

(EVALUASI PROGRAM PEMBERIAN TERAPI DIET F100 UNTUK BALITA GIZI BURUK TANPA KOMPLIKASI DI RUMAH PEMULIHAN GIZI (RPG) KOTA YOGYAKARTA)

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ABSTRAK

Latar belakang: Gizi buruk pada balita merupakan permasalahan kompleks yang perlu ditangani secara tepat. Salah satu upaya Pemerintah Kota Yogyakarta adalah dengan mendirikan Rumah Pemulihan Gizi (RPG) dengan salah satu programnya adalah penyediaan F100 bagi balita gizi buruk tanpa komplikasi. Akan tetapi, selama berjalannya program, belum dilaksanakan evaluasi secara menyeluruh dan masih terdapat kendala yang belum terselesaikan.

Tujuan: Mengevaluasi pelaksanaan pemberian terapi diet F100 untuk balita gizi buruk tanpa komplikasi yang menerima layanan rawat jalan di Rumah Pemulihan Gizi (RPG) Kota Yogyakarta.

Metode: Penelitian secara deskriptif kualitatif dengan metode wawancara mendalam, studi dokumentasi, dan observasi. Responden sebanyak 7 orang yang terdiri dari 3 pelaksana program dan 4 sasaran program dengan *purposive sampling*.

Hasil: (1) Aspek *input*, sumber daya manusia dan dana telah tercukupi, sarana dan prasarana dalam kondisi baik dan terstandar, serta tersedia panduan yang diterbitkan oleh Kemenkes RI, tetapi belum tersedia Kartu Manajemen Terpadu Balita Sakit (MTBS) dan bagan protokol tata laksana gizi buruk rawat jalan. (2) aspek proses, perencanaan dan pengorganisasian telah dilakukan. Sementara itu, pada pelaksanaan, sebagian besar prosedur telah dilaksanakan sesuai panduan. Hanya saja, masih terdapat aspek yang tidak sesuai panduan pelaksanaan. (3) Aspek *output*, cakupan kegiatan telah meliputi seluruh wilayah kerja, sebagian besar balita sasaran sesuai kriteria, penjadwalan sesuai jam kerja, tingkat konsumsi anak membaik, dan tanggapan sasaran sebagian besar bersifat positif. Akan tetapi, masih terjadi rendahnya partisipasi pada sebagian sasaran program dan terdapat balita yang sasaran yang tidak sesuai kriteria.

Kesimpulan: Aspek *input*, proses, dan *output* program pemberian terapi diet F100 di RPG Kota Yogyakarta sebagian besar telah dilakukan sesuai teori dan panduan. Akan tetapi, pelaksanaannya belum optimal dikarenakan terdapat beberapa aspek yang belum sesuai dengan panduan, sehingga diperlukan peninjauan ulang terhadap kesesuaian dengan panduan pelaksanaan yang dilakukan secara berkala oleh pelaksana program.

Kata Kunci: Evaluasi Program; F100; Gizi Buruk; Kota Yogyakarta

**(THE EVALUATION OF F100 DIETARY THERAPY PROVISION PROGRAM
FOR NON-COMPLICATED MALNOURISHED CHILDREN AT NUTRITIONAL
RECOVERY HOUSE YOGYAKARTA CITY)**

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ABSTRACT

Background: Malnutrition in toddlers is a complex problem which requires appropriate management. One of the efforts by the Yogyakarta City Government is the establishment of Nutritional Recovery House (RPG), with one of its programs being the provision of F100 for non-complicated malnourished toddlers. However, during the program implementation, comprehensive evaluation has not yet been conducted and there are still unsolved challenges.

Purpose: To evaluate the implementation of F100 diet therapy for non-complicated malnourished toddlers receiving outpatient care at the Nutritional Recovery House (RPG) in Yogyakarta City.

Methods: A descriptive qualitative study using in-depth interviews, documentary studies, and observations. There were 7 respondents consisting of 3 program implementers and 4 program beneficiaries selected through purposive sampling.

Result: (1) In terms of input, human resources and funding have been sufficient, facilities and infrastructure are in appropriate and standardized conditions, and the guidelines published by the Ministry of Health of Indonesia are available. However, the Integrated Management Card for Patient Toddlers (MTBS) and a protocol chart for outpatient management of malnutrition are not yet available. (2) In terms of process, planning and organization have been carried out. In implementation, most procedures have been conducted according to guidelines, although there are several aspects that do not fully comply with the guidelines. (3) As for the output, the program coverage has included the entire working area, most targeted toddlers meet the criteria, scheduling aligns with the working hours, child consumption levels have improved, and most beneficiaries have responded positively. However, there is still low participation among some program targets, and some patients do not meet the targeting criteria.

Conclusion: The input, process, and output aspects of the F100 dietary therapy provision program at the RPG in Yogyakarta City have largely been implemented according to theory and guidelines. However, implementation is not yet optimal due to several aspects not aligning with the guidelines. Therefore, a periodic monitoring of implementation guidelines by program implementers is necessary to ensure the alignment.

Kata Kunci: Program Evaluation; F100; Malnutrition; Yogyakarta City