

INTISARI

Evaluasi Daya Terima Staf Rumah Sakit Umum Pusat Dr. Sardjito dalam Penggunaan Metode Foto Digital untuk Mengukur Asupan Makanan Pasien

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Latar Belakang: Malnutrisi berkaitan dengan peningkatan risiko komplikasi penyakit, untuk itu perlu dilakukan pemantauan asupan makanan dengan cara mengevaluasi sisa makanan pasien. Evaluasi sisa makanan pasien menggunakan metode foto digital belum pernah dilakukan di Indonesia, oleh sebab itu penelitian ini dilakukan.

Tujuan Penelitian: Mengevaluasi daya terima staf ahli gizi dalam penggunaan metode foto digital untuk mengukur asupan makanan pasien rawat inap.

Metode: Penelitian *cross sectional* ini membandingkan daya terima ahli gizi dalam menggunakan metode foto digital dan Comstock. Sampel diambil dari sisa makanan 48 pasien yang diobservasi sebanyak dua kali, sehingga diperoleh total sampel 96 sisa makanan. Waktu diukur pada saat subjek penelitian mengestimasi asupan pasien dengan kedua metode. Pada akhir periode penelitian, subjek mengisi kuesioner daya terima penggunaan metode foto digital menggunakan skala Likert.

Hasil Penelitian: Tidak ada perbedaan hasil estimasi sisa makanan antara metode foto digital dibandingkan dengan observasi langsung dan penimbangan (berturut-turut $p = 0,406$ FW vs. PPM; $p = 0,210$ FW vs. PM; $p = 0,883$ Comstock vs. PPM; $p = 0,795$ Comstock vs. PM). Waktu untuk mengestimasi asupan makanan dengan metode Comstock ($1,78 \pm 0,52$) lebih lama dibandingkan metode foto digital PM ($0,56 \pm 0,21$) dan PPM ($0,57 \pm 0,17$). Daya terima ahli gizi diukur menggunakan kuesioner Likert 5 skala ($4,012 \pm 0,64$) ($p \text{ value} > 0,05$).

Kesimpulan: Metode foto digital mempersingkat waktu mengukur asupan makanan pasien tanpa adanya perbedaan hasil estimasi sisa makanan dibandingkan dengan metode observasi langsung dan penimbangan, serta dapat diterima dengan baik oleh ahli gizi RSUP Dr. Sardjito Yogyakarta.

Kata Kunci: Metode foto digital, metode visual Comstock, efisiensi waktu, daya terima

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ABSTRACT

Evaluation of Dr. Sardjito Hospital Staff's Acceptability in Using Digital Photography Method to Measure Patients' Food Intake

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Background: Malnutrition is related to disease complication risk increasement, therefore monitoring food intake is needed through evaluating patients' food waste. Patients' food waste evaluation using digital photography method never been done in Indonesia, therefore this research was conducted.

Objective: To evaluate dietitians' acceptability in using digital photography method to measure inpatients' food intake.

Methods: This cross sectional study compared dietitians' acceptability in using digital photography method and Comstock method. Samples were taken from 48 patients' food waste that was observed twice, thus the total sample used was 96 food waste. Time was measured when the subjects were estimating patient's food intake with the two methods. At the end of research period, every subject filled a standardized 5-scale Likert questionnaire to measure subjects' acceptability in using digital photography method.

Results: There's no difference between using digital photography method compared to Comstock method and food weighing method to estimate food waste ($p = 0,406$ FW vs. PPM; $p = 0,210$ FW vs. PM; $p = 0,883$ Comstock vs. PPM; $p = 0,795$ Comstock vs. PM). Time to measure patients' food intake with Comstock method ($1,78 \pm 0,52$) takes longer compare to digital photography method PM ($0,56 \pm 0,21$) and PPM ($0,57 \pm 0,17$). Dietitians' acceptability was measured using 5-scale Likert questionnaire ($4,012 \pm 0,64$) ($p \text{ value} > 0,05$).

Conclusion: Digital photography method lower the time used to measure patients' food intake with no estimation difference compared to Comstock method and food weighing method, and is acceptable by dietitians in RSUP Dr. Sardjito Yogyakarta.

Keywords: Digital photography method, Comstock method, time efficiency, acceptability

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