

ANALISIS FAKTOR YANG MEMPENGARUHI PERUBAHAN STATUS GIZI LANSIA DENGAN PENYAKIT TIDAK MENULAR (PTM) DI RUMAH SAKIT

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INTISARI

Latar Belakang : Kejadian malnutrisi pada pasien di rumah sakit sering terjadi. Dilaporkan 20 – 50% pasien sudah malnutrisi sejak masuk rumah sakit dan sepertiga yang tidak kekurangan gizi dapat mengalami malnutrisi di rumah sakit. Malnutrisi terkait penyakit paling banyak ditemukan pada kelompok usia tua. Penyakit terbanyak yang menyerang lansia adalah Penyakit Tidak Menular (PTM). Deteksi dini menggunakan alat skrining perlu dilakukan untuk mencegah malnutrisi rumah sakit. MNA-SF merupakan alat skrining khusus untuk mengukur risiko malnutrisi pada kelompok lanjut usia dengan penggunaannya yang sederhana, mudah, dan cepat.

Tujuan : Penelitian ini bertujuan untuk mengetahui gambaran perubahan status gizi pasien lansia di rumah sakit serta mengidentifikasi faktor yang mempengaruhi perubahan tersebut.

Metode : Penelitian observasional dengan rancangan longitudinal yang dilaksanakan pada September 2021 – Maret 2022 di bangsal rawat inap RSUP Dr. Sardjito Yogyakarta dan RSUD Prambanan Yogyakarta. Subjek penelitian sebanyak 61 orang. Sampel diambil secara *purposive sampling*. Semua subjek di skrining menggunakan MNA-SF pada 1x24 jam masuk rumah sakit dan setelah 3 hari perawatan. Data karakteristik subjek, dukungan keluarga, dan jenis penyakit diperoleh melalui wawancara dan rekam medis. Data asupan makan diperoleh dengan penilaian *visual comstock* dan *recall-24* jam. Data dianalisis menggunakan *Kolmogorov Smirnov Z Test* dan *Mann Whitney Test*.

Hasil : Hasil yang diperoleh menunjukkan tidak terdapat hubungan yang bermakna secara statistik antara usia ($p=0,958$), jenis kelamin ($p=0,987$), dukungan keluarga ($p=0,806$), jenis penyakit ($p=0,303$), komorbiditas ($p=0,580$), asupan energi ($p=0,522$) dan asupan protein ($p=0,979$) dengan perubahan status gizi pasien lansia dengan PTM.

Kesimpulan : Tidak terdapat hubungan antara usia, jenis kelamin, dukungan keluarga, jenis penyakit, komorbiditas, asupan energi dan asupan protein dengan perubahan status gizi pasien lansia dengan PTM berdasarkan MNA-SF.

Kata Kunci : Malnutrisi, MNA-SF, Lansia, Status Gizi

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ANALYSIS OF FACTORS AFFECTING CHANGES IN NUTRITIONAL STATUS OF ELDERLY WITH NON-COMMUNICABLE DISEASE (NCD) IN HOSPITAL

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ABSTRACT

Background : Malnutrition in hospitalized patients is common. Reported that 20 – 50% of patients have been malnourished since hospital admission and one third who are not malnourished can experience malnutrition in hospital. Disease-related malnutrition is most common in the older age group. The most common diseases that attack the elderly are Non-Communicable Diseases (NCD). Early detection using screening tools needs to be done to prevent hospital malnutrition. MNA-SF is a special screening tool to measure the risk of malnutrition in the elderly group with its simple, easy, and fast for use.

Objective : This study was aimed to describe changes in the nutritional status of elderly patients in hospitals and identify factors that influence these changes.

Methods : This is an observational study with a longitudinal design that was conducted in September 2021 – March 2022 in the inpatient room of Dr. Sardjito Yogyakarta and Prambanan Hospital Yogyakarta. The research subjects were 61 people. Samples were taken by purposive sampling. All subjects were screened using MNA-SF at 1x24 hours of hospital admission and after 3 days of treatment. Data on the subject characteristics, the family support, and the type of disease were obtained through interviews and medical records. The food intake data were obtained by visual comstock assessment and 24-hour food recall. The data were analyzed using the *Kolmogorov Smirnov Z* Test and the Mann Whitney Test.

Result : The results obtained showed that there was no statistically significant relationship between age ($p=0.958$), gender ($p=0.987$), family support ($p=0.806$), type of disease ($p=0.303$), comorbidity ($p=0.580$), energy intake ($p=0.522$) and protein intake ($p=0.979$) with changes in the nutritional status of elderly patients with NCD.

Conclusion : There is no correlations between age, gender, family support, type of disease, comorbidities, energy intake and protein intake with changes in the nutritional status of elderly patients with NCD based on MNA-SF.

Keyword : Malnutrition, MNA-SF, Elderly, Nutritional Status

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