

ABSTRAK INGGRIS

Zaidah Isna Ashar, 2023. Nutrition Care for Outpatient with Dyslipidemia at Anwar Medika General Hospital, Sidoarjo Regency. Scientific papers. Diploma III Nutrition Program Malang Health Polytechnic Ministry of Health Malang. Advisor : Dr. Nur Rahman, S.TP., MP., RD.

Dyslipidemia is the occurrence of elevated plasma cholesterol, triglycerides (TG), or both, or low high-density lipoprotein cholesterol levels that contribute to the development of atherosclerosis. According to WHO statistics, the prevalence of dyslipidemia (defined as TC 160 mg/dL) in 25-year-old adults in Indonesia is about 36% (33.1% for men and 38.2% for women). The type of research conducted was descriptive research using a case study design in dyslipidemia patients at Anwar Medika Hospital, Sidoarjo Regency. The study was conducted in January 2023. How to collect data through interviews, laboratory examination results, Interventions provided are diet therapy and educational therapy to patients. The results showed that energy, protein, carbohydrate and fiber needs were met in the first week to the fourth week, fat and cholesterol needs in the fourth week had decreased. The patient's clinical physical development experienced weakness, tingling in the left leg, and dizziness in the back of the head. Nutritional care needs to be based on anthropometric, biochemical, clinical physical data, as well as the level of energy consumption and nutrients need to be monitored and evaluated to serve as a basis for providing interventions or countermeasures if there are new problems. Patients are expected to apply the diet that has been given during counseling and maintain a diet and often do physical activity so that cholesterol levels remain stable.

Keywords : *Dyslipidemia, Nutritional Care, Cholesterol*