

## Hubungan antara status gizi menggunakan malnutrition screening tool dengan bacterial load pada penderita TB-MDR = Association between nutritional status using malnutrition screening tool and bacterial load among MDR-TB patients

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### Abstrak

Malnutrisi meningkatkan risiko kegagalan pengobatan dan kematian pada penderita TB-MDR. Oleh karena itu, deteksi malnutrisi secara cepat dan tepat sangat diperlukan dalam penatalaksanaan TB-MDR. Salah satu alat skrining status gizi yang cepat dan sederhana adalah Malnutrition Screening Tool MST. Penelitian ini bertujuan untuk mengetahui hubungan antara status gizi dengan menggunakan MST dan bacterial load pada penderita TB-MDR. Studi cross sectional ini dilaksanakan di RSUP Persahabatan Jakarta pada bulan Juni-Oktober 2017 dengan subjek sebanyak 81 penderita TB-MDR yang belum mendapatkan pengobatan TB-MDR. Data dikumpulkan dengan menggunakan kuesioner, pengukuran antropometri, dan pemeriksaan laboratorium. Dari 81 subjek, 54 subjek berisiko malnutrisi dan 47 subjek mempunyai IMT kurang dari 18 kg/m<sup>2</sup>. Analisis bivariat menunjukkan bahwa tidak ada hubungan antara MST dan bacterial load pada penderita TB-MDR  $p=0,923$ . Walaupun begitu, perbedaan proporsi bacterial load positif antara kelompok berisiko dan tidak berisiko malnutrisi mencapai 11,2. Selain itu, pada kelompok berisiko malnutrisi, bacterial load cenderung positif.

.....Malnutrition in patients with MDR TB may increase the risk of treatment failure and death. Therefore, rapid and precise malnutrition detection is essential in the management of MDR TB. One of the fastest and simplest nutritional screening tools is the Malnutrition Screening Tool MST. This study aims to determine the association between nutritional status using MST and bacterial load in patients with MDR TB. This cross sectional study was conducted in RSUP Persahabatan Jakarta in June October 2017 with the subject of 81 MDR TB patients who had not received MDR TB treatment. Data were collected using questionnaires, anthropometric measurements, and laboratory examination. Of 81 subjects, 54 subjects at risk of malnutrition and 47 subjects have BMI less than 18 kg m<sup>2</sup>. Bivariate analysis showed that there is no association between MST and bacterial load in patients with MDR TB  $p 0.923$ . However, the difference in the proportion of positive bacterial loads between the at risk and non risk groups of malnutrition is 11,2. In addition, at risk group of malnutrition, bacterial load tends to be positive.