

FAKTOR-FAKTOR YANG BERHUBUNGAN DENGAN MALNUTRISI RUMAH SAKIT PADA PASIEN ANAK BERDASARKAN *SUBJECTIVE GLOBAL NUTRITIONAL* *ASSESSMENT (SGNA) DI RUANG RAWAT INAP RSUP DR. SARDJITO*

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INTISARI

Latar belakang: Berbagai penelitian menunjukkan bahwa prevalensi malnutrisi rumah sakit pada anak masih tinggi. Faktor utama malnutrisi rumah sakit pada anak adalah asupan gizi yang tidak adekuat. Malnutrisi rumah sakit pada anak ini dapat dideteksi dengan asesmen gizi *Subjective Global Nutritional Assessment (SGNA)* yang memiliki validitas dan reliabilitas yang baik dibandingkan alat skrining gizi lain. Meskipun, angka malnutrisi rumah sakit pada anak di Indonesia masih tergolong tinggi tetapi banyak tenaga kesehatan yang belum mampu melakukan asuhan nutrisi yang memadai.

Tujuan: Mengetahui faktor-faktor yang berhubungan dengan kejadian malnutrisi rumah sakit pada pasien anak berdasarkan *Subjective Global Nutritional Assessment (SGNA)*.

Metode: Desain penelitian ini adalah *nested case-control*. Sampel didapatkan dengan metode *non probability sampling* yaitu *purposive sampling*. Kelompok kasus dan kontrol ditentukan dengan melihat perubahan hasil interpretasi SGNA saat masuk dan keluar rumah sakit. Analisis bivariat menggunakan uji *chi square* dan analisis multivariat menggunakan uji regresi logistik.

Hasil: Dalam penelitian ini, kelompok kasus terdiri dari 32 pasien dan kelompok kontrol terdiri dari 41 pasien. Berdasarkan analisis bivariat, tidak terdapat hubungan bermakna antara faktor non gizi yaitu jenis kelamin ($p=0,669$), usia ($p=0,302$), diagnosis penyakit ($p=0,574$) dan lama perawatan ($p=0,131$) dengan kejadian malnutrisi rumah sakit. Terdapat hubungan bermakna antara faktor gizi yaitu asupan energi ($p=0,002$), asupan protein ($p<0,001$), jenis diet ($p=0,006$) dan bentuk makanan ($p=0,021$) dengan kejadian malnutrisi rumah sakit. Berdasarkan analisis multivariat, asupan protein ($p=0,028$) merupakan faktor malnutrisi rumah sakit pada pasien anak berdasarkan SGNA.

Kesimpulan: Asupan protein merupakan faktor malnutrisi rumah sakit pada pasien anak berdasarkan SGNA.

Kata Kunci: malnutrisi rumah sakit; anak; faktor malnutrisi; SGNA

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**Factors Associated with Hospital Malnutrition in Pediatric Patients based on
Subjective Global Nutritional Assessment (SGNA) in Inpatient Room
Dr. Sardjito Hospital**

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ABSTRACT

Background: Various studies reported that the prevalence of hospital malnutrition in children is still high. The main factor of hospital malnutrition in children is inadequate nutritional intake. Hospital malnutrition in children can be detected by the Subjective Global Nutritional Assessment (SGNA) which has good validity and reliability compared to other nutritional screening tools. Although, the rate of hospital malnutrition in children in Indonesia is still relatively high, many health workers have not been able to provide adequate nutritional care.

Objective: This study was aimed to determine factors associated with hospital malnutrition in pediatric patients based on the Subjective Global Nutritional Assessment (SGNA).

Method: The research design is nested case-control. Samples were obtained using a non-probability sampling method, namely purposive sampling. The case and control groups were determined by looking at changes in the SGNA interpretation results upon admission and discharge from the hospital. Bivariate analysis used the chi square test and multivariate analysis used the logistic regression test.

Results: In this study, the case group consisted of 32 patients and the control group consisted of 41 patients. Based on bivariate analysis, there was no significant relationship between non-nutritional factors such as gender ($p=0.669$), age ($p=0.302$), disease diagnosis ($p=0.574$) and length of stay ($p=0.131$) with the incidence of hospital malnutrition. There was a significant relationship between nutritional factors such as energy intake ($p=0.002$), protein intake ($p<0.001$), type of diet ($p=0.006$) and form of food ($p=0.021$) with the incidence of hospital malnutrition. Based on multivariate analysis, protein intake ($p=0.028$) is a factor of hospital malnutrition in pediatric patients based on SGNA.

Conclusion: Protein intake is a factor of hospital malnutrition in pediatric patients based on SGNA.

Keywords: hospital malnutrition; pediatric; malnutrition factors; SGNA

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