

PERBANDINGAN ALAT SKRINING GIZI *MINI NUTRITIONAL ASSESSMENT SHORT-FORM* (MNA-SF) DAN *DETERMINE YOUR NUTRITIONAL HEALTH CHECKLIST* (DETERMINE) TERHADAP *MINI NUTRITIONAL ASSESSMENT LONG-FORM* (MNA-LF) DALAM MENDETEKSI RISIKO MALNUTRISI PADA LANSIA DI PANTI WREDHA BUDHI DHARMA DAN PANTI SOSIAL TRESNA WERDHA ABIYOSO

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INTISARI

Latar Belakang: Malnutrisi pada lansia diartikan sebagai status gizi yang tidak memadai akibat asupan gizi yang tidak cukup yang berdampak pada penurunan kekuatan otot dan sistem pertahanan tubuh. Maka dari itu, diperlukan adanya deteksi dini risiko malnutrisi untuk menentukan intervensi gizi yang tepat. Penelitian mengenai perbandingan MNA-SF dan DETERMINE dalam mendeteksi risiko malnutrisi pada lansia belum banyak dilakukan di Indonesia, sehingga Peneliti melakukan penelitian untuk mengkaji kemampuan alat skrining tersebut.

Tujuan: Mengetahui hubungan dan kemampuan alat skrining MNA-SF dan DETERMINE terhadap MNA-LF dalam mendeteksi risiko malnutrisi pada lansia di Panti Wredha Budhi Dharma dan Panti Sosial Tresna Werdha Abiyoso.

Metode: Penelitian ini menggunakan desain studi *cross-sectional*. Penelitian ini melibatkan 88 lansia berusia ≥ 60 tahun yang tinggal di Panti Wredha Budhi Dharma dan Panti Sosial Tresna Werdha Abiyoso. Status gizi diperoleh menggunakan alat skrining MNA-SF dan DETERMINE, serta dilengkapi dengan asesmen gizi menggunakan MNA-LF sebagai baku emas. Analisis hubungan antara alat skrining dengan alat asesmen menggunakan uji *Chi-square*, sementara uji validitas (sensitivitas, spesifisitas, AUC) dilakukan menggunakan IBM SPSS.

Hasil: Terdapat hubungan yang bermakna antara MNA-SF dengan MNA-LF ($p < 0,001$) dan DETERMINE dengan MNA-LF ($p < 0,05$). Uji validitas alat skrining gizi terhadap MNA-LF menunjukkan nilai sensitivitas, spesifisitas, dan AUC MNA-SF secara berurutan sebesar 88,2%; 89,2%; 0,943 (95%CI: 0,899–0,988), serta nilai sensitivitas, spesifisitas, dan AUC DETERMINE secara berurutan sebesar 82,4%; 40,5%; 0,659 (95%CI: 0,543–0,775).

Kesimpulan: Alat skrining MNA-SF dan DETERMINE memiliki hubungan yang bermakna dengan MNA-LF. Kemampuan MNA-SF lebih baik dibandingkan DETERMINE dalam mendeteksi risiko malnutrisi pada lansia di panti wredha, yang dibuktikan dengan nilai validitas MNA-SF yang lebih tinggi.

Kata Kunci: DETERMINE; Lansia; MNA-LF; MNA-SF; Risiko Malnutrisi

COMPARISON OF THE MINI NUTRITIONAL ASSESSMENT SHORT-FORM (MNA-SF) AND THE DETERMINE YOUR NUTRITIONAL HEALTH CHECKLIST (DETERMINE) AS NUTRITIONAL SCREENING TOOLS AGAINST THE MINI NUTRITIONAL ASSESSMENT LONG-FORM (MNA-LF) IN DETECTING THE RISK OF MALNUTRITION AMONG OLDER ADULTS IN BUDHI DHARMA AND ABIYOSO NURSING HOME

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ABSTRACT

Background: Malnutrition in the elderly is defined as an inadequate nutritional status resulting from insufficient nutrient intake, which leads to decreased muscle strength and impaired immune function. Therefore, early detection of the risk of malnutrition is necessary to determine appropriate nutritional interventions. Studies comparing the MNA-SF and DETERMINE in detecting the risk of malnutrition among the elderly are still limited in Indonesia. Thus, this study was conducted to evaluate the performance of these screening tools.

Objective: To determine the association and the performance of the MNA-SF and DETERMINE screening tools compared with the MNA-LF in detecting the risk of malnutrition among the elderly at Budhi Dharma and Abiyoso Nursing Home.

Methods: This study used a cross-sectional design. A total of 88 elderly individuals aged ≥ 60 years residing in Budhi Dharma and Abiyoso Nursing Home were included. Nutritional status was assessed using the MNA-SF and DETERMINE screening tools and further evaluated using the MNA-LF as the gold standard. The association between screening tools and the assessment tool was analyzed using the Chi-square test, while validity tests (sensitivity, specificity, and AUC) were conducted using IBM SPSS.

Results: There was a significant association between MNA-SF and MNA-LF ($p < 0,001$) and between DETERMINE and MNA-LF ($p < 0,05$). Validity testing of the nutritional screening tools against MNA-LF showed that the sensitivity, specificity, and AUC of MNA-SF were 88,2%; 89,2%; and 0,943 (95%CI: 0,899–0,988), respectively. Meanwhile, the sensitivity, specificity, and AUC of DETERMINE were 82,4%; 40,5%; and 0,659 (95%CI: 0,543–0,775), respectively.

Conclusion: Both MNA-SF and DETERMINE screening tools showed significant associations with MNA-LF. However, MNA-SF demonstrated better performance than DETERMINE in detecting the risk of malnutrition among the elderly in nursing homes, as indicated by its higher validity values.

Keywords: DETERMINE; Elderly; MNA-LF; MNA-SF; Risk of Malnutrition