuk melakukan asuhan gizi terstandar pada pasien hipertensi di wilayah kerja Puskesmas Tata Karya Kabupaten Lampung Utara tahun 2024.

Rancangan penelitian ini adalah studi kasus penatalaksanaan asuhan gizi terstandar pada pasien hipertensi di wilayah kerja Puskesmas Tata Karya Kabupaten Lampung Utara Tahun 2024. Sampel penelitian ini adalah 1 orang pasien hipertensi di wilayah kerja Puskesmas Tata Karya. Penelitian ini dilakukan selama 7 hari. Analisis yang digunakan pada penelitian ini adalah deskriptif dengan membandingkan hasil data penelitian sebelum dan sesudah proses penatalaksanaan asuhan gizi terstandar pada pasien hipertensi.

Status gizi pasien dalam kategori baik. Selama intervensi terjadi peningkatan asupan makan selama 3 hari intervensi, namun pada saat pengaturan makan mandiri asupan makan mulai menurun. Berdasarkan data monitoring klinis/fisik untuk gejala mual dan sakit kepala sudah mereda, dan tekanan darah di 3 hari awal intervensi membaik namun saat pengaturan makan mandiri tekanan darah kembali tinggi. Rata-rata asupan pasien yaitu energi 104%, protein 95%, lemak 106%, karbohidrat 107%, serat 32%, natrium 110%, kalium 41%, magnesium 90% dan kalsium 76%. Pasien diharapkan lebih mematuhi diet yang dianjurkan serta keluarga lebih memberikan dukungan kepada pasien agar mau mematuhi terapi diet yang diberikan.

Kata kunci : Asuhan Gizi, Hipertensi
Daftar Bacaan : 48 (2010-2023)

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

Assyifa Indah Andean Nunyai

Nutrition Care Process for Homecare Hypertension Patients in the Working Area
Tata Karya Community Health Center, North Lampung Regency

Xiv + 97 pages + 12 tables , 4 picture, 20 attachment

ABSTRACT

Hypertension is a disease caused by an abnormal increase in blood pressure, both systolic blood pressure and diastolic blood pressure. A person can be said to be hypertensive if the results of the systolic/diastolic blood pressure examination are more than 140/90 mmHg. The prevalence of hypertension in Indonesia is 34.1%. The prevalence of blood pressure in urban areas is higher (34.43%) compared to the prevalence of blood pressure in rural areas, namely 33.72% (Ministry of Health, 2018). The aim of this research is to provide standardized nutritional care for hypertensive patients in the working area of the Tata Karya Health Center, North Lampung Regency in 2024.

The design of this research is a case study of the management of standardized nutritional care for hypertensive patients in the working area of the Tata Karya Health Center, North Lampung Regency in 2024. The sample for this research is 1 hypertensive patient in the working area of the Tata Karya Health Center. This research was conducted for 7 days. The analysis used in this research is descriptive by comparing the results of research data before and after the process of managing standardized nutritional care for hypertensive patients.

The patient's nutritional status is in the good category. During the intervention there was an increase in food intake during the 3 intervention days, however during self-regulation of eating food intake began to decrease. Based on clinical/physical monitoring data, symptoms of nausea and headaches have subsided, and blood pressure in the first 3 days of intervention has improved, but when self-eating is regulated, blood pressure returns to high levels. The average patient intake is 104% energy, 95% protein, 106% fat, 107% carbohydrates, 32% fiber, 110% sodium, 41% potassium, 90% magnesium and 76% calcium. Patients are expected to adhere more to the recommended diet and families provide more support to patients so that they comply with the diet therapy given.

Keyword : Asuhan Gizi, Hipertensi
Reference : 48 (2010-2023)