

POLITEKNIK KESEHATAN TANJUNGPINANG

JURUSAN GIZI

Tugas Akhir , April 2025

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Penatalaksanaan Asuhan Gizi Terstandar Pada Pasien Gagal Ginjal Kronik Dengan Hipertensi di RSUD Pringsewu Lampung 2025

xx + 60 halaman + 22 tabel, 2 gambar, lampiran

ABSTRAK

Gagal ginjal kronik (GGK) merupakan suatu kondisi medis yang ditandai dengan penurunan fungsi ginjal secara bertahap dan irreversibel. Kondisi ini tidak menunjukkan gejala pada tahap awal, sehingga banyak penderita baru terdiagnosis pada stadium lanjut. GGK dapat disebabkan oleh berbagai faktor, termasuk hipertensi, diabetes mellitus, penyakit ginjal polistik, infeksi ginjal, dan penggunaan obat-obatan nefrotoksik. Tujuan umum penelitian ini adalah untuk melakukan penatalaksanaan asuhan gizi terstandar pada pasien Gagal Ginjal Kronik di RSUD Pringsewu Lampung tahun 2025

Jenis penelitian ini adalah studi kasus. Subjek penelitian adalah pasien Gagal Ginjal Kronik rawat inap di RSUD Pringsewu Lampung. Penelitian ini dilakukan pada bulan april tahun 2025. Analisa data dilakukan secara deskriptif dengan membandingkan data sebelum dan sesudah proses penatalaksanaan asuhan gizi terstandar (PAGT)

Hasil penelitian diperoleh selama perawatan pasien diberikan diet rendah protein. Rata- rata asupan selama intervensi tiga hari yaitu energi sebesar 1271,76 kkal (62,81%), protein 33,49 gram (76%), lemak 40,71 kkal (72,6%), karbohidrat 137 (41%), kalsium 257,9 (21,45%), kalium 192 (8,5%), natrium 3349 (223%), fe 5,99 mg (67,28%). Berat badan pasien tidak mengalami peningkatan, sebaiknya pasien mengikuti diet yang sedang dijalani serta ahli gizi bisa memberikan edukasikepada keluarga agar tujuan diet dapat tercapai.

Kata kunci : PAGT, Gagal Ginjal Kronik, Asuhan gizi

Daftar Referensi : 35 (2009-2024)

HEALTH POLYTECHNIC OF TANJUNGKARANG
NUTRITION DEPARTMENT

Final Project, April 2025

Kukuh Mubarokah

The Standard Nutritional Care System In Patients at Pringsewu Hospital in 2025.

Xx + 48 pages + 22 tabels, 2 pictures, attachments

ABSTRACT

Chronic kidney disease (CKD) is a medical condition characterized by a gradual and irreversible decline in kidney function. This condition does not show symptoms in the early stages, so many sufferers are only diagnosed at an advanced stage. CKD can be caused by various factors, including hypertension, diabetes mellitus, polycystic kidney disease, kidney infections, and the use of nephrotoxic drugs. Prevalence The number of patients with Chronic Kidney Failure is predicted to continue to increase by 2025 in several regions such as Southeast Asia, the Mediterranean, and the Middle East and Africa. The increase in cases of this disease is estimated to reach more than 380 million people. The general objective of this study is to carry out standardized nutritional care management for patients with chronic kidney failure at Pringsewu Regional Hospital, Lampung in 2025.

This type of research is a case study. The subjects of the study were patients with Chronic Kidney Failure hospitalized at Pringsewu Regional Hospital, Lampung. This study was conducted in 2025. Data analysis was conducted descriptively by comparing data before and after the standardized nutritional care management (NCP) process.

The results of the study were obtained during the treatment of patients given a low-protein diet. The average intake during the three-day intervention was energy of 1271.76 kcal (62.81%), protein 33.49 grams (76%), fat 40.71 kcal (72.6%), carbohydrates 137 (41%), calcium 257.9 (21.45%), potassium 192 (8.5%), sodium 3349 (223%), fe 5,99 (67,28%). The patient's weight did not increase, but some of the patient's physical/clinical conditions increased. It is best for patients to follow the diet they are on and for the nutritionist to collaborate with the chef so that the diet goals can be achieved.

Keywords : NCP, Chronic Kidney disease, Nutrition care

Reference : 35 (2009-2024)