

## ABSTRAK

**Sabda Dira Priwinanda. 2019.** Asuhan Gizi pada Pasien Diabetes Melitus Tipe II di RSUD Kanjuruhan Kabupaten Malang. Karya Tulis Ilmiah, Program Studi Diploma III Gizi Malang Politeknik Kesehatan Kemenkes Malang Pembimbing Sutomo Rum Teguh K SKM, M.Kes.

Diabetes Melitus (DM) merupakan penyakit kelainan metabolisme yang disebabkan kurangnya hormon insulin. Hormon insulin dihasilkan oleh sekelompok sel beta di kelenjar pankreas dan sangat berperan dalam metabolisme glukosa dalam sel tubuh. Kadar glukosa yang tinggi dalam tubuh tidak dapat diserap semua dan tidak mengalami metabolisme dalam sel. Akibatnya seseorang akan kekurangan energi sehingga mudah lelah dan berat badan terus turun (Adriani dan Wirjatmadi, 2012). Di RSUD Kanjuruhan Kabupaten Malang, penyakit Diabetes Melitus tipe II merupakan salah satu penyakit 10 terbanyak dirumah sakit tersebut, yaitu sebanyak 71 pasien (berdasarkan data rekam medis RSUD Kanjuruhan Kabupaten Malang tahun 2018).

Tujuan penelitian ini adalah untuk menganalisis Asuhan Gizi pada Pasien Diabetes Melitus Tipe II di RSUD Kanjuruhan Kabupaten Malang. Jenis penelitian ini adalah observasional deskriptif dengan desain studi kasus (*case study*). Pengumpulan data dilakukan di RSUD Kanjuruhan Kabupaten Malang pada tanggal 26-28 Februari 2019. Pengumpulan data yang diambil adalah data identitas pasien, data antropometri, data biokimia, data fisik/klinis, data riwayat gizi dan data riwayat personal yang diambil dari buku rekam medis RSUD Kanjuruhan Kabupaten Malang, dengan jumlah responden sebanyak 3 pasien.

Hasil penelitian selama 3 hari menunjukkan bahwa pasien 1 memiliki status gizi kurang sedangkan pasien 2 dan pasien 3 memiliki status gizi normal. Berdasarkan data biokimia ketiga pasien kadar GDP dan GD2PP mendekati normal dari hari ke hari. Berdasarkan data fisik/klinis mengalami penurunan tekanan darah mendekati ke angka normal. Dan hasil monitoring dan evaluasi yaitu rata-rata tingkat konsumsi energy, protein, lemak dan karbohidrat termasuk dalam kategori normal (pasien 1 dan pasien 2) sedangkan pasien 3 termasuk dalam kategori deficit tingkat ringan.

Disarankan agar pasien perlu mendapatkan KIE menjelang keluar dari rumah sakit. Selain itu pasien diharapkan dapat menerapkan diet yang telah disarankan seperti bahan makanan yang dianjurkan agar kadar glukosa dapat terkontrol serta rutin memeriksakan kesehatan sehingga dapat terpantau dan teratasi sedini mungkin.

Kata kunci : Asuhan Gizi, Diabetes Melitus, Tingkat Konsumsi

## ABSTRACT

**Sabda Dira Priwinanda. 2019.** Nutrition Care in Patients with Type II Diabetes Mellitus in Kanjuruhan Hospital Malang Regency. Scientific Writing, Nutrition Diploma III Study Program Malang Malang Health Ministry Polytechnic Advisor Sutomo Rum Teguh K SKM, M.Kes.

Diabetes mellitus (DM) is a metabolic disorder caused by a lack of the hormone insulin. The hormone insulin is produced by a group of beta cells in the pancreas gland and is very instrumental in glucose metabolism in the cells of the body. High glucose levels in the body cannot be absorbed by all and do not go through metabolism in cells. As a result, a person will lack energy, making it easy to get tired and lose weight (Adriani and Wirjatmadi, 2012). In Kanjuruhan Hospital Malang Regency, type II Diabetes Mellitus is one of the 10 most common diseases in the hospital, which is as many as 71 patients (based on medical record data at Kanjuruhan Hospital Malang Regency in 2018).

The purpose of this study was to analyze Nutritional Care in Patients with Type II Diabetes Mellitus in Kanjuruhan Hospital Malang Regency. This type of research is descriptive observational with a case study design (case study). Data collection was taken at Kanjuruhan Hospital Malang Regency on 26-28 February 2019. Collecting data was taken from patient identity data, anthropometric data, biochemical data, physical / clinical data, nutritional history data and personal history data taken from RSUD medical record books Kanjuruhan Malang Regency, with total of respondents that was 3 patients.

The results of the 3-day study showed that patient 1 had poor nutritional status while patient 2 and patient 3 had normal nutritional status. Based on biochemical data, the three patients' GDP and GD2PP levels approach normal from day to day. Based on physical / clinical data, a decrease in blood pressure is close to normal numbers. And the results of monitoring and evaluation are the average level of energy, protein, fat and carbohydrate consumption included in the normal category (patient 1 and patient 2) while patient 3 is included in the category of mild level deficit.

It is recommended that patients need to get an IEC ahead of discharge from the hospital. In addition, patients are expected to be able to apply a recommended diet such as recommended food ingredients so that glucose levels can be controlled as well as routine health checks so that they can be monitored and resolved as early as possible.

Keywords: Nutritional care, diabetes mellitus, consumption level