

# PROSES ASUHAN GIZI TERSTANDAR PADA PASIEN GAGAL GINJAL KRONIS DI RUANG INTENSIVE CARE UNIT (STUDI KASUS DI SILOAM HOSPITAL KEBON JERUK)

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**Abstrak :** Pasien yang berada di ruang intensive care unit (ICU) sering disebut dengan pasien sakit kritis. Pasien kritis sering mengalami kondisi metabolik yang dapat memetabolisme kalori total untuk memenuhi kebutuhan pengeluaran energi. Pasien kritis juga sering mengalami respons sistemik akibat dari ketidakseimbangan antara pelepasan oksigen dengan persediaan oksigen pada jaringan yang telah rusak, atau yang disebut hipermetabolisme. Kejadian hipermetabolisme ini yang dapat mempengaruhi kondisi status gizi pasien, hal inilah yang membuat pentingnya asuhan gizi pada pasien ICU. Tujuan penelitian untuk mengetahui bagaimana proses asuhan gizi terstandar pada pasien intensive care unit di Rumah Sakit Siloam Kebon Jeruk. Penelitian ini bersifat deskriptif dengan rancangan studi kasus. Pengumpulan data dilakukan dengan menggunakan data sekunder (rekam medis) di ruangan intensive care unit. Kriteria inklusi : pasien yang berdiagnosa *Chronic kidney disease on Hemodialisa* (CKD on HD) dengan komplikasi, minimal perawatan 3 hari, dengan pemberian asupan enteral. Pengukuran food record menggunakan data flow chart yang berisi obat-obatan, cairan, hasil monitoring ahli gizi rumah sakit. Data biokimia diperoleh dari hasil laboratorium selama 3 hari perawatan. Diagnosa gizi kedua pasien adalah penurunan kesadaran, kurangnya intake makanan dan minuman, penurunan kebutuhan zat gizi tertentu, serta perubahan nilai laboratorium (hemoglobin, kadar gula darah puasa, kreatinin, ureum). Selama perawatan pasien melakukan hemodialisa karena perburukan kondisi. Asupan gizi selama perawatan tidak seluruhnya tercapai, karena keadaan kondisi klinis.

**Kata kunci :** Asuhan gizi terstandar, asupan, gagal ginjal kronis, hemodialisa, pasien kritis.

**Abstract:** Patients who are in the intensive care unit (ICU) are often referred to as critically ill patients. Critical patients often experience metabolic conditions that can metabolize total calories to meet energy expenditure needs. Critical patients also often experience a systemic response due to an imbalance between the release of oxygen and oxygen supply to the damaged tissue, which is called hypermetabolism. The occurrence of hypermetabolism which can affect the condition of the patient's nutritional status, this is what makes the importance of nutritional care in ICU patients. The research objective was to determine how the standardized nutritional care process in intensive care unit patients at Siloam Hospital, Kebon Jeruk. This research is descriptive in nature with a case study design. Data collection was carried out using secondary data (medical records) in the intensive care unit room. Inclusion criteria: patients diagnosed with Chronic kidney disease on Hemodialysis (CKD on HD) with complications, at least 3 days of treatment, with enteral intake. Measurement of food records using data flow charts containing medicines, fluids, monitoring results from hospital nutritionists. Biochemical data were obtained from laboratory results for 3 days of treatment. The nutritional diagnoses of the two patients were decreased awareness, lack of food and beverage intake, decreased need for certain nutrients, and changes in laboratory values (hemoglobin, fasting blood sugar levels, creatinine, urea). During treatment the patient is hemodialysis because of the worsening of the condition. Nutritional intake during treatment is not fully achieved, due to clinical conditions.

**Keywords:** nutrition care process, intake, chronic renal failure, hemodialysis, critical patients.