

GAMBARAN PENATALAKSANAAN NUTRISI DAN KADAR GLUKOSA PADA LANSIA DI PANTI SOSIAL TRESNA WERDHA YOGYAKARTA UNIT ABIYOSO

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INTISARI

Latar Belakang: Setiap tahunnya populasi lansia semakin bertambah, upaya pelayanan kesehatan paripurna bagi para lansia perlu dikembangkan dalam rangka meningkatkan kesejahteraan lansia, termasuk di dalamnya upaya pelayanan gizi pada lansia. Seiring dengan pertambahan usia akibat dari proses menua, semakin banyak lansia mengalami peningkatan kadar glukosa darah dan gangguan toleransi glukosa. Pentingnya memperhatikan asupan nutrisi pada lansia untuk mencegah penyakit diabetes mellitus.

Tujuan: Penelitian ini bertujuan untuk mengetahui gambaran penatalaksanaan nutrisi dan kadar glukosa darah pada lansia di Panti Sosial Tresna Werdha Yogyakarta Unit Abiyoso.

Metode: Jenis penelitian ini adalah *deskriptif* dengan pendekatan *cross sectional*. Populasi pada penelitian ini adalah seluruh lansia yang tinggal di PSTW Yogyakarta Unit Abiyoso berjumlah 123 lansia dengan teknik *purposive sampling* yaitu 94 responden. Pengumpulan data dilakukan dengan cara mengobservasi penatalaksanaan nutrisi kemudian mengukur kadar glukosa darah 2 jam setelah lansia mengonsumsi makanan yang disajikan oleh petugas panti dan analisa data *univariat*.

Hasil: Penatalaksanaan nutrisi yang sesuai dengan daftar menu makanan sebanyak 12 hari, dan penatalaksanaan nutrisi yang tidak sesuai yaitu sebanyak 3 hari, kadar glukosa darah responden hiperglikemi sebanyak 58 lansia (61,7%), kadar glukosa darah normal sebanyak 36 lansia (38,3%) dan tidak ada responden yang mengalami hipoglikemi. Hiperglikemi pada penatalaksanaan nutrisi yang sesuai yaitu sebanyak 7 hari (58,3%), kadar glukosa darah normal pada penatalaksanaan nutrisi yang sesuai sebanyak 5 hari (41,7%), dan hiperglikemi pada penatalaksanaan nutrisi yang tidak sesuai yaitu sebesar 3 hari (100%).

Kesimpulan: Pada penatalaksanaan nutrisi yang sesuai (58,3%) mengalami hiperglikemi, dan pada penatalaksanaan nutrisi yang tidak sesuai (100%) mengalami hiperglikemi.

Kata Kunci: Lansia, penatalaksanaan nutrisi, kadar glukosa darah.

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THE DESCRIPTION OF MANAGEMENT NUTRITION AND BLOOD GLUCOSE LEVEL AT ELDERLY IN SOCIAL INSTITUTION TRESNA WREDHA UNIT ABIYOSO YOGYAKARTA

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ABSTRACT

Background: The population of elderly is increase every year, therefore it is crucial that we take efforts to provide a comprehensive health service for them, including efforts to provide good nutrition. Along with the advance of age, more people suffer from an increase of glucose level in their blood and from glucose tolerance disorders. The need to watch over the nutritional intake for senior citizens is essential to avoid diabetes mellitus.

Objective: This research aimed at determining the description of management nutrition and blood glucose level at elderly in Social Institution Tresna Wredha Unit Abiyoso Yogyakarta.

Method: This is a descriptive research with a cross sectional approach. The population of this research was 123 elderly who lived in Social Institution Tresna Wredha Unit Abiyoso Yogyakarta, 94 respondents were selected using purposive sampling technique. The data collection was carried out by observing nutrition management and them followed by measuring blood glucose level 2 hours after consuming the meals served by nursing home caregivers, the data were analyzed using univariate data analysis.

Results: Nutrition management according to the menu list was performed for 12 days, and nutrition management not according to the menu list was performed for 3 days, hyperglycemia blood glucose level was found in 58 respondents (61,7%), normal blood glucose level was found in 36 respondents (38,3%), and no respondent were found to be hypoglycemia. Hyperglycemia during nutrition management according to the menu list was found for 7 days (58,3%), normal blood glucose level during nutrition management according to the menu list was found for 5 days (41,7%), and hyperglycemia during nutrition management not according to the menu list was found in 3 days (100%).

Conclusion: During nutrition management according to the menu list (58,3%) respondents experienced hyperglycemia, and during nutrition management not according to the menu list (100%) respondents experienced hyperglycemia.

Keywords: Elderly, management nutrition, blood glucose level.

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