

ABSTRAK

Nurul Khasanah, 2019. *Asuhan Gizi pada Pasien Stroke di RSUD Kanjuruhan Kabupaten Malang.* karya Tulis Ilmiah, Jurusan Gizi Politeknik Kesehatan Kemenkes Malang. Pembimbing : Sutomo Rum Teguh K

Stroke adalah gangguan peredaran darah di otak yang dapat menyebabkan fungsi otak terganggu dan mengakibatkan berbagai gangguan pada tubuh. Stroke merupakan penyebab kematian ketiga tersering di negara maju, setelah penyakit jantung dan kanker. Setiap tahun, hampir 700.000 orang Amerika mengalami stroke, dan stroke mengakibatkan hampir 150.000 kematian. Di Indonesia berdasarkan diagnosis tenaga kesehatan sebesar 7 per mil dan yang terdiagnosis tenaga kesehatan atau gejala sebesar 12,1 per mil. Penelitian dilakukan secara observational analitik menggunakan desain *case studies* pada pasien stroke di RSUD Kanjuruhan Kabupaten Malang. Besar sampel penelitian berjumlah 3 responden serta yang memenuhi ketentuan syarat. Data didapatkan dengan cara pengkajian awal pada pasien dengan diruang rawat inap kemudian dilakukan observasi, monitoring dan evaluasi pada pasien selama 3 hari. Hasil penelitian ini (1) Pasien mengalami stroke disertai hipertensi, (2) Diagnosis Gizi yang ditegakkan yaitu NI- 5.4 penurunan kebutuhan zat gizi tertentu, (3) Terapi diet yang diberikan pada ketiga pasien selama 3 hari adalah pasien 1 adalah diet Stroke IV, pasien 2 dan 3 adalah diet Stroke III, (4) Edukasi yang diberikan diet stroke, (5) Hasil monitoring dan evaluasi tingkat konsumsi energi protein, lemak dan karbohidrat defisit (pasien 1 dan 2) pasien 3 normal dan diatas kebutuhan. Berdasarkan antropometri pasien 1, 2 dan 3 status gizi kurang. Biokimia Kolesterol pasien 1,2 dan 3 tinggi, HDL pasien 2 dan 3 rendah, LDL pasien 1 dan 3 tinggi, pasien 3 tinggi. Tekanan darah pasien tinggi.

Kata kunci : Asuhan Gizi, Stroke, Hipertensi, Tingkat Konsumsi

ABSTRACT

Nurul Khasanah, 2019. Nutrition Care for Stroke Patients in Kanjuruhan Hospital Malang Regency. Scientific Writing, Nutrition Department of Malang Health Ministry Polytechnic. Advisor: Sutomo Rum Teguh K

Stroke is a disorder of blood circulation in the brain which can cause brain function to be disrupted and result in various disorders of the body. Stroke is the third most common cause of death in developed countries, after heart disease and cancer. Every year, nearly 700,000 Americans experience strokes, and strokes result in nearly 150,000 deaths. In Indonesia the diagnosis of health professionals is 7 per mile and those diagnosed with health or symptoms are 12.1 per mile. The study was conducted in an observational analytic design using case studies in stroke patients in Kanjuruhan Hospital Malang Regency. The sample size amounted to 3 respondents and those who met the conditions. Data were obtained by means of a preliminary assessment of the patient in the inpatient room and then carried out observation, monitoring and evaluation for the patient for 3 days. The results of this study (1) Patients experiencing stroke with hypertension, (2) Nutritional diagnosis that is enforced, namely NI-5.4 decrease in the need for certain nutrients, (3) Diet therapy given to the three patients for 3 days is patient 1 is the Stroke IV diet, patients 2 and 3 are the Stroke III diet, (4) Education given a stroke diet, (5) Results of monitoring and evaluation of levels of protein energy consumption, fat and carbohydrate deficits (patients 1 and 2) patients 3 normal and above needs. Based on the anthropometry of patients 1, 2 and 3 malnutrition. Biokomia Cholesterol patients 1.2 and 3 are high, HDL patients 2 and 3 are low, LDL patients 1 and 3 are high, patients 3 are high. Patient's blood pressure is high.

Keywords: Nutrition Care, Stroke, Hypertension, Consumption Level