

## Terapi nutrisi pada pasien usia lanjut dengan gagal jantung kongestif dan berbagai penyakit komorbid = Nutrition therapy for congestive heart failure with various comorbidities in the elderly patients

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### Abstrak

Latar Belakang: Penuaan merupakan proses fisiologis yang terjadi pada semua organ tubuh. Usia lanjut dan sejumlah komorbid yang terjadi seperti hipertensi, penyakit jantung koroner, diabetes melitus, penyakit paru obstruktif kronik dan penyakit ginjal kronik, merupakan faktor risiko mayor gagal jantung kongestif. Pasien usia lanjut dengan gagal jantung kongestif berisiko tinggi readmisi rumah sakit, malnutrisi, defisiensi mikronutrien, dehidrasi atau kelebihan cairan, dan mengalami penurunan ambang rasa. Pada tata laksana gagal jantung kongestif, penting untuk membatasi asupan natrium dan cairan yang dapat menyebabkan penurunan asupan nutrisi, sehingga terapi nutrisi diperlukan sejak awal perawatan.

Metode: Laporan serial kasus ini memaparkan empat kasus pasien usia lanjut dengan gagal jantung kongestif, berusia 65-78 tahun dengan minimal satu penyakit komorbid yaitu hipertensi, penyakit jantung koroner, penyakit ginjal kronik, penyakit paru obstruktif kronik, dan diabetes melitus. Semua pasien memerlukan dukungan nutrisi. Dua pasien mengalami malnutrisi, satu pasien berat badan lebih dan satu pasien obes I. Masalah nutrisi yang didapatkan antara lain asupan makronutrien dan mikronutrien tidak adekuat dan komposisi nutrisi tidak seimbang selama sakit dan 24 jam terakhir, gangguan elektrolit, hiperurisemia, hiperglikemia, peningkatan kadar kolesterol LDL dan gangguan keseimbangan cairan. Terapi nutrisi gagal jantung kongestif diberikan pada semua pasien disesuaikan dengan penyakit komorbid masing-masing. Suplementasi mikronutrien dan nutrisi spesifik diberikan pada keempat pasien. Pemantauan meliputi keluhan subyektif, hemodinamik, tanda dan gejala klinis, analisis dan toleransi asupan, pemeriksaan laboratorium, antropometri, keseimbangan cairan, dan kapasitas fungsional.

Hasil: Keempat pasien menunjukkan peningkatan asupan nutrisi, perbaikan klinis berupa penurunan tekanan darah dan frekuensi nadi, serta peningkatan kapasitas fungsional.

Kesimpulan: Terapi nutrisi yang adekuat dapat memperbaiki kondisi klinis pasien usia lanjut dengan gagal jantung kongestif dan berbagai penyakit komorbid.

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Background: Aging is a physiological process, which is occurs in all organs. Elderly people and various comorbidities, such as hypertension, coronary artery disease, diabetes mellitus, chronic obstructive pulmonary disease and chronic kidney disease, are major risk factors of congestive heart failure. Elderly patients with congestive heart failure are at high risk of hospital readmission, malnutrition, micronutrients deficiency, dehydration or fluid overload and decreased sense of taste. In the congestive heart failure therapy, fluid and sodium intake restriction is important, however it may result in decreased nutrition intake so that is necessary to provide early adequate nutrition therapy.

Method: This serial case report describes four cases of congestive heart failure with various comorbidities in the elderly patients, aged 65-78 years old, with at least one comorbid, such as hypertension, coronary artery disease, chronic kidney disease, chronic obstructive pulmonary disease, and diabetes mellitus. All patients required nutrition support. Two patients classified as malnutrition, one overweight and one obese I.

Nutrition problems in this serial case report are macromicronutrients intake, and nutrition composition imbalance during ill and 24 hours before hospitalized, electrolyte imbalance, hyperuricemia, hyperglycemia, elevated LDL cholesterol levels, and fluid imbalance. Nutrition therapy for congestive heart failure was given to all patients, and adjusted to the comorbidities in each patient. Micronutrients and specific nutrients supplementation were given to all patients. Monitoring include subjective complaints, hemodynamic, clinical signs and symptoms, analysis and tolerance of food intake, laboratory results, anthropometric, fluid balance, and functional capacity.

**Result:** During monitoring in the hospital, all patients showed improved food intake, clinical outcomes, such as decreased of blood pressure, heart rate and increased of functional capacity.

**Conclusion:** Adequate nutrition therapy an important role in improving clinical conditions in the elderly patients with congestive heart failure and various comorbidities.