

Pengaruh modifikasi standar diet diabetes melitus terhadap sisa makanan lunak pasien diabetes melitus di RSUPN Dr. Cipto Mangunkusumo tahun 2016 = The effect of diabetes mellitus diet standard modification on diabetic patients soft food plate waste at RSUPN Cipto Mangunkusumo in 2016

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Abstrak

ABSTRAK

Penelitian ini bertujuan untuk meneliti pengaruh modifikasi standar diet diabetes melitus terhadap penurunan sisa makanan lunak pasien diabetes melitus. Sisa makanan diukur dengan metode food weighing, sedangkan karakteristik dan penilaian pasien terhadap kualitas makanan RS diukur dengan wawancara dan pengisian kuesioner. Desain studi yang digunakan adalah eksperimental kuasi serial waktu. Sebanyak 12 orang pasien diabetes melitus yang dirawat di kelas III Gedung A RSCM diamati sisa makanan, selera makan, dan penilaiannya terhadap kualitas makanan RS selama tiga hari. Pada hari pertama pasien diberikan makanan sesuai standar diet diabetes melitus RSCM. Pada hari kedua hingga ketiga pasien diberikan intervensi berupa makanan sesuai standar diet diabetes melitus RSCM modifikasi untuk makanan lunak, kemudian sisa makanan pasien hari pertama dan rata-rata hari kedua dan ketiga akan dibandingkan. Hasil menunjukkan bahwa sisa makanan pasien sesudah intervensi mengalami penurunan yang signifikan ($p=0,001$). Rata-rata total berat sisa makanan lunak sesudah intervensi ($571+381,6$ gr) 31,9% lebih sedikit dibanding saat sebelum intervensi ($839+471$ gr). Usia dan lama masa rawat inap diketahui menjadi variabel perancu dalam intervensi. Penerapan standar diet diabetes melitus modifikasi untuk makanan lunak ini dapat dijadikan alternatif untuk meminimalisasi kejadian sisa makanan pada pasien. Selain itu, diharapkan ahli gizi dapat mengoptimalikan edukasi kepada pasien terutama pasien lansia dan/atau yang baru masuk rumah sakit agar lebih termotivasi untuk menghabiskan makanan yang diberikan RS.

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ABSTRACT

The objective of this study was to examine the effect of diabetes mellitus diet standard modification on diabetic patients decreased plate waste on soft food. Patients plate waste measured by food weighing method. Moreover, patients characteristics, appetite, and evaluation towards the quality of hospital food measured by interview and questionnaire. A time series quasi experimental study was conducted on twelve subjects in third class wards on RSCM A building. Subjects plate waste, appetite, and evaluation towards the quality of hospital food were observed for three days. On the 1st day, patients were given foods based on

RSCM's diabetes mellitus diet standard. After that, intervention were given to patients; food based on RSCM's diabetes mellitus diet standard modified for soft food on the 2nd up to 3rd day. The plate waste before and after intervention were compared afterwards. The results showed that patients plate waste after intervention were significantly less than those before intervention ($p=0,001$). The overall mean plate waste after intervention ($571+381,6$ gr) was 31,9% lower than before intervention ($839+471$ gr). Age and length of stay are shown as a confounding variables in the intervention. The implementation of diabetes mellitus diet standard modified for soft food can be an alternative to minimize plate waste on diabetic patients with soft food diet. In addition, dietitian should optimize the education for the patients especially older and/or newly hospitalized patients, so that they can be more motivated in finishing the food given.