

NUTRITION CARE FOR A PATIENT WITH LOCAL PERITONITIS DUE TO PERFORATED APPENDICITIS ACCOMPANIED BY DIABETES MELLITUS AND HYPERTENSION IN THE SURGICAL WARD OF MUHAMMADIYAH MALANG UNIVERSITY GENERAL HOSPITAL

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ABSTRAC

In 2018, East Java recorded 5,980 cases of perforated appendicitis, with 177 of these cases resulting in death. Localized peritonitis due to perforated appendicitis, especially in patients with diabetes mellitus and hypertension complications, requires appropriate nutritional care to accelerate recovery and prevent post-surgical complications. This study aims to evaluate the nutritional care process for patients post-laparotomy exploration for localized peritonitis caused by perforated appendicitis accompanied by diabetes mellitus and hypertension. This study is descriptive in nature. The case studied involved Mr. Tj, a 70-year-old man with good nutritional status based on a 93% MUAC percentile, treated at Muhammadiyah University Hospital Malang. The patient received nutritional care in the form of a soft diet modification following the principles of a diabetes mellitus diet: high protein, low sodium, and nutritional education through leaflets to support wound healing, blood sugar control, and blood pressure normalization. Monitoring results indicated improvements in the patient's physical condition, with stabilized blood glucose and progressively normalized blood pressure. However, the patient's energy intake remained suboptimal at approximately 56–62% of the requirement, influenced by complaints of postoperative pain and abdominal bloating. The implementation of standardized nutritional care, including education involving the patient's family, positively contributed to the improvement of the patient's dietary habits and clinical condition.

Keywords : Perforated Appendicitis, Localized Peritonitis, Laparotomy Exploration, Diabetes Mellitus, Hypertension, Nutritional Care