

Observasi nutrisi pada pemakai gigi tiruan lepasan hingga 12 bulan pasca pemakaian = Nutrition observation of removable denture wearers up to 12 months post insertion

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Abstrak

ABSTRAK

Latar belakang: Jumlah penduduk lansia yang semakin banyak di Indonesia harus mendapat perhatian khusus, agar tetap sehat, aktif dan produktif sehingga tidak menjadi beban baik keluarga, masyarakat dan negara. Salah satu upaya yang dilakukan adalah memperbaiki nutrisi yang merupakan bagian penting dalam kesehatan lansia. Kehilangan gigi dan pemakaian gigi tiruan merupakan faktor yang berpengaruh terhadap nutrisi lansia disamping faktor lain seperti usia, jenis kelamin, pendidikan, sosioekonomi dan lainnya. Beberapa penelitian tentang hubungan antara kehilangan gigi dan pemakaian gigi tiruan terhadap nutrisi lansia memberikan hasil yang berbedabeda. Tujuan: Menganalisis pengaruh jumlah kehilangan gigi dan lamanya pemakaian gigi tiruan lepasan terhadap asupan dan status nutrisi lansia.

Metode: Desain

observational cohort dilakukan untuk mengevaluasi asupan dan status nutrisi pada 26 partisipan dengan kehilangan gigi yang diklasifikasikan berdasarkan indeks Eichner dan akan mendapatkan perawatan pembuatan gigi tiruan. Asupan nutrisi dievaluasi menggunakan Food Frequency Questionnaire, status nutrisi dievaluasi menggunakan Mini Nutritional Assessment-Short Form dan kekuatan Handgrip (HGS). Evaluasi dilakukan sebelum dan pada 1, 2, 3, 6, 9, dan 12 bulan setelah memakai gigi tiruan. Uji Independent T Test dan Mann Whitney digunakan untuk menganalisis asupan nutrisi. Uji Chi Square digunakan untuk menganalisis status nutrisi. Uji Independent T Test digunakan untuk menganalisis nilai HGS. Uji statistik Repeated Anova digunakan untuk membandingkan asupan nutrisi dan nilai HGS pada tiap waktu pengukuran. Uji statistik Friedman digunakan untuk membandingkan status nutrisi pada tiap waktu pengukuran. Hasil: Total sampel 26 partisipan di kelompok Eichner B sebanyak 10 orang (38,5%) dan Eichner C sebanyak 16 orang (61,5%). Terdapat perbedaan bermakna ($p<0.05$) asupan nutrisi antara kelompok Eichner B dan C pada 3, 6, 9, 12 bulan setelah penggunaan gigi tiruan. Terdapat perbedaan bermakna ($p<0.05$) asupan nutrisi antara sebelum dengan 1, 2, 3, 6, 9, dan 12 bulan setelah pemakaian gigi tiruan, serta antara 1 bulan dibandingkan dengan 2, 3, 6, dan 9 bulan setelah pemakaian gigi tiruan. Tidak terdapat perbedaan bermakna status nutrisi antar kelompok kehilangan gigi, tetapi terdapat perbedaan bermakna ($p<0.05$) status nutrisi antara sebelum dengan 1, 2, 3, 6, 9, dan 12 bulan setelah pemakaian gigi tiruan. Terdapat perbedaan bermakna nilai HGS antara kelompok Eichner B dan C pada 6, 9, 12 bulan setelah pemakaian gigi tiruan. Tidak terdapat perbedaan bermakna nilai HGS berdasarkan lama pemakaian gigi tiruan. Kesimpulan: Pemakaian gigi tiruan lepasan dapat meningkatkan asupan dan status nutrisi

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Background: An increasing number of elderly people in Indonesia must get special attention, in order to

remain healthy, active and productive so that it does not become a burden to their families, communities and countries. One of the efforts is to improve the nutrition which is an important part for their health. In addition to other factors such as age, sex, education, socioeconomics and others, tooth loss and denture wearing are other factors that can influence their nutrition. Several existing studies on the relationship between tooth loss and wearing denture on elderly nutrition have conflicting results. Objective: To analyze the effect of the amount of tooth loss and the duration of the use of removable denture on the nutritional intake and status of the elderly. Method: 26 participants with tooth loss based on Eichner Index received denture treatment and evaluated in terms of their nutritional intake using observational cohort design. The nutritional intake was evaluated using Food Frequency Questionnaire, the nutritional status was evaluated using Mini Nutritional Assessment-Short Form and strength of handgrip (HGS). The evaluation is done before wearing denture and the evaluation continues after 1, 2, 3, 6, 9, and 12 months. Independent T Test and Mann Whitney Test are used to analyze nutritional intake. Chi Square Test is used to analyze nutritional status. Independent T Test is used to analyze handgrip values. Repeated Anova statistical tests were used to compare nutritional intake and handgrip values in every evaluation procedure. Friedman's statistical test was used to compare nutritional status in every evaluation procedure. Result: Total sample is 26 participants with tooth loss in the Eichner B group were 10 people (38.5%) and the Eichner C group were 16 people (61.5%). There was a significant difference ($p < 0.05$) in nutrient intake between Eichner B and C at 3, 6, 9, 12 months after wearing dentures. There was a significant difference ($p < 0.05$) of nutritional intake before compared to 1, 2, 3, 6, 9, and 12 months after wearing dentures, and also between 1 month compared to 2, 3, 6, and 9 months after wearing dentures. There was no significant difference in nutritional status between the groups of tooth loss, but there was a significant difference ($p < 0.05$) between the nutritional status before compared to 1, 2, 3, 6, 9, and 12 months after wearing dentures. There was a significant difference ($p < 0.05$) in handgrip values between Eichner B and C at 6, 9, 12 months after wearing dentures. There was no significant difference in handgrip values between in every evaluation procedure. Conclusion: Wearing removable dentures can improve nutritional intake and nutritional status.