

Skrining risiko malnutrisi dan kejadian malnutrisi rumah sakit pada anak di RSUP Dr. M. Djamil Padang = malnutrition risk screening and prevalence of hospital malnutrition in Departement of child health, Dr. M. Djamil Hospital Padang

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Abstrak

Anak yang dirawat di rumah sakit mempunyai risiko mengalami malnutrisi selama dirawat. Skrining nutrisi pediatrik membantu mengidentifikasi anak dengan risiko malnutrisi malnutrisi rumah sakit MRS .Tujuan: untuk mengetahui prevalens MRS dan skor risiko malnutrisi pada anak yang dirawat di RSUP Dr.M. Djamil. Metode: Penelitian kohort prospektif dilaksanakan dari November 2013 sampai Januari 2014 pada pasien rawat inap di Bagian Anak RS Dr. M. Djamil Padang. Penentuan status gizi, skor risiko malnutrisi, dan pelaksanaan asuhan nutrisi dilakukan pada semua subyek, sedangkan penilaian prevalens MRS dilakukan pada subyek yang dirawat ge;7 hari dan dinilai hubungan MRS dengan jenis kelamin, umur, status gizi, penyakit dasar dan jumlah diagnosis. Hasil: Subyek berjumlah 113 orang, 45,1 dengan status gizi kurang-buruk, median umur 36 bulan 1-168 bulan, median lama rawat 7 hari 3-47 hari dimana 52,2 subyek dirawat ge-7 hari. Berdasarkan STRONG-kids dimodifikasi didapatkan anak dengan risiko ringan 23,9, risiko sedang 61,9, dan dengan risiko tinggi 14,2. Prevalens MRS pada penelitian ini adalah 25,4. Faktor umur dan jumlah diagnosis berhubungan bermakna dengan prevalens MRS. Kesimpulan: Prevalens malnutrisi rumah sakit di Bagian Anak RSUP Dr. M. Djamil Padang cukup tinggi, perlu dilakukan upaya untuk menurunkannya dimulai dari skrining risiko malnutrisi.

.....Abstract Background Children requiring hospitalization are at higher risk for hospital malnutrition. Pediatric nutrition screening helps to promptly identify children who are at risk of malnutrition. Objective To identify the risk and the prevalence of hospital malnutrition and in Department of Child Health Dr. M. Djamil Hospital, Padang.Methods A prospective cohort study was conducted in children who were hospitalized in Department of Child Health Dr. M. Djamil Hospital. We performed anthropometric measurement and nutritional status evaluation, determined nutritional screening, and practiced pediatric nutrition care to all children. We assessed the prevalence of hospital malnutrition at patient who hospitalized ge 7 days and its relationship with several factors.Results One hundred and thirteen children were hospitalized between November 2013 and January 2014 at our pediatric hospital, 45,1 were malnourished. Their median age was 36 months range 1 168 months, median length of stay was 7 days range 1 47 days and 52.2 were hospitalized for ge 7 days. According to the modified STRONG kids, 23.9 children were at low risk, 61.9 at moderate risk and 14,2 at high risk. Infectious disease is the most common 49.6 cause of hospitalization. Prevalence of hospital malnutrition was 25.4. Age and multiple diagnose have a significant relationship with the prevalence of hospital malnutrition. Conclusion The prevalence of hospital malnutrition in children at Dr. M. Djamil hospital Padang was high, and the need to lower that rate which began with nutrition screening.