

Terapi Nutrisi pada Pasien Tuberkulosis Paru dengan Malnutrisi = Nutritional Therapy in Pulmonary TB Patient with Malnutrition

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Abstrak

[Malnutrisi dan tuberkulosis seringkali ditemukan secara bersamaan, Adanya malnutrisi pada tuberkulosis meningkatkan morbiditas dan mortalitas. Serial kasus ini bertujuan mempelajari efek terapi nutrisi pada pasien TB paru dengan malnutrisi.

Pada serial kasus ini tiga orang pasien mengalami malnutrisi berat dan satu pasien mengalami malnutrisi ringan. Nutrisi tahap awal diberikan 50% kebutuhan energi total (KET) dan ditingkatkan bertahap. Pada akhir masa perawatan, nutrisi dapat mencapai 90% KET. Protein diberikan sebesar 15–20% total kalori. Konseling gizi diberikan pada akhir masa rawat pada pasien dan keluarga.

Terapi nutrisi sebaiknya harus menjadi bagian integral dari terapi tuberkulosis.

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All of four patients were malnourished and had pulmonary TB, of which 3 were severely malnourished. Initially, nutrition therapy commenced with 50% estimated energy requirement (EER) and incrementally increased to 90% EER at the end of hospitalization. Protein was given 15–20% of total calories. Bedside counseling was provided prior to discharge.

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