

**Status Anemia Dan Hubungannya Dengan Asupan Gizi,
Indeks Komorbiditas, Dan Faktor Karakteristik Pasien Lansia
Di RSUP Dr. Sardjito Yogyakarta**

Safira Tasya Amelia¹, Susetyowati², I Dewa Putu Pramantara³

INTISARI

Latar Belakang: Anemia merupakan kondisi yang ditandai dengan penurunan kadar hemoglobin. Sebesar 40% pasien lansia di rumah sakit ditemukan mengalami anemia. Anemia dapat meningkatkan morbiditas, mortalitas, dan menurunkan kualitas hidup lansia. Etiologi anemia lansia digolongkan menjadi tiga yaitu defisiensi nutrisi, anemia inflamasi, dan anemia yang tidak diketahui penyebabnya.

Tujuan Penelitian: Untuk mengetahui hubungan antara asupan gizi, indeks komorbiditas, dan faktor karakteristik dengan status anemia pasien lanjut usia di rumah sakit.

Metode Penelitian: Penelitian ini menggunakan metode *cross sectional* analitik di bangsal Anggrek, Bugenvil, Cendana, dan Dahlia Instalasi Rawat Inap (IRNA 1) RSUP Dr. Sardjito Yogyakarta pada bulan November 2021-Maret 2022. Sebanyak 68 pasien memenuhi kriteria inklusi dan dinilai asupan gizi menggunakan formulir *Brief Food Frequency Questionnaire*, serta indeks komorbiditas dan riwayat pra-rawatnya menggunakan kuesioner. Analisis data meliputi univariat dan bivariat. Analisis bivariat yang menggunakan uji *Chi Square* untuk mengetahui hubungan antara variabel dengan nilai signifikansi $p < 0,05$.

Hasil Penelitian: Prevalensi anemia pada pasien lansia yaitu 64,7%. Berdasarkan data karakteristik anemia, sebagian besar pasien lansia mengalami anemia normositik normokromik yaitu 63,6%. Hasil analisis *Chi Square* menunjukkan terdapat hubungan yang bermakna antara status anemia pada pasien lansia dengan asupan protein ($p=0,019$), asupan zat besi ($p=0,014$) dan konsumsi teh ($p=0,008$). Namun, tidak terdapat hubungan yang bermakna antara status anemia pada lansia dengan asupan vitamin C, vitamin B₁₂, indeks komorbiditas, riwayat rawat inap, dan riwayat pembedahan ($p > 0,05$).

Kesimpulan: Terdapat hubungan antara asupan protein, zat besi, dan konsumsi teh dengan status anemia pada lansia di rumah sakit. Namun, tidak terdapat hubungan antara asupan vitamin C, vitamin B₁₂, indeks komorbiditas, dan faktor karakteristik dengan status anemia pada pasien lansia di rumah sakit.

Kata Kunci: anemia, lansia, asupan gizi, indeks komorbiditas, faktor karakteristik

¹Prodi Gizi Kesehatan Fakultas Kedokteran, Kesehatan Masyarakat, dan Keperawatan Universitas Gadjah Mada

²Prodi Gizi Kesehatan Fakultas Kedokteran, Kesehatan Masyarakat, dan Keperawatan Universitas Gadjah Mada

³Bagian SMF Geriatri RSUP Dr. Sardjito Yogyakarta

**Anemia Status and its Association with Nutritional Intake,
Comorbidity Index, and Characteristic Factors in Geriatric Patients
RSUP Dr. Sardjito Yogyakarta**

Safira Tasya Amelia¹, Susetyowati², I Dewa Putu Pramantara³

ABSTRACT

Background: Anemia is a symptoms depending on the decrease hemoglobin and quite frequently diagnosed in older individuals. 40% of geriatric patients were found to be anemic in hospital care. Anemia can increase morbidity, mortality, and reduce the quality of life in geriatric. The etiology of anemia in the geriatric is classified into nutritional deficiency, chronic inflammation, and unexplained anemia.

Objective: Determine the relationship between nutritional intake, comorbidity index, and characteristic factors with anemia status in geriatric patients at hospital.

Method: This study used a cross-sectional analytic method at Anggrek, Bugenvil, Cendana, and Dahlia Department of RSUP Dr. Sardjito Yogyakarta along November 2021- March 2022. A total of 68 patients complied for the inclusion criteria and were assessed for nutritional intake using the Brief Food Frequency Questionnaire, as well as the comorbidity index and pre-treatment history using a questionnaire form. Data analysis includes univariate and bivariate. Bivariate analysis using Chi-Square test to determine the relationship between variables with a significance value of $p < 0.05$.

Results: The prevalence of anemia in geriatric patients is 64.7%. According to the data on anemia characteristics, most of the geriatric patients had normochromic normocytic anemia (63.6%). The results of Chi-Square analysis showed that there was a significant relationship between anemia status in geriatric patients with protein intake ($p=0.019$), iron intake ($p=0.014$) and tea consumption ($p=0.008$). However, there was no significant relationship between anemia status in geriatric patients with intake of vitamin C, vitamin B₁₂, comorbidity index, history of hospitalization, and history of surgery ($p>0.05$).

Conclusion: There is a relationship between protein intake, iron, and tea consumption with anemia status in geriatric patients at hospital. However, there is no relationship between intake of vitamin C, vitamin B₁₂, comorbidity index, and characteristic factors with anemia status in geriatric patients at hospital.

Key words: anemia, geriatric, nutritional intake, comorbidity index, characteristic factors

¹Health Nutrition Department Faculty of Medicine, Public Health and Nursing Gadjah Mada University

² Health Nutrition Department Faculty of Medicine, Public Health and Nursing Gadjah Mada University

³Division of SMF Geriatrics RSUP Dr. Sardjito Yogyakarta