

# ASUHAN GIZI PADA PASIEN DEMAM TIFOID DI RUANG RAWAT INAP PUSKESMAS BULULAWANG

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## ABSTRACT

**Background:** Typhoid fever is an infectious disease that continues to be a public health issue in Indonesia, including in Malang City. This disease is characterized by symptoms such as fever, digestive disturbances, and loss of appetite, which impact the nutritional status of the patient. Proper nutritional management plays a crucial role in accelerating the recovery process, particularly through a comprehensive nutritional care approach. **Research Objective:** This study aims to describe the nutrition care process for typhoid fever patients hospitalized in the inpatient ward of Puskesmas Bululawang. The activities were carried out through the assessment of anthropometric, biochemical, physical/clinical, and dietary history data, followed by the establishment of a nutrition diagnosis, planning of appropriate nutrition interventions, and the implementation of monitoring and evaluation of the provided interventions. **Research Method:** The study uses a descriptive case study design involving three inpatient patients. Data were collected through interviews, anthropometric measurements, physical examinations, and nutritional intake assessments using the 24-hour food recall method and food frequency questionnaire. **Research Results:** The results showed variations in the nutritional status of patients (underweight, normal, and obese), along with nutrient intake deficits at the beginning of treatment. Interventions included the provision of a Gastric Diet and nutrition education focusing on a High-Energy High-Protein (HEHP) Diet for recovery. Monitoring indicated an increase in energy and protein intake as well as improvement in the patients' clinical conditions by the third day. **Conclusion:** There was an increase in the patients' nutrient intake from the first to the third day following the implementation of the Gastric Diet and nutrition education, indicating that appropriate nutrition care interventions can support a more optimal recovery process in typhoid fever patients.

Keywords: Nutritional Care, Typhoid Fever, Gastric Diet