

INTISARI

Data Profil Kesehatan Indonesia tahun 2020 diare merupakan penyakit endemis yang dapat berpotensi menimbulkan Kejadian Luar Biasa (KLB) dan masih menjadi salah satu penyumbang angka kematian di Indonesia terutama pada anak dengan usia di bawah 5 tahun. Penelitian ini bertujuan untuk mengetahui gambaran penggunaan suplementasi *zinc* dan probiotik serta *outcome* klinis dan hubungan suplementasi *zinc* dan probiotik terhadap rata-rata *Length of Stay* (LoS) pasien balita terdiagnosis diare di instalasi rawat inap RS Akademik UGM Yogyakarta periode tahun 2021 hingga tahun 2022.

Penelitian ini merupakan penelitian observasional dan dianalisis secara *cross-sectional* serta pengambilan data secara retrospektif melalui rekam medis pasien balita berusia 12 hingga 59 bulan terdiagnosis diare. Pengambilan sampel dilakukan secara *purposive sampling* dan diolah menggunakan Microsoft Excel 365 & *Statistical Program for Social Science* (SPSS) dengan menggunakan uji statistik *chi square* pada taraf kepercayaan 95% ($p < 0,05$).

Data yang diperoleh dari 100 rekam medis pasien balita yang terdiagnosis diare, dilihat gambaran karakteristik pasien, gambaran penggunaan obat, *outcome* klinis, serta hubungan penggunaan suplementasi *zinc* dan probiotik terhadap rata-rata LoS. Gambaran karakteristik pasien balita diare di RS Akademik UGM adalah mayoritas pasien berjenis kelamin laki-laki dengan persentase (61%), berusia pada rentang 12-23 bulan (47%), frekuensi diare sebanyak 3-4 kali (69%), dehidrasi ringan-sedang (89%), serta terdiagnosis diare akut (96%). Gambaran penggunaan obat pasien balita diare di RS Akademik UGM adalah antidiare (44,81%), cairan rehidrasi (32,55%), dan antibiotik (22,64%). *Outcome* klinis pasien di RS Akademik UGM yaitu mayoritas pasien keluar rumah sakit dengan keadaan membaik dan diperbolehkan pulang (91%). Terdapat hubungan yang signifikan ($p = 0,000$) antara penggunaan *zinc*, probiotik, dan kombinasi *zinc* dan probiotik terhadap rata-rata LoS pasien balita terdiagnosis diare di instalasi rawat inap RS Akademik UGM.

Kata Kunci : Diare, *Zinc*, Probiotik, Pasien balita

ABSTRACT

Indonesia Health Profile Data for 2020 diarrhea is an endemic disease that has the potential to cause Extraordinary Events (KLB) and is still a contributor to mortality in Indonesia, especially in children under 5 years of age. This study aims to describe the use of zinc and probiotic supplementation as well as clinical outcomes and the relationship between zinc and probiotic supplementation on the average Length of Stay (LoS) of under-five patients diagnosed with diarrhea at the UGM Academic Hospital in Yogyakarta for the period 2021 to 2022.

This study was an observational study and was analyzed cross-sectionally and retrospectively collected data from the medical records of patients aged 12 to 59 months with diarrhea. Sampling was carried out by purposive sampling and processed using Microsoft Excel 365 & Statistical Program for Social Science (SPSS) using the chi square statistical test at 95% confidence level ($p < 0.05$).

Data were obtained from 100 medical records of under-five patients diagnosed with diarrhea, looking at the description of patient characteristics, description of drug use, clinical outcomes, and the relationship between the use of zinc and probiotic supplementation to the average LoS. The characteristics of toddler diarrhea patients at UGM Academic Hospital are that the majority of patients are male with a percentage (61%), aged in the range of 12-23 months (47%), frequency of diarrhea 3-4 times (69%), mild dehydration -moderate (89%), and diagnosed with acute diarrhea (96%). An overview of drug use in toddlers with diarrhea at UGM Academic Hospital is anti-diarrheal (44.81%), rehydration fluids (32.55%), and antibiotics (22.64%). The clinical outcome of patients at the UGM Academic Hospital was that the majority of patients left the hospital in good condition and were allowed to go home (91%). There is a significant relationship ($p = 0.000$) between the use of single zinc, single probiotics, and a combination of zinc and probiotics on the average LoS of toddler patients diagnosed with diarrhea in the UGM Academic Hospital inpatient installation.

Keywords : *Diarrhea, Zinc, Probiotics, Toddler patients*