

POLITEKNIK KESEHATAN TANJUNGPINANG
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Penatalaksanaan Asuhan Gizi Tersandar pada Pasien Penyakit Diabetes Melitus Tipe 2 dengan Gastropati disertai Hipertensi Stage 2 di RSUD Jenderal Ahmad Yani Kota Metro

xiv + 79 halaman + 19 tabel, 5 gambar, 18 lampiran

ABSTRAK

Diabetes Melitus (DM) adalah penyakit kelainan metabolik yang ditandai adanya hiperglikemia kronis serta kelainan metabolisme karbohidat, lemak, dan protein yang diakibatkan oleh kelainan sekresi insulin, kerja insulin, atau pun keduanya. Penelitian ini bertujuan untuk melakukan penatalaksanaan asuhan gizi terstandar pada pasien Penyakit Diabetes Melitus Tipe 2 di RSUD Jenderal Ahmad Yani Kota Metro Tahun 2025.

Penelitian yang dilakukan menggunakan metode studi kasus dengan sampel 1 pasien rawat inap dengan diagnosa diabetes melitus tipe 2 yang dimonitoring selama minimal 3 hari. Penatalaksanaan Asuhan Gizi Terstandar meliputi asesmen gizi, diagnosis gizi, intervensi gizi serta monitoring dan evaluasi gizi. Data penelitian ini dianalisis dengan menggunakan metode analisis deskriptif.

Hasil penelitian didapati skor skrining gizi 0-1 yang menandakan pasien tidak beresiko malnutrisi. Diagnosis gizi pasien yaitu NI.2.1. Asupan Oral Inadekuat, NI.5.10.2.7 Kelebihan asupan natrium dan NC.2.2 Perubahan nilai lab terkait gizi. Pasien diberikan diet Diabetes Melitus 1.500 kkal dan RG 1 1.200 mg. Asupan oral pasien tergolong baik selama intervensi 3 hari dengan rata rata asupan energi 107%, protein 104%, lemak 104%, karbohidrat 100%, serat 100% dan natrium 289%, kolesterol 73%, fe 225%, kalium 54% dan cairan 143%. Selama 3 hari intervensi, kondisi fisik/klinis sudah mulai membaik yang ditandai dengan berkurangnya keluhan nyeri pada ulu hati, lemas, pusing, badan nyeri dan tidak bisa BAB. Pasien telah diberikan edukasi dan dianjurkan untuk mengikuti anjuran diet, dengan memperhatikan pilihan bahan makanan yang dianjurkan dan tidak dianjurkan serta menerapkan hidup sehat dan aktivitas fisik.

Kata kunci : Asuhan Gizi, Penyakit Diabetes Melitus Tipe 2, gula darah
Daftar bacaan : 53 (2015-2025)

HEALTH POLYTECHNIC TANJUNGKARANG
JURISDICTION OF NUTRITION
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Management of Standardized Nutritional Care in Patients with Type 2 Diabetes Mellitus with Gastropathy accompanied by Stage 2 Hypertension at Jendral Ahmad Yani Hospital, Metro City

xiv + 79 pages + 19 tables, 5 figures, 18 appendices

ABSTRACT

Diabetes Mellitus (DM) is a metabolic disorder characterized by chronic hyperglycemia and abnormalities in carbohydrate, fat, and protein metabolism caused by abnormalities in insulin secretion, insulin action, or both. This study aims to perform standardized nutritional care management in patients with Type 2 Diabetes Mellitus at Jendral Ahmad Yani Metro City Hospital in 2025.

The research was conducted using a case study method with a sample of 1 hospitalized patient with a diagnosis of type 2 diabetes mellitus who was monitored for at least 3 days. Standardized Nutritional Care Management includes nutritional assessment, nutritional diagnosis, nutritional intervention and nutritional monitoring and evaluation. This research data was analyzed using descriptive analysis method.

The results showed a nutrition screening score of 0-1, indicating that the patient was not at risk of malnutrition. The patient's nutritional diagnoses are NI.2.1. Inadequate Oral Intake, NI.5.10.2.7 Excess sodium intake and NC.2.2 Changes in nutrition-related lab values. The patient was given a Diabetes Mellitus diet of 1,500 kcal and RG 1 1,200 mg. The patient's oral intake was good during the 3-day intervention with an average energy intake of 107%, protein 104%, fat 104%, carbohydrate 100%, fiber 100% and sodium 289%, cholesterol 73%, fe 225%, potassium 54% and fluid 143%. During the 3 days of intervention, the physical/clinical condition has begun to improve which is characterized by reduced complaints of pain in the solar plexus, weakness, dizziness, body aches and unable to defecate. The patient has been given education and encouraged to follow dietary recommendations, by paying attention to the choice of recommended and not recommended food ingredients and implementing healthy living and physical activity.

Keywords : Nutritional Care, Type 2 Diabetes Mellitus, blood sugar
Reading list : 53 (2015-2025)