

POLITEKNIK KESEHATAN TANJUNGPUR
JURUSAN GIZI
Tugas Akhir, 16 Juni 2025

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Penatalaksanaan Asuhan Gizi Terstandar pada Pasien Gagal Ginjal Kronik dengan Hipertensi disertai Diabetes Melitus Tipe 2 di RSUD Jenderal Ahmad Yani Kota Metro Tahun 2025.

xiv + 82 halaman + 24 tabel, 5 gambar, 18 lampiran

ABSTRAK

Gagal ginjal kronik (GGK) merupakan suatu kondisi dimana ginjal mengalami kerusakan secara progresif dan irreversible, ini ditandai dengan Glomerular Filtration Rate (GFR) dibawah 60 ml/menit/1,73m² selama minimal 3 bulan. Penelitian ini bertujuan untuk melakukan penatalaksanaan asuhan gizi terstandar pada pasien gagal ginjal kronik dengan hipertensi disertai 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 yang menderita gagal ginjal kronik dengan hipertensi disertai diabetes melitus tipe 2 yang akan dimonitor 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 sebesar 2 – 3 resiko malnutrisi sedang, sehingga pasien memerlukan asuhan gizi lebih lanjut. Diagnosis gizi pasien yaitu NI.2.1 Asupan oral tidak adekuat, NI.5.3 Penurunan kebutuhan zat gizi natrium, NC.2.2 Perubahan nilai lab terkait gizi dan NB.1.1 Kurang pengetahuan terkait makanan dan zat gizi. Pasien diberikan diet rendah protein, diet rendah natrium dan diet DM. Asupan oral pasien mengalami peningkatan selama dilakukannya 3 hari intervensi dengan rata rata asupan energi 76%, protein 87%, lemak 76%, kh 75%, kalsium 13%, fosfor 50%, fe 233%, natrium 307%, kalium 38% dan serat 63%. Selama 3 hari pemantauan kondisi klinis/fisik pasien menunjukkan perbaikan yang ditandai dengan berkurangnya lemas, mual dan muntah. Pasien telah diberikan edukasi dan dianjurkan untuk mengikuti pola makan sesuai dengan diet yang diberikan, dengan memperhatikan pilihan bahan makanan yang dianjurkan dan tidak dianjurkan serta menerapkan gaya hidup sehat.

Kata kunci : Asuhan Gizi, Penyakit Gagal Ginjal Kronik, Laju Filtrasi Glomerulus
Daftar Bacaan : 86 (2008 – 2024)

TANJUNGKARANG HEALTH POLYTECHNIC
NUTRITION DEPARTMENT
Final Project, 16 June 2025

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Standardized Nutritional Care Management in Chronic Kidney Failure Patients with Hypertension and Type 2 Diabetes Mellitus at Jenderal Ahmad Yani Hospital, Metro City in 2025.

xiv + 82 pages + 24 tables, 5 images, 18 appendices

ABSTRACT

Chronic kidney failure (CKD) is a condition in which the kidneys are progressively and irreversibly, this is characterized by a Glomerular Filtration Rate (GFR) below 60 ml/min/1.73m² for at least 3 months. This study aims to carry out standardized nutritional care management in chronic kidney failure patients with hypertension and type 2 diabetes mellitus at Jenderal Ahmad Yani Hospital Metro City in 2025.

The research was conducted using a case study method with a sample of 1 inpatient suffering chronic kidney failure patients with hypertension and type 2 diabetes mellitus who would be monitored for a minimum of 3 days. Management of Standardized Nutrition Care includes nutritional assessment, nutritional diagnosis, nutritional intervention and nutritional monitoring and evaluation. This research data was analyzed using descriptive analysis methods.

The results of the study obtained a nutritional screening score of 2-3 moderate malnutrition risk, so the patient requires further nutritional care. The patient's nutritional diagnosis is NI.2.1 Inadequate oral intake, NI.5.3 Decreased sodium nutrient requirements, NC.2.2 Changes in laboratory values related to nutrition and NB.1.1 Lack of knowledge related to food and nutrients. The patient was given a low-protein diet, low-sodium diet and DM diet. The patient's oral intake increased during the 3-day intervention with an average energy intake of 76%, protein 87%, fat 76%, kh 75%, calcium 13%, phosphorus 50%, fe 233%, sodium 307%, potassium 38% and fiber 63%. During the 3 days of monitoring the patient's clinical/physical condition showed improvement marked by reduced weakness, nausea and vomiting. The patient has been given education and advised to follow a diet according to the diet given, paying attention to the choice of recommended and non-recommended foods and implementing a healthy lifestyle.

Keywords : Nutritional Care, Chronic Kidney Failure Disease, Glomerular Filtration Rate

Reading List : 86 (2008 – 2024)