**ABSTRAK**

**Nur Lailatul Badriyah**, 2018. Asuhan Gizi Pada Pasien Diabetes Mellitus Tipe II dengan Hipertensi di Rumah Sakit Umum Daerah dr. R Soedarsono Kota Pasuruan Jawa timur. Jurusan Gizi, Poltekkes Kemenkes Malang.

Pembimbing : Annasari Mustafa

Diabetes Mellitus (DM) adalah suatu penyakit dimana kadar glukosa (Gula Sederhana) di dalam darah tinggi karena tubuh tidka dapat melepaskan atau menggunakan insulin secara cukup. Tujuan penelitian ini adalah untuk menganalisis asuhan gizi pada pasien Diabetes Mellitus (DM) Tipe II dengan Hipertensi. Penelitian ini merupakan penelitian observasional dengan desain studi kasus yaitu dengan melakukan pengamatan terhadap pasien Diabetes Mellitus dengan Hipertensi di Rumah Sakit Umum Daerah dr. R Soedarsono Kota Pasuruan. Masalah gizi yang ditemukan pada penelitian ini adalah peningkatan kadar glukosa darah, tekanan darah, kadar leukosit dalam darah, kekurangan intake makanan oral, dan belum siap untuk diet. Diagnosa gizi yang diberikan adalah *Nutrition Intake* (NI) meliputi: NI.5.8.3, NI.2.1, NI.1.4 dan *Nutrition Clinical* (NC) meliputi: NC.2.2, serta *Nutrition Behavoiur* (NB) meliputi: NB..1.4, dan NB.1.1. Terapi diet yang diberikan ketiga pasien selama 3 hari pengamatan yaitu diet DM B Rendah Garam III dengan energi sebesar 1400 – 1800 kalori, protein sebesar 42 – 54 gram, lemak sebesar 31 – 40 gram, karbohidrat sebesar 238 – 306 gram, dan natrium sebesar 1200 mg. Terapi diet dilakukan dengan pemberian konseling dan motivasi mengenai diet pasien Diabetes Mellitus Tipe II dengan Hipertensi. Hasil monitoring dan evaluasi selama 3 hari pengamatan didapatkan rata-rata tingkat konsumsi energi, protein, lemak, dan karbohidrat termasuk dalam kategori deficit tingkat berat serta natrium termasuk dalam kategori deficit tingkat ringan. Berdasarkan data antropometri status gizi kedua pasien dalam kategori normal sedangkan satu pasien dalam kategori kurang. Hasil akhir pemeriksaan laboratorium kadar glukosa darah mengalami penurunan mendekati nilai normal. Hasil perkembangan fisik/klinis mengalami penurunan dan perubahan tekanan darah ke angka normal, serta hasil terapi edukasi mengalami peningkatan pengetahuan terkait diet yang harus dijalankan pasien beserta bahan makanan yang dianjurkan, dibatasi, dan tidak dianjurkan. Saran yang diberikan dalam penelitian ini yaitu ketiga pasien diharapkan setelah keluar rumah sakit dapat menerapkan diet yang telah diberikan pada saat konseling seperti bahan makanan yang dianjurkan, dibatasi, dan tidak dianjurkan agar kadar glukosa dapat terkontrol serta rutin memeriksakan kesehatan sehingga dapat terpantau dan teratasi sedini mungkin.

*Kata Kunci : Asuhan Gizi, Diabetes Mellitus, Hipertensi*

**ABSTRACT**

**Nur Lailatul Badriyah** , 2018. The care of nutrition on a patient Diabetes Mellitus type II by Hypertension in the District General Hospital dr. R Soedarsono Pasuruan City East Java. Health services post nutritional supplements and in his own direction , the ministry of health Poltekkes miserable and to be pitied.

Of the tutors: Annasari Mustafa

Diabetes mellitus (DM) is a disease where glucose levels (simple sugar) in high blood for the body are nothing able to deliver or using insulin fairly .The purpose of this research is to analyze care of nutrition in patients Diabetes Mellitus ( DM ) Type II by Hypertension .The research is research observational with the design case study is by applying observation towards patients Diabetes Mellitus with Hypertension in the District General Hospital dr. R Soedarsono Pasuruan City. Problems nutrition found in this research is improving blood glucose levels , blood pressure , leukocytes in the blood levels , lack of food intake oral , and not ready for diet. Health services post nutritional supplements diagnosis in the document still given was that the *Nutrition Intake* ( NI ) *Covering*: NI.5.8.3 , NI.2.1 , NI.1.4 and *Nutrition Clinical* ( NC ) Covering: NC.2.2 , as well as Nutrition Behavoiur ( NB ) Covering: NB.1.4 , And NB.1.1. Therapy a diet that is given third the patients for 3 the day of the observation of pt pgn promised to supply a diet of DM b low a salt III with energy as much as 1400 - 1800 calories over the course , a protein as much as 42 - 54 the most ten grams of , fat as much as 31 - 40 the most ten grams of , carbohydrates as much as 238 - 306 the most ten grams of , and sodium as much as 1200 mg. A diet of therapy have been carried out with providing counseling and motivation pertaining to diet patients Diabetes Mellitus Type II by Hypertension . Results of monitoring and evaluation for 3 days observation obtained the average level of energy consumption , protein , fat , and carbohydrates included in a category deficit level heavy and sodium included in a category deficit slight extent .Based on the data anthropometry nutritional status of second patients in the category of normal while one patient in the category of less .The final result examination laboratory blood glucose levels decreased approaching value normal. Outgrowth physical / clinical decrease and change blood pressure to the normal level , as well as the results therapy education increased knowledge related to diet to be executed patients and food advocated , restricted , and not recommended . Advice provided in this research that is third patients it was hoped after quit the hospital can apply a diet have given during the counseling like material food advocated, restricted, and not recommended that glucose levels can controlled and routine the health check so that it can be be monitored and handled as early as possible.

Key words: Care Nutrition, Diabetes Mellitus , Hypertension