

HUBUNGAN STATUS GIZI DENGAN DERAJAT LUKA ULKUS DIABETIKUM PASIEN DIABETES MELITUS TIPE 2

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INTISARI

Latar Belakang: Penderita ulkus diabetikum rentan mengalami malnutrisi dan peningkatan keparahan ulkus. Malnutrisi pada pasien ulkus terjadi akibat kurangnya asupan karena peningkatan kebutuhan dan kehilangan nutrisi dari eksudat luka serta proses penyembuhan. Malnutrisi menyebabkan penurunan proses penyembuhan yang berdampak pada peningkatan derajat luka ulkus.

Tujuan Penelitian: Untuk mengetahui hubungan status gizi berdasarkan Indeks Massa Tubuh (IMT) dan *Subjective Global Assessment* (SGA) dengan derajat luka ulkus diabetikum pasien diabetes mellitus tipe 2.

Metode: Penelitian ini merupakan penelitian deskriptif kuantitatif dengan rancangan *cross-sectional* yang dilakukan pada 48 pasien DM tipe 2 dengan komplikasi ulkus DM yang melakukan rawat jalan di Klinik Diabetes RSUP Dr. Sardjito Yogyakarta yang dipilih dengan *consecutive sampling*. Pengumpulan data dilakukan menggunakan kuesioner karakteristik subjek yang berisi data diri dan data IMT serta kuesioner *Subjective Global Assessment* (SGA). Data dianalisis menggunakan uji korelasi *Kendall Tau B* dan *C* serta uji multivariat regresi ordinal.

Hasil: Status gizi didominasi oleh status gizi baik pada SGA (70,8%) dan IMT (56,3%) dengan rata-rata IMT adalah 24.929(±2.7815). Derajat luka Wagner didominasi oleh derajat 2 (35,4%). Analisis korelasi status gizi dengan derajat luka menunjukkan $r=-0,069$ dengan signifikansi $p=0,637$ pada IMT dan $r=-0,094$ dengan signifikansi $p=0,521$ pada SGA.

Kesimpulan: Tidak terdapat hubungan signifikan antara status gizi berdasarkan IMT dan SGA dengan derajat luka ulkus diabetikum. Apabila status gizi kurang atau lebih dari normal, maka derajat luka tinggi.

Kata Kunci: Derajat Luka Ulkus Diabetikum, DM Tipe 2, Status Gizi

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ASSOCIATION BETWEEN NUTRITIONAL STATUS AND DEGREE OF DIABETIC FOOT ULCER IN TYPE 2 DIABETES MELLITUS PATIENTS

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ABSTRACT

Background: Diabetic ulcer sufferers are susceptible to malnutrition and increased ulcer severity. Malnutrition in ulcer patients occurs due to lack of intake due to increased needs and loss of nutrients from wound exudates and the healing process. Malnutrition causes a decrease in the healing process which has an impact on increasing the degree of ulcer wounds.

Objective: To determine the relationship between nutritional status based on Body Mass Index (BMI) and Subjective Global Assessment (SGA) with the degree of diabetic foot ulcer in patients with type 2 diabetes mellitus.

Method: This is a quantitative descriptive study with a cross-sectional design conducted on 48 type 2 DM patients with diabetic foot ulcers who underwent outpatient care at the Diabetes Clinic at Dr. RSUP. Sardjito Yogyakarta which was selected by consecutive sampling. Data collection was carried out using a subject characteristics questionnaire containing personal data and BMI data as well as the Subjective Global Assessment (SGA) questionnaire. Data were analyzed using the Kendall Tau B and C correlation test and the multivariate ordinal regression test.

Results: Nutritional status was dominated by normal nutritional status at SGA (70.8%) and BMI (56.3%) with an average BMI of 24,929 (± 2.7815). The degree of Wagner's injuries was dominated by grade 2 (35.4%). Correlation analysis of nutritional status with the degree of injury showed $r = -0.069$ with a significance of $p = 0.637$ for BMI and $r = -0.094$ with a significance of $p = 0.521$ for SGA.

Conclusion: There is no significant relationship between nutritional status based on BMI and SGA with the degree of diabetic foot ulcer. If the nutritional status is lower or higher than normal, the degree of diabetic foot ulcer is high.

Keywords: Degree of Diabetic Foot Ulcer, Nutritional Status, Type 2 DM

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