

INTISARI

Perbandingan antara Metode Observasi Langsung dan Metode Foto Digital oleh Ahli Gizi Dalam Pemantauan Asupan Makanan Pasien di RSUP Dr. Sardjito Yogyakarta

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Latar Belakang : Pemantauan asupan makanan pasien di rumah sakit penting untuk mencegah implikasi klinis yang merugikan. Ahli gizi melakukan pengukuran asupan makanan untuk mendukung asuhan gizi pasien. Metode foto digital telah terbukti dapat digunakan dalam pemantauan asupan makanan pasien. Namun belum ada penelitian serupa yang dilakukan di Indonesia.

Tujuan Penelitian : Membandingkan metode observasi langsung dan metode foto digital (*post meal* dan *pre-post meal*) dengan metode penimbangan oleh ahli gizi dalam mengukur asupan makanan pasien di RSUP Dr. Sardjito Yogyakarta.

Metode : Ahli gizi melakukan penilaian asupan makanan pasien menggunakan metode observasi langsung dan metode foto digital (*post meal* dan *pre-post meal*) yang kemudian dibandingkan dengan metode penimbangan sebagai baku emas. Penelitian ini diikuti oleh 8 ahli gizi dan 49 pasien di IRNA I RSUP Dr. Sardjito Yogyakarta.

Hasil : Metode observasi langsung (ICC = 0.98 – 0.99) dan metode foto digital (*post meal* : ICC = 0.90 – 0.99 dan *pre-post meal* : ICC = 0.90 – 0.98) memiliki korelasi yang sangat kuat dibandingkan dengan metode penimbangan.

Kesimpulan : Metode observasi langsung dan metode foto digital (*post meal* dan *pre-post meal*) memiliki persetujuan yang baik sehingga dapat digunakan oleh staf ahli gizi untuk mengukur asupan makanan pasien rawat inap di RSUP Dr. Sardjito Yogyakarta

Kata Kunci : Metode Observasi Langsung, Metode Foto Digital, Metode Penimbangan, Sisa Makanan, Alat Pengukuran Asupan Makanan.

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ABSTRACT

Comparison between Direct Observation Method and Digital Photography Method by Nutritionists in Monitoring Patients Dietary Intake at RSUP Dr. Sardjito Yogyakarta

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Background : Monitoring patient's dietary intake in the hospital is important to minimise adverse clinical implications. Nutritionists taking measurement of dietary intake can support the Nutrition Care Process. Digital photography method has been shown that can be used in monitoring patient dietary intake. However there has been no similar research in Indonesia.

Objective : To compare direct observation method and digital photography method (post meal and pre-post meal) with food weighing method by nutritionists to measuring patient's dietary intake in RSUP Dr. Sardjito Yogyakarta.

Methods : Nutritionists evaluated patient's food intake by using direct observation method and digital photography method (post meal and pre-post meal) and then was be compared with weighing method as the gold standard. This study was attended by 8 nutritionists and 49 patients in IRNA I RSUP Dr. Sardjito Yogyakarta.

Results : Direct observation method (ICC = 0.98 – 0.99, $p < 0.001$) and digital photography method (post meal : ICC = 0.90 – 0.99, $p < 0.001$ dan pre-post meal : ICC = 0.90 – 0.98, $p < 0.001$) had a very strong correlation compared to the food weighing method.

Conclusion : Direct observation method and digital photography method (post meal and pre-post meal) have very strong agreement so it can be used by nutritionist staffs to evaluate patient's dietary intake in RSUP Dr. Sardjito Yogyakarta

Keywords : Direct Observation Method, Digital Photography Method, Food Weighing Method, Food Waste, Dietary Intake Tool.

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