

## ABSTRAC

**ELISYA MAWADAH, 2023.** *Nutrition Care for Stroke Patients with Hypertension at Karsa Husada Hospital, Batu City.* Scientific Writing, Department of Nutrition, Health Polytechnic Ministry of Health Malang. Advisor: **Dr. Nur Rahman, S.TP., MP,, RD**

Stroke is a disease of the brain in the form of disturbance of local and/or global nerve function, sudden, progressive and rapid appearance. Impaired nerve function in stroke is caused by non-traumatic cerebral circulation disorders. Stroke is one of the main causes of death among the Indonesian population. The purpose of this study was to analyze the implementation of clinical nutrition care in patients diagnosed with stroke with hypertension at RSUD Karsa Husada, Batu City. This research was conducted in an observational analytic manner using a case studies design in stroke patients with hypertension at Karsa Husada Hospital, Batu City. The nutritional problems found were inadequate oral intake, decreased sodium requirements, decreased fat requirements and inappropriate selection of foodstuffs. The Nutrition Diagnosis given is Nutrition Intake (NI) including: NI-5.4, NI-5.5, NI-2.1 and Nutrition Behavior (NB), namely NB-1.5. The therapy given to patients for 3 days of observation is the Stroke Diet and Low Salt Diet. Diet therapy is carried out by providing counseling and motivation regarding the diet of stroke patients with hypertension. The results of monitoring and evaluation during the 3 days of observation showed that there was an increase in the patient's food intake, even though the average level of carbohydrate consumption was still included in the category of severe deficit. Based on the observations, it can be concluded that the patient has complied with the diet given by the hospital even though it is not sufficiently standard. But even so, patients need to get motivation and education so that the diet given can be done correctly for the patient's recovery process.

**Keywords: Nutrition Care, Stroke, Hypertension, Consumption Level**