

Terapi medik gizi pada pasien penyakit ginjal kronik dengan malnutrisi yang menjalani hemodialisis (pendekatan terhadap lingkaran otot lengan atas) = Medical nutrition therapy in chronic kidney patients with malnutrition undergoing hemodialysis (approach to the measurement of upper arm muscle circumference) / Muningtya Philiyanisa Alam

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Deskripsi Lengkap: <https://lib.ui.ac.id/detail?id=20500935&lokasi=lokal>

Abstrak

ABSTRAK

Penyakit ginjal kronik (PGK) telah menjadi penyakit epidemik global dan prevalensinya di Indonesia terus meningkat. Hemodialisis (HD) merupakan terapi pengganti ginjal yang paling sering dilakukan pada pasien PGK stadium akhir. Pasien PGK yang menjalani HD rutin rentan mengalami protein energy wasting (PEW) sehingga memengaruhi status gizi. Lingkaran otot lengan atas (LOLA) merupakan indeks yang dapat menggambarkan total protein tubuh dan massa otot. Terapi medik gizi komprehensif diperlukan untuk menghindarkan pasien dari PEW dan memperbaiki kualitas hidup pasien. Pemantauan terhadap empat pasien berusia 32-61 tahun dengan proporsi jenis kelamin sama, didiagnosis PGK stadium akhir dan menjalani HD rutin. Berdasarkan kriteria The American Society for Parenteral and Enteral Nutrition seluruh pasien mengalami malnutrisi. Dua pasien telah menderita PEW, dua lainnya berisiko PEW. Terapi medik gizi diberikan sesuai dengan keadaan klinis pasien dengan target protein yaitu 1,1-1,4 g/kgBB/hari. Asupan energi dan protein pada dua pasien telah lebih dari 35 kkal/kgBB/hari dan 1,2 kkal/kgBB/hari sejak awal, sedangkan dua pasien lainnya rendah pada awal pengkajian namun mengalami peningkatan di akhir pemantauan. Seluruh pasien memiliki nilai LOLA yang rendah dan diduga mengalami depleksi otot, namun dua pasien mengalami peningkatan LOLA di akhir pemantauan.

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ABSTRACT

Chronic kidney disease has become a global epidemic disease and the prevalence is increasing in Indonesia. Hemodialysis (HD) is the most common treatment for end stage renal disease (ESRD) patients. Patients who undergoing HD routinely are vulnerable to increase protein energy wasting (PEW) so nutritional status must be monitored closely. Mid upper arm muscle circumference (MUAMC) can be use to show total body protein and muscle mass. Medical nutrition therapy is needed to prevent patients from PEW and improve the quality of life. Four patients age range 32-61 years and same sex ratio, diagnosed with ESRD undergoing HD. Based on The American Society for Parenteral and Enteral Nutrition s criteria all patients were malnutrition. Two patients experienced PEW and the other had risk of PEW. Medical nutritional therapy is given according to clinical condition of each patient with target protein from 1.1-1.4 g/kgBW/day. Energy and protein intake in two patients was more than 35 kcal/kgBW/day and 1.2 kcal/kgBW/day at first assessment. Unfortunately the others patient intake were low at the first assessment but incresed at the end of monitoring. All patients had low MUAMC scores which indicate muscle depletion. Two patients had increased MUAMC at the end of monitoring.