

Penetapan standar porsi diet berdasarkan sisa makanan pasien bedah di RSUPN DR Ciptomangunkusumo tahun 2013 = The determination of standard diet portions based on surgery patients waste plate DR Ciptomangunkusumo National Center General Hospital in 2013 / Anna Ngatmira

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Abstrak

ABSTRAK

Sisa makanan merupakan salah satu indikator dalam pelayanan gizi khususnya penyelenggaraan makanan. Dengan pelayanan makanan yang memuaskan selera pasien tanpa mengurangi nilai gizi merupakan terapi diet yang dibutuhkan dalam penyembuhan pasien. Penelitian ini merupakan penelitian quasi eksperimen, dengan membagi sampel menjadi kelompok control dengan mendapatkan makanan dengan standar porsi diet rumah sakit 2300 kkal dan kelompok perlakuan mendapat standar porsi diet sesuai kebutuhan 1700 kkal. Penelitian ini dilakukan pada 34 responden, 17 kelompok control dan 17 kelompok perlakuan. Penelitian dilakukan pada pasien bedah perempuan dengan diet makanan biasa, usia 18-59 tahun, di ruang perawatan RSCM . Pengumpulan data sisa makanan dengan system food weighing selama 4 hari. Analisis bivarian menggunakan uji beda dua mean T test independendandependen.Terdapat rata – rata sisa makanan pada kelompok control sebanyak 206,37 gram dan kelompok perlakuan sebanyak 117.59 gram per orang per hari. Sisa makanan terbesar disumbangkan dari makanan pokok sebesar 41,52% dan sayur sebanyak 24.15% pada kontrol dan 32.87% untuk makanan pokok dan 21.81% untuk sayuran pada kelompok perlakuan dari total sisa makanan. Sisa makanan kelompok control sebanyak 17.65% masuk dalam katagori banyak (>20%)..Penelitian serupa dapat dilakukan pada kelompok pasien yang mendapatkan makanan lunak dan pada kelompok pasien yang tidak berdiet khusus.

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ABSTRACT

In nutritional services, waste plate becoming one particular indicator, especially in the food provisions for the patient. Food provisions that can satisfy patients taste without compromising the nutritional value is a dietary therapy required in the treatment of the patients itself. This is a quasi-experimental study, by dividing the sample into the control group who received 2300 kcal standard dietary hospital food portion and the treatment group who received standard diet servings as needed 1700 kcal. This study conducted on 34 respondents, both for the control group as well as for the treatment group consists of 17 patients. The study was conducted to female surgical patients with normal diet, age 18-59 years, at Dr. CiptoMangunkusumo General Hospitals treatment room. The waste

platedata collection performed by using the food weighing systems for 4 days. Two different mean independent and dependent T-test is used as the bivariate analysis for this study. There is an average of the waste plate per person per day as much as 206,37 grams in the control group and 117,59 grams in the treatment group. The biggest waste plate comes from the staple foods and vegetables, respectively 41.52% and 24.15% in controls group and the treatment group was 32.87% and 21.81% from the the total of leftover food. Waste plate in the control group as much as 17.65% are included in a lot category (> 20%). Similar studies can be performed on a group of patients who received bland foods and in the group of patients who did not having specific diet.