Peran terapi medik gizi pada status gizi dan kapasitas fungsional pasien meningitis tuberkulosis = The role of medical nutrition therapy on nutritional status and functional capacity improvement of tuberculous meningitis patient

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Abstrak

Meningitis tuberkulosis (MeTB) merupakan manifestasi klinis berat dari infeksi TB yang menyerang sistem saraf pusat (SSP) dan menyebabkan pasien mengalami penurunan asupan nutrisi karena menurunnya kemampuan makan dan selera makan. Asam amino rantai cabang (AARC) diketahui memiliki efek meningkatkan selera makan dan protektif terhadap massa otot. Pemenuhan kebutuhan AARC berpotensi memperbaiki kapasitas fungsional pasien sehingga menurunkan morbiditas dan mortalitas pasien MeTB. Empat pasien MeTB dipantau selama perawatan di Rumah Sakit Cipto Mangunkusumo (RSCM). Pencatatan asupan makanan pasien dilakukan dengan metode FFQ semi kuatitatif dan 24h dietary recall. Selama masa perawatan diberikan terapi medik gizi sesuai kondisi klinis pasien, dilakukan pemantauan harian termasuk penilaian kapasitas fungsional pasien hingga pasien selesai perawatan. Semua pasien menunjukkan tanda malnutrisi berdasarkan kriteria klinis menurut American Society of Parenteral and Enteral Nutrition (ASPEN). Belum ada rekomendasi terapi medik gizi khusus MeTB yang dapat digunakan, namun pada pasien dengan masalah infeksi disertai masalah neurologis rekomendasi tatalaksana TB paru dan stroke dapat menjadi acuan untuk tatalaksana pasien. Pemberian asupan kalori 35-40 kkal pada pasien dengan protein minimal 1,5 g/kgBB berpotensi meningkatkan kapasitas fungsional pasien dan mencegah perburukan penyakit. Tiga pasien mendapatkan asupan AARC diatas rekomendasi dan didapatkan peningkatan kapasitas fungsional dengan menggunakan indeks Barthel. Terapi medik gizi dengan pemberian protein dan AARC yang lebih tinggi dari rekomendasi IOM pada pasien MeTB dapat meningkatkan kapasitas fungsional pasien.

.....Tuberculous Meningitis (TBM) has been the most severe manifestation of Tuberculosis infection attacking central nervous system (CNS) and causes the risk of malnutrition in patients due to decrease the ability of eating and loss appetite. Branched chain amino acid (BCAA) has been known having effects in appetite and protection of muscle mass. Fulfilling BCAA requirement is potential to improve patient functional capacity, furthermore lowering the morbidity and mortality of TBM patient. Four TBM patients has been observed during hospitality in Cipto Mangunkusumo Hospital (RSCM). Patient’s dietary intake was collected using semiquantitative FFQ and 24h dietary recall. During hospitality, medical nutrition therapy was administered based on patient clinical condition, daily observation including patient functional capacity was done until patient was discharged. All patients showed malnutrition signs based on clinical criteria according to American Society of Parenteral and Enteral Nutrition (ASPEN). Recommendation of nutrition therapy on TBM patient still not exist, however in patient with infection and neurological problem, guideline of nutrition therapy in TB infection and stroke can be used. Intake of 35-40 kcal/kgBW calories and 1,5 g/kgBW of protein can be potential to increase patient functional capacity and prevent further morbidity. Three patient can fulfill their BCAA beyond the requirement and there were increase in patient functional capacity using Barthel Index. Medical nutrition therapy using protein and BCAA administration

above the IOM recomendation in TBM patient can improve functional capacity.