

# Pengaruh pemberian nutrisi enteral dini terhadap stres metabolisme penderita luka bakar di unit luka bakar RSUPN Cipto Mangunkusumo Tahun 1999-2000 = The effect of early enteral nutrition on metabolic stress in burned patients at burn unit Dr. Cipto Mangunkusumo Hospital in 1999-2000

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## Abstrak

Tujuan: Mengetahui pengaruh pemberian nutrisi enteral dini (NED) terhadap stres metabolisme pada penderita luka bakar, dalam rangka mencari alternatif penatalaksanaan nutrisi pada penderita luka bakar.

Tempat: Unit Luka Bakar RSUPN Cipto Mangunkusumo.

Bahan dan cara: Penelitian ini merupakan uji klinik pada penderita luka bakar berusia 18 - 60 tahun dengan luka bakar derajat dua seluas 20 - 60% luas permukaan tubuh (LPT). Sepuluh subyek perlakuan diberi Nutrisi Enteral Dini/NED mulai 8 jam pasca trauma, sedangkan 10 subyek kontrol diberi nutrisi enteral/oral 24 jam pasca trauma. Stres metabolisme dideteksi dengan pemeriksaan kadar hormon kortisol serum, glukosa darah dan nitrogen urea urin (NUU). Sampel darah untuk pemeriksaan kortisol dan glukosa diambil pada hari ke 1, 7 dan 12. Urin untuk pemeriksaan NUU di kumpulkan selama 24 jam pada hari ke 3, 7 dan 12. Uji statistik yang digunakan adalah uji Mann Whitney U untuk kadar kortisol, NUU dan glukosa darah. Batas kemaknaan yang digunakan 0,05.

Hasil: Hasil penelitian menunjukkan tidak terdapat perbedaan bermakna pada kadar kortisol dan NUU, namun demikian pada hari ke 12 tampak penurunan kadar NUU lebih tajam pada kelompok perlakuan. Pada kelompok kontrol justru meningkat Kadar glukosa darah pada hari 12 menunjukkan perbedaan bermakna ( $p = 0,04$ ).

Kesimpulan: Pemberian NED berhasil menekan stres metabolisme yang terjadi pada penderita luka bakar derajat dua berdasarkan parameter glukosa darah.

.....Objective: To investigate the effect of early enteral nutrition (EEN) on the metabolic stress in burned patients, in respect to looking for the alternative of nutrition management in burned patients.

Place: Burn Unit RSUPN Cipto Mangunkusumo.

Materials and methods: This study was randomized clinical trial was conducted on 18 - 60 years subjects with 20 - 60% total body surface area (FBSA) of second degree burned. Ten subjects were given enteral nutrition started g 8 hours post burn, while 10 control subjects were given enteral/oral nutrition 24 hours post burn. Metabolic stress was detected by measuring of serum cortisol, blood glucose level, and urinary urea nitrogen (UUN) level. Blood samples for cortisol and glucose level were taken on day 1, 7 and 12. Twenty four hours collected urine for UUN level were taken on day 3, 7 and 12. Statistical analysis was performed with Mann Whitney U test for cortisol level, NUU and glucose level. The level of significance was 0,05.

Results: There were no significant differences between the two groups based on serum cortisol and UUN levels, however, the level o UUN of the day 12 decreased in the study group, while it increased in the control group. A significant difference was found of blood glucose between these two groups ( $p = 0,04$ ) on day 12.

Conclusion: The administration of EEN reduced the metabolic stress of second degree burned patients express by blood glucose parameter.