

# ASUHAN GIZI PADA PASIEN LANSIA DENGAN GASTROENTRITIS AKUT DENGAN ANEMIA EC PENYAKIT KRONIS DAN ESSENTIAL TROMBOSITOSIS DI RUMAH SAKIT LAVALETTE KOTA MALANG

Nadia Rahma Noviyanti  
Program Studi D3 Gizi Politeknik Kesehatan Malang,  
Jl. Besar Ijen No. 77C Malang  
Email : [noviyantinadiarahma@gmail.com](mailto:noviyantinadiarahma@gmail.com)

## ABSTRAK

**Latar Belakang :** Gastroenteritis akut merupakan salah satu penyakit saluran cerna yang masih sering terjadi di Indonesia, terutama pada kelompok lanjut usia yang rentan mengalami komplikasi seperti dehidrasi, gangguan elektrolit, dan penurunan status gizi. Prevalensi gastroenteritis di Jawa Timur berdasarkan data Riskesdas 2018 sebesar 6,5%, dengan angka di Kota Malang mencapai 8,40%. Penatalaksanaan gizi melalui Proses Asuhan Gizi Terstandar (PAGT) penting untuk mendukung pemulihan pasien lansia dengan penyakit penyerta seperti anemia ec penyakit kronis dan essential trombositosis. **Tujuan Penelitian :** Penelitian ini bertujuan untuk menganalisis dan mengevaluasi proses asuhan gizi pada pasien lansia dengan gastroenteritis akut, anemia ec penyakit kronis, dan essential trombositosis di Rumah Sakit Lavalette Kota Malang. **Metode Penelitian :** Penelitian ini menggunakan metode observasional dengan desain studi kasus pada satu pasien lansia laki-laki berusia 75 tahun yang menjalani perawatan selama tiga hari. Asuhan gizi dilakukan berdasarkan PAGT meliputi asesmen, diagnosis, intervensi, serta monitoring dan evaluasi. Data diperoleh melalui pengukuran antropometri, pemeriksaan biokimia, observasi klinis, recall 24 jam, dan SQ-FFQ. **Hasil Penelitian :** Hasil menunjukkan status gizi normal, anemia berat, trombositosis ekstrem, leukositosis, hiponatremia, dan gangguan fungsi ginjal. Intervensi berupa diet rendah serat dengan kebutuhan energi 1.122 kkal. Asupan zat gizi fluktuatif dan cenderung defisit. **Kesimpulan :** Asuhan gizi

sesuai PAGT berkontribusi pada perbaikan klinis bertahap, namun pemantauan dan optimalisasi asupan zat gizi tetap diperlukan selama pemulihan.

Kata kunci: anemia penyakit kronis, asuhan gizi, essential trombositosis, gastroenteritis akut, lansia

# NUTRITIONAL CARE FOR AN ELDERLY PATIENT WITH ACUTE GASTROENTERITIS, ANEMIA OF CHRONIC DISEASE, AND ESSENTIAL THROMBOCYTHEMIA AT LAVALETTE HOSPITAL MALANG

Nadia Rahma Noviyanti  
Diploma 3 Program in Nutrition, Malang Health Polytechnic,  
Jl. Besar Ijen No. 77C Malang  
Email : [noviyantinadiarahma@gmail.com](mailto:noviyantinadiarahma@gmail.com)

## ABSTRACT

**Background :** Acute gastroenteritis is a common gastrointestinal disease in Indonesia, especially among the elderly who are vulnerable to complications such as dehydration, electrolyte imbalance, and nutritional decline. The prevalence of gastroenteritis in East Java based on Riskesdas 2018 was 6.5%, with Malang City reaching 8.40%. Proper nutritional management through the Nutrition Care Process is important to support recovery, particularly in elderly patients with comorbidities such as anemia of chronic disease and essential thrombocytosis.

**Objective :** This study aimed to analyze and evaluate the nutrition care process in an elderly patient with acute gastroenteritis, anemia of chronic disease, and essential thrombocytosis at Lavalette Hospital Malang. **Methods :** This study used an observational method with a case study design on a 75 year old male patient hospitalized for three days. Nutrition care was conducted based on the Nutrition Care Process including assessment, diagnosis, intervention, monitoring, and evaluation. Data were collected through anthropometric measurements, biochemical examination, clinical observation, 24 hour dietary recall, and SQ FFQ. **Results :** The results showed normal nutritional status, severe anemia, extreme thrombocytosis, leukocytosis, hyponatremia, and impaired renal function. The intervention was a low fiber diet with energy needs of 1122 kcal. Nutrient intake was fluctuating and generally deficient. **Conclusion :** Nutrition care based on the Nutrition Care Process contributed to gradual clinical improvement, but

continuous monitoring and optimization of nutrient intake are still needed during recovery.

Keywords: acute gastroenteritis, anemia of chronic disease, elderly, essential thrombocythemia, nutritional care