

PERBANDINGAN VALIDITAS ALAT SKRINING GIZI MALNUTRITION SCREENING TOOL (MST), NUTRITION RISK SCREENING 2002 (NRS-2002), DAN SIMPLE NUTRITION SCREENING TOOL (SNST) TERHADAP ASESMEN MALNUTRISI BERDASARKAN KRITERIA GLOBAL LEADERSHIP INITIATIVE ON MALNUTRITION (GLIM) PADA PASIEN KARDIOVASKULAR DI RS SARDJITO

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ABSTRAK

Latar belakang: Malnutrisi pada pasien kardiovaskular dapat meningkatkan risiko komplikasi, memperpanjang lama rawat inap, dan meningkatkan mortalitas. Identifikasi dini diperlukan, tetapi validitas alat skrining gizi berbeda pada tiap populasi, sehingga perlu diketahui alat yang paling sesuai untuk pasien kardiovaskular.

Tujuan: Mengetahui dan membandingkan validitas alat skrining gizi, yaitu *Malnutrition Screening Tool* (MST), *Nutrition Risk Screening 2002* (NRS-2002), dan *Simple Nutrition Screening Tool* (SNST) terhadap asesmen malnutrisi berdasarkan kriteria *Global Leadership Initiative on Malnutrition* (GLIM) dalam mendeteksi risiko malnutrisi pada pasien kardiovaskular.

Metode: Penelitian ini merupakan studi *cross-sectional*. Pengambilan sampel pada melalui metode *consecutive sampling*, dengan 102 subjek pasien rawat inap kardiovaskular di RS Sardjito Yogyakarta. Skrining dilakukan menggunakan MST, NRS-2002, dan SNST, kemudian dilakukan asesmen malnutrisi berdasarkan kriteria GLIM sebagai standar emas. Analisis uji diagnostik digunakan untuk menilai sensitivitas, spesifisitas, PPV, NPV, dan AUC.

Hasil penelitian: NRS-2002 menunjukkan kinerja diagnostik terbaik dibandingkan MST dan SNST, dengan nilai Se 65,9%, Sp 83,6%, PPV 73%, NPV 78,5%, dan AUC 0,821.

Kesimpulan: NRS-2002 merupakan alat skrining gizi paling valid dalam mendeteksi malnutrisi pada pasien kardiovaskular berdasarkan kriteria GLIM

Kata kunci: malnutrisi; skrining gizi; kardiovaskular; MST; NRS-2002; SNST; GLIM

**COMPARISON OF THE VALIDITY OF MALNUTRITION SCREENING TOOLS:
MALNUTRITION SCREENING TOOL (MST), NUTRITION RISK SCREENING
2002 (NRS-2002), AND SIMPLE NUTRITION SCREENING TOOL (SNST)
AGAINST GLIM CRITERIA FOR MALNUTRITION ASSESSMENT IN
CARDIOVASCULAR PATIENTS AT SARDJITO HOSPITAL**

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ABSTRACT

Background: Malnutrition in cardiovascular patients increases the risk of complications, prolongs the length of hospital stay, and raises mortality rates. Early identification is essential; however, the validity of nutrition screening tools varies across populations, making it necessary to determine the most appropriate tool for cardiovascular patients.

Objective: To assess and compare the validity of nutrition screening tools, namely the Malnutrition Screening Tool (MST), Nutrition Risk Screening 2002 (NRS-2002), and Simple Nutrition Screening Tool (SNST), against the Global Leadership Initiative on Malnutrition (GLIM) criteria in detecting malnutrition risk among cardiovascular patients.

Methods: This study employed a cross-sectional design. A total of 102 hospitalized cardiovascular patients at Sardjito Hospital, Yogyakarta, were recruited using consecutive sampling. Nutritional screening was performed using MST, NRS-2002, and SNST, followed by malnutrition assessment based on GLIM criteria as the gold standard. Diagnostic test analysis was conducted to determine sensitivity, specificity, PPV, NPV, and AUC.

Results: NRS-2002 demonstrated the best diagnostic performance compared to MST and SNST, with Se 65.9%, Sp 83.6%, PPV 73%, NPV 78.5%, and an AUC of 0.821.

Conclusion: NRS-2002 is the most valid nutrition screening tool for detecting malnutrition in cardiovascular patients according to GLIM criteria.

Keywords: malnutrition; nutrition screening; cardiovascular; MST; NRS-2002; SNST; GLIM