

POLITEKNIK KESEHATAN TANJUNGPUR
JURUSAN GIZI

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Penatalaksanaan Asuhan Gizi Terstandar pada Pasien Gagal Ginjal Kronis di
RSUD Zainal Abidin Pagar Alam Tahun 2024

x + 83 halaman, 19 tabel, 4 gambar, dan 15 lampiran

ABSTRAK

Gagal ginjal kronis adalah kerusakan ginjal yang terjadi selama lebih dari tiga bulan, berdasarkan kelainan patologis atau pertanda kerusakan ginjal seperti proteinuria, jika tidak ada tanda kerusakan ginjal, diagnosis penyakit ginjal kronik ditegakkan jika nilai laju filtrasi glomerulus (LFG) kurang dari 60 ml/menit/1,73 m². Tujuan penelitian ini yaitu untuk mengetahui proses penatalaksanaan asuhan gizi terstandar pada pasien Pasien Gagal Ginjal Kronis di Rumah Sakit Zainal Abidin Pagar Alam Tahun 2024.

Jenis penelitian yang digunakan yaitu studi kasus dimana cara meneliti suatu permasalahan melalui kasus yang terdiri dari unit tunggal. Sampel penelitiannya adalah satu pasien gagal ginjal kronis di RSUD Zainal Abidin Pagar Alam Kabupaten Way Kanan yang dirawat selama 3 hari.

Pengkajian gizi saat skrining menunjukkan terdapat penurunan berat badan dari 6 bulan yang lalu sebanyak 5kg serta hasil skrining gizi menunjukkan malnutrisi sedang. Prinsip yang diterapkan pada pasien gagal ginjal kronis yaitu energy 1.575 kkal, protein 36 g, lemak 43,7 gr, karbohidrat 259,25 gr, natrium <2000 mg, kalsium <1200 mg, kalium <39 mg, besi 8 mg, fosfor > 800 mg. Hasil monitoring dan evaluasi dari hari pertama sampai dengan hari ketiga menunjukkan asupan makan pasien tercukupi sesuai kebutuhan. Untuk kadar hemoglobin pasien mengalami peningkatan dari 5,7 g/dl menjadi 6,7g/dl dikarenakan telah melakukan transfusi darah. Kemudian keluhan pasien saat masuk RS yaitu lemas, mual, muntah, perut terasa nyeri pada hari terakhir sudah tidak ada. Pasien disarankan dapat memonitoring diri agar tidak mengonsumsi makanan yang mengandung protein tinggi terutama pada protein nabati dan dapat mengikuti anjuran diet rendah protein yang telah direkomendasikan.

Kata kunci : Asuhan Gizi, Gagal Ginjal Kronis
Daftar bacaan : 47 (2014- 2021)

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Management of Standardized Nutritional Care for Chronic Kidney Failure Patients
in Zainal Abidin Hospital in Pagar Alam 2024

x + 83 pages, 19 tables, 4 figures, and 15 appendices

ABSTRACT

Chronic kidney failure is kidney damage that occurs for more than three months, based on pathological abnormalities or signs of kidney damage such as proteinuria. If there are no signs of kidney damage, the diagnosis of chronic kidney disease is made if the glomerular filtration rate (GFR) is less than 60 ml/min/1.73m². The aim of this research is to determine the process of managing standardized nutritional care for Chronic Kidney Failure patients at Zainal Abidin Pagar Alam Hospital, Kabupaten Wayakanan in 2024.

The type of research used is a case study, which examines a problem through a case consisting of a single unit. The research sample was one patient with chronic kidney failure at Zainal Abidin Pagar Alam Regional Hospital, Way Kanan Regency who was treated for 3 days.

The nutritional assessment during screening showed that there was a weight loss of 5 kg from 6 months ago and the results of the nutritional screening showed moderate malnutrition. The principles applied to patients with chronic kidney failure are energy 1,575 kcal, protein 36 g, fat 43.7 g, carbohydrates 259.25 g, sodium <2000 mg, calcium <1200 mg, potassium <39 mg, iron 8 mg, phosphorus > 800 mg. The results of monitoring and evaluation from the first day to the third day showed that the patient's food intake was adequate according to needs. The patient's hemoglobin level increased from 5.7 g/dl to 6.7 g/dl due to having had a blood transfusion. Then the patient's complaints when he entered the hospital, namely weakness, nausea, vomiting, stomach pain on the last day, were no longer there. Patients are advised to monitor themselves so as not to consume foods that contain high levels of protein, especially vegetable protein and to follow the recommended low protein diet.

Keywords : Nutritional Care, Chronic Kidney Failure
Reading list : 47 (2014-2021)