

Perbandingan antara Metode Observasi Langsung dan Metode Foto Digital pada Makanan Biasa dan Makanan Lunak dalam Pemantauan Asupan Makanan Pasien di RSUP Dr. Sardjito

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Latar Belakang: Pemantauan asupan makanan pasien merupakan salah satu indikator terpenting yang digunakan untuk melihat keberhasilan suatu intervensi gizi yang telah diberikan. Penelitian yang telah dilakukan sebelumnya membuktikan bahwa metode foto digital dapat digunakan dalam pemantauan asupan makanan pasien di rumah sakit. Namun, penelitian serupa belum pernah dilakukan di Indonesia.

Tujuan Penelitian: Membandingkan metode foto digital (*pre-post meal* dan *post meal*) dan metode observasi langsung (Comstock) dalam mengestimasi sisa makanan pada makanan biasa dan makanan lunak dalam pemantauan asupan makanan pasien di RSUP Dr. Sardjito Yogyakarta.

Metode: Penelitian ini merupakan uji validasi metode foto digital dan metode observasi langsung dibandingkan dengan metode penimbangan sebagai baku emas. Sebanyak enam subjek penelitian yaitu ahli gizi mengestimasi sisa makanan pasien (sampel penelitian). Sampel penelitian yang digunakan sebanyak 48 pasien yang terbagi menjadi dua kelompok, yaitu 24 pasien yang mengonsumsi makanan biasa (nasi) dan 24 pasien yang mengonsumsi makanan lunak (bubur dan nasi tim). Setiap pasien diamati sisa makannya dua kali, yaitu pada makan pagi dan makan siang sehingga didapat 48 plato makanan biasa dan 48 plato makanan lunak.

Hasil: Metode foto digital pada makanan biasa (*pre-post meal*: $\kappa=0.622$, $P<0.001$; *post meal*: $\kappa=0.784$, $P<0.001$) dan makanan lunak (*pre-post meal*: $\kappa=0.620$, $P<0.001$; *post meal*: $\kappa=0.647$, $P<0.001$) memiliki derajat persetujuan yang sama-sama kuat dengan derajat persetujuan pada makanan biasa lebih tinggi dibandingkan pada makanan lunak. Rentang persetujuan (variabilitas) yang digambarkan pada Bland Altman *plot* pada makanan biasa menunjukkan lebih kecil dibandingkan pada makanan lunak. Persentase (%) estimasi sisa makanan yang jatuh di luar garis batas persetujuan pada makanan biasa lebih kecil (2,78%) dibandingkan pada makanan lunak (5,56%).

Kesimpulan: Metode foto digital (*pre-post meal* dan *post meal*) memiliki derajat persetujuan yang kuat (*a good level of agreement*) dalam mengestimasi sisa makanan pada makanan biasa dan makanan lunak dalam pemantauan asupan makanan pasien sehingga berpotensi untuk dapat diterapkan di RSUP Dr. Sardjito Yogyakarta.

Kata Kunci: Metode Observasi Langsung, Metode Foto Digital, Metode Penimbangan, Makanan Biasa, Makanan Lunak, Sisa Makanan, Asupan Makanan.

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ABSTRACT

Comparison between Direct Observation Method and Digital Photography Method on Regular and Modified-texture Food in Monitoring Patients' Dietary Intake at RSUP Dr. Sardjito

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Background: Monitoring patients' food intake is one of the most important indicators used to know the success of a nutritional intervention that has been given. Previous research has shown that digital photography method can be used in monitoring patients' food intake in hospitals. However, similar research has never been done in Indonesia.

Objective: To compare digital photography method (pre-post meal and post meal) and direct observation method (Comstock) in estimating food waste on regular and modified-texture foods in monitoring patients' dietary intake at RSUP Dr. Sardjito Yogyakarta.

Methods: This study was a validation test of the digital photography method and the direct observation method compared to food weighing method as the gold standard. A total of six study subjects (nutritionists) estimate the patients' food waste (study samples). This study sample used 48 patients who were divided into two groups, 24 patients who consumed regular food (rice) and 24 patients who consumed modified-texture food (porridge and steamed rice). Each patient was observed twice at breakfast and lunch, so there were 48 plates of regular food and 48 plates of modified-texture food were obtained.

Results: Digital photography method in regular food (pre-post meal: $\kappa=0.622$, $P<0.001$; post meal: $\kappa=0.784$, $P<0.001$) and modified-texture food (pre-post meal: $\kappa=0.620$, $P<0.001$; post meal: $\kappa=0.647$, $P<0.001$) equally have a good level of agreement with regular food has higher level of agreement compared to modified-texture food. The range of agreement (variability) depicted on the Bland Altman plot in regular food shows smaller compared to modified-texture food. The percentage (%) of estimated food that fell outside of the limits of agreement for regular food is smaller (2.78%) compared to modified-texture food (5.56%).

Conclusion: Digital photography method has a good level of agreement in estimating food waste on regular and modified-texture food in monitoring patients' dietary intake, so it potentially can be applied at RSUP Dr. Sardjito Yogyakarta.

Key Words: Direct Observation Method, Digital Photography Method, Food Weighing Method, Regular Food, Modified-texture Food, Food Waste, Food Intake.

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