

## PROSES ASUHAN GIZI TERSTANDAR PADA PASIEN DIABETES MELLITUS HIPERGLIKEMIK RSUD WONOSARI GUNUNG KIDUL

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### ABSTRAK

**Latar Belakang:** Diabetes Mellitus (DM) merupakan suatu kelompok penyakit metabolik dengan karakteristik hiperglikemia yang terjadi karena kelainan sekresi insulin, kerja insulin, atau kedua-duanya. Prevalensi penyakit DM di Indonesia berdasarkan diagnosis dokter pada penduduk umur  $\geq 15$  tahun meningkat dari 1,5% pada tahun 2013 menjadi 2,0% pada tahun 2018. Proses Asuhan Gizi Terstandar diperlukan pada pasien DM agar tidak dalam kondisi malnutrisi serta membantu mengurangi gejala atau keluhan dan membantu mengontrol glukosa darah pasien.

**Tujuan:** Mengetahui proses asuhan gizi terstandar pada pasien Diabetes Mellitus Hiperglikemik.

**Metode:** Jenis dan rancangan penelitian yang digunakan adalah penelitian deskriptif dengan rancangan studi kasus.

**Hasil:** Hasil pengkajian gizi yaitu data antropometri status gizi baik, data biokimia diperoleh kadar GDS pasien tinggi, data fisik/klinis nadi dan RR rendah, mudah lelah, lemas, dan perut begah, dan data riwayat makan bahwa kebiasaan makan pasien kurang baik serta asupan zat gizi pasien kurang. Monitoring yang dilakukan meliputi biokimia, fisik/klinis, serta asupan makan dan diperoleh hasil bahwa kadar glukosa darah dan keluhan fisik menurun serta asupan makan pasien meningkat fluktuatif.

**Kesimpulan:** Dari hasil penelitian dapat ditemukan pasien dengan status gizi baik, kadar GDS tinggi, keluhan fisik, serta asupan zat gizi kurang. Berdasarkan monitoring, selama pelayanan kadar GDS turun, keluhan fisik negatif, serta asupan meningkat.

**Kata kunci :** Proses Asuhan Gizi Terstandar, Diabetes Mellitus, Hiperglikemik

**A STANDARDIZED NUTRITION CARE PROCESS IN PATIENTS  
DIABETES MELLITUS HYPERGLICEMIC  
RSUD WONOSARI GUNUNG KIDUL**

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**ABSTRACT**

**Background:** Diabetes Mellitus (DM) is a group of metabolic diseases with characteristic hyperglycemia that occurs due to abnormalities in insulin secretion, insulin action, or both. The prevalence of DM in Indonesia based on the doctor's diagnosis in a population aged  $\geq 15$  years increased from 1.5% in 2013 to 2.0% in 2018. The Standardized Nutrition Care Process required in diabetic patients so that not in a state of malnutrition and helps reduce symptoms and help control the patient's blood glucose.

**Objective:** To know the standardized nutrition care process in patients with Diabetes Mellitus hyperglycemic.

**Methods:** The type and design of the study is a descriptive research with case study design.

**Results:** The results of the nutritional assessment, namely anthropometric data on good nutritional status, biochemical data obtained by patient with high GDS levels, physical / clinical data low pulse and respiratory rate, fatigue, weakness, and abdominal fullness, and eating history data that the patient's eating habits were poor and intake lack of patient nutrition. Monitoring carried out included biochemistry, physical / clinical, and food intake and the results showed that blood glucose levels and physical complaints decreased and the patient's food intake fluctuated.

**Conclusion:** The results of the study can be found patients with good nutritional status, high levels of GDS, physical complaints, and lack of nutrient intake. Based on the monitoring, during the service levels of GDS decrease, negative physical complaints, as well as increased intake.

**Keywords:** Standardized Nutrition Care Process, Diabetes Mellitus, hyperglycemic