

## Pengaruh pemberian nutrisi enteral dini (NED) terhadap status protein penderita luka bakar di Unit Luka Bakar RSUPN Dr. Cipto Mangunkusumo tahun 1999-2000

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### Abstrak

Tujuan : Mengetahui pengaruh pemberian NED terhadap status protein penderita luka bakar derajat II, 20-60% dari luas permukaan tubuh (LPT) dan/atau derajat III &#8805; 10% LPT usia 18-60 tahun.

Tempat : Unit Luka Bakar RSUPNCM

Bahan dan Cara : Penelitian ini merupakan suatu uji klinik dengan randomisasi yang telah disetujui oleh panitia tetap penilai etik penelitian Fakultas Kedokteran Universitas Indonesia. Duapuluh subyek yang memenuhi kriteria penerimaan dan penolakan dibagi 2 kelompok secara randomisasi blok. Sepuluh subyek perlakuan diberi NED mulai &#8804; 8 jam pasca luka bakar, sedangkan 10 subyek kontrol diberi nutrisi enteral/oral 24 jam pasca luka bakar. Pengamatan dilakukan selama 12 hari. Status protein ditetapkan dengan pemeriksaan albumin dan prealbumin serum serta nitrogen urea urin (NUU). Sampel darah untuk pemeriksaan albumin dan prealbumin diambil hari ke-1, 7, dan 12. Urin tampung 24 jam untuk pemeriksaan NUU diambil hari ke-3, 7 dan 12. Uji statistik yang digunakan adalah uji t untuk data berdistribusi normal dan uji Mann Whitney U untuk data berdistribusi tidak normal, batas kemaknaan yang digunakan sebesar 5%.

Hasil : Penelitian ini menunjukkan pemberian NED tidak menunjukkan perbedaan bermakna terhadap status protein antara kelompok perlakuan dan kelompok kontrol, tetapi pada kelompok perlakuan didapatkan peningkatan kadar prealbumin dan gambaran penurunan kadar NUU yang lebih tajam.

Kesimpulan : NED mempunyai kecenderungan dapat memperbaiki status protein walaupun belum dapat dibuktikan secara statistik.

<hr><i>The Effect of Early Enteral Nutrition (EEN) on Protein Status in Burn Patients at Burn Unit Dr. Cipto Mangun Kusumo Hospital 1999-2000Objective: To know the effect of EEN on protein status in burn patients with 20-60% total body surface area (TBSA) of second degree burned, and/or &#8805; 10% TBSA of third degree burned, age 18-60 years old subjects.

Place: Burn Unit Cipto Mangunkusumo Hospital Material and Methods

The study was a randomized clinical trial, which already certify by the ethical clearance research committee of the Faculty of Medicine University of Indonesia. Twenty subjects were selected by inclusion and exclusion criteria. The subjects were divided into two groups by block randomization. Ten subjects were given enteral nutrition started &#8804; 8 hours post burn, while 10 control subjects were given enteral / oral nutrition 24 hours post burn. Observation was done for 12 days. Protein status was determined by the

laboratory result of albumin and prealbumin serum and the level of urinary urea nitrogen (UUN). Blood samples for albumin and prealbumin serum were taken on the day 1st, 7th and 12th. Twenty four hours collected urines for UUN examination were taken on the day 3rd, 7th and 12th . Statistical analysis was performed with t-test for data with normal distribution and Mann Whitney U test for data which do not conform to a normal distribution. The level of significance was 5%.

Results: The results showed no significant difference between the two groups, except on day 12th the prealbumin level tends to increase and the UUN level tend to decrease in the study group.

Conclusion : The EEN tend to be able to increase the protein status although has not statistically proven yet.</i>