

PERBEDAAN STATUS GIZI PASIEN STROKE DENGAN DISFAGIA DAN TANPA DISFAGIA DI HIGH CARE NEUROLOGI KEMENKES RS SARDJITO

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INTISARI

Latar belakang: Jumlah penderita stroke di Indonesia merupakan yang paling banyak di Asia. Salah satu kondisi yang sering ditemukan pada penderita stroke adalah disfagia. Komplikasi disfagia pada pasien stroke dapat meningkatkan risiko penurunan status gizi. Namun, belum banyak penelitian yang mengkaji signifikansi perbedaan status gizi secara spesifik pada pasien stroke dengan disfagia dan tanpa disfagia di Indonesia.

Tujuan: Mengetahui perbedaan status gizi pada pasien stroke dengan disfagia dan tanpa disfagia di High Care Neurologi Kemenkes RS Sardjito.

Metode: Penelitian ini merupakan kuantitatif observasional dengan desain studi *cross-sectional*. Sebanyak 31 pasien stroke dengan dan tanpa disfagia menjadi subjek penelitian ini. Metode *sampling* yang digunakan adalah *purposive sampling* dengan kriteria inklusi dan eksklusi. Seluruh subjek dilakukan pengukuran lingkaran lengan atas (LLA) dan lipatan kulit trisep (TSF), serta wawancara dengan keluarga subjek. Analisis data menggunakan *independent sample t-test* dan *chi-square test* dengan perangkat lunak IBM *Statistical Product and Service Solutions* (SPSS) dan Microsoft Excel.

Hasil penelitian: Hasil menunjukkan adanya perbedaan signifikan ($p\text{-value} < 0,05$) pada hasil skrining *Mini Nutritional Assessment-Short Form* (MNA-SF). Subjek stroke dengan disfagia memiliki skor MNA-SF $6,6 \pm 2,4$ yang berbeda dengan subjek tanpa disfagia (skor MNA-SF $8,6 \pm 2,0$). Namun, tidak terdapat perbedaan status gizi berdasarkan LOLA yang signifikan antara subjek stroke dengan dan tanpa disfagia ($p\text{-value} > 0,05$). Selain itu, variable usia, komorbiditas, dan jenis stroke juga tidak berpengaruh signifikan terhadap kedua parameter status gizi.

Kesimpulan: Pengukuran status gizi dilakukan dengan MNA-SF dan LOLA. Status gizi dengan MNA-SF menunjukkan subjek stroke dengan disfagia mengalami malnutrisi dan subjek tanpa disfagia berisiko malnutrisi. Namun, status gizi dengan parameter LOLA menunjukkan hasil yang tidak berbeda signifikan.

Kata kunci: Stroke, disfagia, status gizi, MNA-SF, LOLA.

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DIFFERENCES IN NUTRITIONAL STATUS BETWEEN STROKE PATIENTS WITH DYSPHAGIA AND WITHOUT DYSPHAGIA AT THE NEUROLOGY HIGH CARE UNIT KEMENKES SARDJITO CENTRAL GENERAL HOSPITAL

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ABSTRACT

Background: The number of stroke patients in Indonesia is the highest in Asia. One condition that commonly found in stroke patients is dysphagia. Complications of dysphagia in stroke patients can increase the risk of change in nutritional status. However, there is still a lack of research that specifically examines the significance of differences in nutritional status between stroke patients with and without dysphagia in Indonesia.

Aim: To identify the differences in nutritional status between stroke patients with and without dysphagia at The Neurology High Care Unit of Kemenkes Sardjito Central General Hospital.

Methods: This study is a quantitative observational research with a cross-sectional design. A total of 31 stroke patients with and without dysphagia participated as subjects in this study. The sampling method used was purposive sampling with inclusion and exclusion criteria. All subjects underwent measurements of mid-upper arm circumference (MUAC) and triceps skinfold thickness (TSF), as well as interviews with their family member. Data were analyzed using the independent sample t-test and chi-square test with IBM Statistical Product and Service Solutions (SPSS) and Microsoft Excel.

Results: The results showed a significant difference (p -value < 0.05) in the Mini Nutritional Assessment–Short Form (MNA-SF) screening scores. Stroke patients with dysphagia had an MNA-SF score of 6.6 ± 2.4 , which differed from those without dysphagia (MNA-SF score 8.6 ± 2.0). However, there was no significant difference in nutritional status based on mid-upper arm muscle circumference (MAMC) between stroke patients with and without dysphagia (p -value > 0.05). In addition, age, comorbidities, and type of stroke also did not significantly influence either nutritional status parameter.

Conclusion: Nutritional status was assessed using the MNA-SF and MAMC. The MNA-SF results indicated that stroke patients with dysphagia were malnourished, while those without dysphagia were at risk of malnutrition. However, nutritional status based on the LOLA parameter showed no significant difference.

Keywords: Stroke, dysphagia, nutritional status, MNA-SF, MAMC

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