

FAKTOR-FAKTOR YANG MEMPENGARUHI TERJADINYA RISIKO MALNUTRISI RUMAH SAKIT PADA PASIEN DEWASA BERDASARKAN *SIMPLE NUTRITION SCREENING TOOL* (SNST) DI RUANG RAWAT INAP RS UGM

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INTISARI

Latar Belakang : Berbagai penelitian internasional melaporkan bahwa 40% pasien yang dirawat berisiko mengalami malnutrisi rumah sakit. Faktor primer penyebab malnutrisi karena asupan makan yang kurang, sedangkan faktor sekundernya karena penyakit yang diderita. Untuk mencegah malnutrisi rumah sakit perlu dilakukan deteksi dini risiko malnutrisi menggunakan skrining gizi. SNST merupakan suatu metode skrining gizi baru yang sederhana, cepat, valid dan sangat sesuai digunakan pada masyarakat Indonesia.

Tujuan : Mengetahui hubungan faktor-faktor yang mempengaruhi terjadinya risiko malnutrisi rumah sakit pada pasien dewasa berdasarkan SNST di RS UGM.

Metode : Penelitian observasional dengan rancangan *Nested Case Control*. Subjek sebanyak 85 orang terdiri dari 39 orang dalam kelompok kasus dan 46 orang dalam kelompok kontrol. Sampel diambil secara *purposive sampling*. Semua subjek diskriminasi menggunakan SNST saat awal masuk rumah sakit dan saat monitoring. Data asupan makan diambil menggunakan metode *food record*. Analisis bivariat dengan uji *Chi-square* dan analisis multivariat dengan regresi logistik.

Hasil : Terdapat hubungan bermakna asupan energi ($p < 0,01$) dan asupan protein ($p = 0,02$) yang tidak cukup dengan risiko terjadinya malnutrisi rumah sakit. Asupan energi dan protein yang tidak cukup lebih berisiko 8,75x dan 4,571x mengalami malnutrisi rumah sakit. Faktor lain seperti jenis kelamin ($p = 0,935$), usia ($p = 0,052$), jenis penyakit ($p = 0,800$), stres metabolik ($p = 0,119$), gangguan metabolisme protein ($p = 0,995$), jenis diet ($p = 0,403$) dan bentuk makanan ($p = 0,117$) pasien tidak terdapat hubungan bermakna dengan risiko malnutrisi rumah sakit.

Kesimpulan : Tidak terdapat hubungan antara karakteristik pasien (jenis kelamin, usia, tingkat pendidikan), penyakit (jenis penyakit, stres metabolik, gangguan metabolisme protein), diet (jenis diet, bentuk makanan) dengan risiko terjadinya malnutrisi berdasarkan SNST. Terdapat hubungan antara asupan energi dan protein dengan terjadinya risiko malnutrisi rumah sakit berdasarkan SNST.

Kata Kunci : Risiko Malnutrisi, Rumah Sakit, Asupan Makan, Diet, Penyakit, SNST

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**FACTORS AFFECTING HOSPITAL MALNUTRITION RISK IN ADULT PATIENTS
BASED ON SIMPLE NUTRITION SCREENING TOOL (SNST)
IN INPATIENT ROOM UGM HOSPITAL**

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ABSTRACT

Background :Various international studies reported that 40% of hospitalized patients are at risk of hospital malnutrition. The primary factor causing malnutrition is due to lack of food intake, while the secondary factor is due to illness suffered. To prevent hospital malnutrition, early detection of malnutrition risk with nutrition screening is required. SNST is a new nutritional screening method that is simple, quick, valid, and very suitable for Indonesian people.

Objective : This study was aimed to determine factors influencing risk of hospital malnutrition in adult patient based on SNST at UGM Hospital.

Methods : This is an observational study with nested case control design. Eighty five people was subjected in this study, with 39 people in case group and 46 people in control group. Samples were taken by purposive sampling. All subject were screened using SNST at the start of admission and during monitoring. Food intake data were taken using food record method. Bivariate analysis with Chi-square test and multivariate analysis with logistic regression were conducted.

Result :There were significant associations between inadequate energy intake ($p < 0,01$) and protein intake ($p = 0,02$) with risk of hospital malnutrition. Subjects with inadequate energy and protein intake had 8,75x and 4,571x higher risk for hospital malnutrition. Other factors such as sex ($p = 0.935$), age ($p = 0.052$), education (type of disease ($p = 0.800$), metabolic stress ($p = 0.119$), protein metabolism disturbance ($p = 0.995$), diet type ($p = 0.403$) and the form of food ($p = 0,117$) had no significant association with hospital malnutrition risk.

Conclusion : There is no correlation between patients characteristics (sex, age, education level), type of illness, metabolic stress, protein metabolism disorder, type of diet, and food form with risk of hospital malnutrition based on SNST. There are significant correlations between energy intake and protein intake with risk of hospital malnutrition based on SNST.

Keyword : Malnutrition Risk, Hospital, Food Intake, Diet, Illness, SNST

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