

FAKTOR-FAKTOR YANG BERHUBUNGAN DENGAN MALNUTRISI RUMAH SAKIT PADA PASIEN JANTUNG BERDASARKAN GLOBAL LEADERSHIP INITIATIVE ON MALNUTRITION (GLIM) DI RSUP DR. SARDJITO YOGYAKARTA
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INTISARI

Latar Belakang: Penyakit jantung dapat meningkatkan terjadinya risiko malnutrisi. Hal tersebut dikarenakan penyakit jantung memengaruhi penurunan status gizi individu akibat dari proses metabolisme tubuh yang meningkat. Faktor-faktor yang berkaitan dengan kondisi pasien saat masuk rumah sakit (*admission factors*) memiliki peran penting dalam menentukan status gizi pasien selama perawatan. Pada pasien jantung, kondisi saat admission mencerminkan tingkat keparahan penyakit, riwayat perawatan sebelumnya, serta kesiapan metabolik tubuh dalam menghadapi stres penyakit akut maupun kronis.

Tujuan: Mengetahui faktor-faktor yang berhubungan dengan malnutrisi rumah sakit pada pasien jantung berdasarkan *Global Leadership Initiative on Malnutrition* (GLIM) di RSUP Dr. Sardjito Yogyakarta.

Metode: Penelitian ini merupakan studi analisis deskriptif dengan desain *cross-sectional*. Subjek penelitian ini sebanyak 113 orang dan sampel dipilih menggunakan teknik *purposive sampling*. Semua subjek penelitian diskринing menggunakan GLIM saat awal masuk rumah sakit (1 x 24 jam). Analisis bivariat dilakukan dengan menggunakan uji *Chi-square*.

Hasil: Tidak terdapat hubungan yang bermakna secara statistik antara usia ($p=0.286$), jenis kelamin ($p=0.070$), tingkat pendidikan ($p=0.413$), pekerjaan ($p=0.524$), riwayat rujukan ($p=0.547$), lingkungan tempat tinggal ($p=1.000$), diagnosis penyakit jantung ($p=0.264$), tindakan medis ($p=0.869$), asupan energi ($p=0.231$) dan protein ($p=0.384$) satu hari sebelum masuk rumah sakit dengan malnutrisi pasien jantung. Pasien lansia (RR=1.935, CI 95%=0,708-5.286), memiliki tingkat pendidikan rendah (RR=1.718, CI 95%=0,626-4.721), tidak bekerja (RR=1.500, CI 95%=0,595-3.779), memiliki diagnosis penyakit jantung CHF (RR=1.773, CI 95%=0,758-4.147), mendapatkan tindakan bedah (RR=1.190, CI 95%=0,467-3.029), memiliki asupan energi (RR=2.047, CI 95%=0,774-5.413) dan protein (RR=1.722, CI 95%=0,664-4.465) yang tidak cukup lebih berisiko mengalami malnutrisi.

Kesimpulan: Tidak terdapat hubungan antara faktor non-gizi dan faktor gizi dengan malnutrisi rumah sakit pada pasien jantung berdasarkan GLIM.

Kata Kunci: Faktor Gizi, Faktor Non-gizi, Malnutrisi Rumah Sakit, Jantung, GLIM

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**FACTORS RELATED TO HOSPITAL MALNUTRITION IN HEART PATIENTS
BASED ON GLOBAL LEADERSHIP INITIATIVE ON MALNUTRITION (GLIM) AT
RSUP DR. SARDJITO YOGYAKARTA**
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ABSTRACT

Background: Cardiovascular disease can increase the risk of malnutrition. This is due to the fact that heart disease affects an individual's nutritional status through elevated metabolic demands. Factors related to the patient's condition upon hospital admission (admission factors) play a critical role in determining nutritional status during hospitalization. In cardiac patients, admission conditions often reflect the severity of the disease, prior treatment history, and the body's metabolic readiness to cope with the stress of acute or chronic illness.

Objective: To identify the factors associated with hospital malnutrition in cardiac patients based on the Global Leadership Initiative on Malnutrition (GLIM) criteria at RSUP Dr. Sardjito Yogyakarta.

Methods: This study is a descriptive analytical study with a cross-sectional design. A total of 113 subjects were included, selected using purposive sampling. All subjects were screened for malnutrition using the GLIM criteria within the first 24 hours of hospital admission. Bivariate analysis was performed using the Chi-square test.

Result: There was no statistically significant association between age ($p=0.286$), sex ($p=0.070$), educational level ($p=0.413$), employment status ($p=0.524$), referral history ($p=0.547$), living environment ($p=1.000$), type of cardiac disease ($p=0.264$), medical intervention ($p=0.869$), and energy ($p=0.231$) and protein intake ($p=0.384$) one day prior to hospital admission and the occurrence of malnutrition in cardiac patients. However, elderly patients ($RR=1.935$, 95% $CI=0.708-5.286$), those with lower educational levels ($RR=1.718$, 95% $CI=0.626-4.721$), unemployed individuals ($RR=1.500$, 95% $CI=0.595-3.779$), patients diagnosed with congestive heart failure (CHF) ($RR=1.773$, 95% $CI=0.758-4.147$), those who underwent surgical procedures ($RR=1.190$, 95% $CI=0.467-3.029$), and those with inadequate energy ($RR=2.047$, 95% $CI=0.774-5.413$) and protein intake ($RR=1.722$, 95% $CI=0.664-4.465$) were more likely to be at risk of malnutrition.

Conclusion: There was no association between non-nutritional and nutritional factors and hospital malnutrition in cardiac patients based on the GLIM criteria.

Keyword: Nutritional Factors, Non-Nutritional Factors, Hospital Malnutrition, Cardiac, GLIM

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