

POLITEKNIK KESEHATAN TANJUNGPINANG
JURUSAN GIZI
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Penatalaksanaan Asuhan Gizi Terstandar pada Pasien STEMI Anteroseptal disertai Hipertensi di RSUD Jenderal Ahmad Yani Metro.

xiv + 78 halaman + 23 tabel, 4 gambar, 17 lampiran

ABSTRAK

STEMI (*ST-Elevation Myocardial Infarction*) merupakan suatu sindrom klinis yang terjadi akibat penyumbatan satu atau lebih arteri koroner yang berfungsi memasok darah ke otot jantung. Penyakit Jantung Koroner adalah keadaan dimana pembuluh darah pada jantung (arteri koroner) terdapat penumpukan lemak pada dinding pembuluh darah. Penelitian ini bertujuan untuk melakukan penatalaksanaan asuhan gizi terstandar pada pasien Penyakit Stemi Anteroseptal disertai Hipertensi di RSUD Jenderal Ahmad Yani Metro Tahun 2025.

Penelitian yang dilakukan menggunakan metode studi kasus dengan sampel 1 pasien rawat inap penderita PJK yang dimonitor selama 3 hari. Penatalaksanaan Asuhan Gizi Terstandar meliputi skrining gizi, asesmen gizi, diagnosis gizi, intervensi gizi serta monitoring dan evaluasi gizi. Data penelitian ini dianalisis dengan menggunakan analisis deskriptif.

Hasil penelitian didapati skor skrining gizi sebesar 0 – 1 dengan diagnosa khusus, yang menandakan pasien mengalami resiko malnutrisi sedang. Diagnosis gizi pasien yaitu NI.2.1 Asupan oral inadekuat, NI.5.3 Penurunan kebutuhan zat gizi khususnya lemak dan natrium, NC.3.3.3 Obese I dan NB.1.1. Kurang pengetahuan terkait makanan dan zat gizi. Pasien diberikan diet jantung III (2.100 kkal) dan RG II (2.300 mg). Asupan oral pasien mengalami peningkatan selama dilakukannya 3 hari intervensi dengan rata – rata asupan yaitu energi 1.835,25 kkal (95%), protein 67,72 gr (95%), lemak 54,64 gr (100%), karbohidrat 285,18 gr (94%), kalsium 790,70 mg (65%), natrium 3.308,62 mg (144%), serat 16,01 (53%), kolesterol 293,58 (147%) dan cairan 2.612,09 (148%). Selama tiga hari pemantauan, kondisi klinis/fisik pasien menunjukkan perbaikan yang ditandai dengan berkurangnya keluhan nyeri dada dan sesak napas. Pasien telah diberikan edukasi dan dianjurkan untuk mengikuti pola makan sesuai dengan diet jantung dan hipertensi, dengan memperhatikan pilihan bahan makanan yang dianjurkan dan tidak dianjurkan serta menerapkan gaya hidup sehat.

Kata kunci : Asuhan Gizi, Penyakit Jantung Koroner, STEMI
Daftar bacaan : 89 (2014 – 2024)

TANJUNGKARANG HEALTH POLYTECHNIC
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Management of Standardized Nutritional Care for Anteroseptal STEMI Patients accompanied by Hypertension at General Ahmad Yani Metro Hospital.

xiv + 78 pages + 23 tables, 4 pictures, 17 appendices

ABSTRACT

STEMI (*ST-Elevation Myocardial Infarction*) is a clinical syndrome that occurs due to a blockage of one or more coronary arteries that function to supply blood to the heart muscle. Coronary Heart Disease is a condition in which the blood vessels in the heart (coronary arteries) have a buildup of fat on the walls of the blood vessels. This research aims to manage standardized nutritional care for patients with Anteroseptal Stemi Disease accompanied by Hypertension at the General Ahmad Yani Metro Hospital in 2025.

The research was conducted using a case study method with a sample of 1 inpatient with CHD who was monitored for 3 days. The management of standardized nutrition care includes nutrition screening, nutrition assessment, nutrition diagnosis, nutrition intervention, and nutrition monitoring and evaluation. The data of this study was analyzed using descriptive analysis.

The results of the study found that the nutritional screening score was 0 – 1 with a special diagnosis, which indicates that the patient is at moderate risk of malnutrition. Patient nutritional diagnosis is NI.2.1 Inadequate oral intake, NI.5.3 Decreased nutrient needs, especially fat and sodium, NC.3.3.3 Obese I and NB.1.1. Lack of knowledge related to food and nutrients. Patients were given a heart diet III (2,100 kcal) and RG II (2,300 mg). The patient's oral intake increased during the 3 days of the intervention with an average intake of 1,835.25 kcal (95%), protein 67.72 g (95%), fat 54.64 g (100%), carbohydrates 285.18 g (94%), calcium 790.70 mg (65%), sodium 3,308.62 mg (144%), fiber 16.01 (53%), cholesterol 293.58 (147%) and fluids 2,612.09 (148%). During the three days of monitoring, the patient's clinical/physical condition showed improvement characterized by reduced complaints of chest pain and shortness of breath. Patients have been educated and encouraged to follow a diet in accordance with the heart diet and hypertension, paying attention to recommended and unrecommended food choices and adopting a healthy lifestyle.

Keywords: Nutrition Nursing, Coronary Heart Disease, STEMI
Reading list : 89 (2014 – 2024)