

*NUTRITIONAL CARE FOR PATIENTS WITH DIABETES MELLITUS WITH  
OUTPATIENT HYPERTENSION IN PUSKESMAS TAJINAN KABUPATEN  
MALANG*

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**ABSTRACT**

**Background:** *Diabetes mellitus is a chronic disease where there is a metabolic disorder that occurs in the pancreas organ which is characterized by an increase in blood sugar or commonly called hyperglycemia. Hyperglycemia itself is caused by a decrease in the amount of insulin from the pancreas, which can cause other complications. The prevalence of diabetes mellitus in Indonesia in 2023 reached 11,7% for the population aged 15 years, up from 10,9% in 2018 and increased again by 6,2% in 2020, and an estimated 19.5 million people with the disease in 2021 (Riskesdas, 2018).* **Research Objective :** *To know the nutritional care process in diabetes mellitus patients with outpatient hypertension at the Tajinan Health Center, Malang Regency.* **Research Method:** *This research is descriptive observational with a case study design. This research was carried out from October to November 2024 at the Tajinan Health Center, Malang Regency. The collection of data taken is patient identity, anthropometric data, biochemical data, physical/clinical data, and monitoring and evaluation data. How to collect data through interviews, looking at the patient's medical record book, and laboratory examination results. The intervention carried out is to carry out nutritional care and education to the patient and the patient's family.* **Research Results:** *The average result of the patient's energy and sodium intake in the last observation results was an increment compared to previous intakes on October 28, 2024.* **Conclusion:** *There is an influence between the nutritional care provided on changes in knowledge and nutritional attitudes in patients with diabetes mellitus with hypertension.*

*Keywords : Diabetes Mellitus, Hypertension, Nutritional Care*