

Pengaruh Pemakaian Gigi Tiruan Lepas Terhadap Nutrisi Pasien Pra Lansia dan Lansia dengan Gangguan Sendi Temporomandibula = Intake Changing of Nutrition and Nutritional Status on TMD Patients after Wearing Removable Partial Denture (RPD)

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Abstrak

Latar belakang: Kehilangan dukungan gigi yang melibatkan dukungan oklusal baik pada satu atau kedua sisi rahang merupakan faktor risiko terjadinya Gangguan Sendi Temporomandibula. Tidak adanya dukungan gigi posterior dapat mengganggu mastikasi dan mempengaruhi asupan serta status nutrisi pasien pra lansia dan lansia. Pembuatan gigi tiruan lepasan diharapkan dapat memperbaiki fungsi mastikasi dan merawat gangguan sendi temporomandibula sehingga asupan dan status nutrisi meningkat. Tujuan: Penelitian ini menganalisis pengaruh pemakaian gigi tiruan, gangguan sendi temporomandibula, asupan serta status nutrisi. Metode: Studi kuasi eksperimen pada 28 partisipan (45 tahun) dengan kehilangan gigi posterior indeks Eichner B2 sampai C2 yang diambil menggunakan teknik consecutive sampling, kemudian dibuatkan gigi tiruan di Rumah Sakit Gigi Mulut Universitas Indonesia. Pemeriksaan klinis dilakukan dan digunakan DC/ TMD untuk mendiagnosis gangguan sendi temporomandibula, Semi-quantitative Food Frequency Questionnaire (FFQ) digunakan untuk mengukur asupan nutrisi (Kkal), dan Mini Nutritional Assessment Short Form(MNA-SF) digunakan untuk menilai status nutrisi saat sebelum dan setelah 4, 8, dan 12 minggu pemakaian gigi tiruan. Hasil Penelitian: Terdapat pengaruh pada lama pemakaian gigi tiruan terhadap asupan nutrisi pra lansia dan lansia dengan gangguan sendi temporomandibula. Tidak terdapat perbedaan bermakna pada asupan nutrisi partisipan dengan gangguan sendi temporomandibula dan non gangguan sendi temporomandibula. Uji Repeated ANOVA digunakan untuk mengukur asupan nutrisi seiring dengan lama pemakaian gigi tiruan dan signifikan secara statistik ($P < 0.05$). Terdapat perbedaan bermakna pada status nutrisi antara kelompok gangguan sendi temporomandibula dan non gangguan sendi temporomandibula sebelum pemakaian gigi tiruan. Status nutrisi partisipan signifikan secara statistik pada 4 dan 12 minggu setelah pemakaian gigi tiruan. Kesimpulan: Pemakaian gigi tiruan meningkatkan asupan dan status nutrisi pra lansia dan lansia pasien gangguan sendi temporomandibula.

.....Background: Missing posterior teeth that resulted in the loss of occlusal support on one or both side of dental arch were found to be risk factors for TMD (Temporomandibular Disorder). Posterior tooth loss can cause disruption of mastication as well as affect nutrition intake and nutritional status of pre-elderly and elderly patients. Denture replacement may improve mastication, as a TMD therapy, and improve nutrition. Objectives: The aim of this study was to analyze the relationship between effect of denture wearing, TMD, nutrition intake, and nutritional status. Methods: Quasi experimental study was conducted on 28 patients (45 years old) with missing posterior teeth index Eichner classification B2 until C2 who will be treated with dentures at the Dental Hospital Faculty of Dentistry Universitas Indonesia using a consecutive sampling technique. Oral examination was done. DC/ TMD was used to diagnose Temporomandibular Disorder (TMD), the Semi-quantitative Food Frequency Questionnaire (FFQ) was used to measure nutrition intake (Kcal), and Mini Nutritional Assessment Short Form (MNA-SF) was used to measure nutritional status at baseline and after 4, 8, and 12 weeks of denture wearing. Results: There was significant difference of

nutrition intake on TMD groups before and after denture wearing. There is no significant difference between nutrient intake of TMD and non TMD groups. Repeated ANOVA to measure nutrition intake with period of denture wearing was significant statistically ($P < 0.05$). There was significant difference in nutritional status between TMD and non TMD groups before denture wearing. Nutritional status all subjects was significant statistically at 4 and 12 weeks after denture wearing. Conclusions: Denture wearing improves nutrition intake and nutritional status of pre- elderly and elderly TMD patients.