

Hubungan asupan cairan dengan status hidrasi dan karakteristik sawar kulit lanjut usia = The relationship between water intake and skin hydration in geriatric

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Abstrak

Latar belakang: Air mempunyai peran yang sangat penting bagi kehidupan manusia. Asupan air yang tidak adekuat, dapat menimbulkan berbagai masalah pada manusia. Dehidrasi paling sering terjadi pada lanjut usia (lansia) yang menyebabkan kulit kering dan berbagai masalah kulit. Kulit memiliki peran penting dalam mencegah kekeringan pada tubuh manusia. Air mendominasi kulit sekitar 30% dan berkontribusi pada kekenyalan, elastisitas, dan ketahanan kulit. Saat ini belum terdapat cukup data untuk membuktikan hubungan antara asupan cairan dengan peningkatan hidrasi kulit.

Metode: Penelitian ini merupakan deskriptif analitik potong lintang yang dilakukan pada lansia berusia 65-80 tahun di panti Tresna Werdha Budi Mulia 3. Pengukuran dilakukan dengan menilai asupan cairan selama 7 hari. Pada hari ke-9 dilakukan penilaian status hidrasi melalui Urine Specific Gravity (USG), kekeringan kulit melalui Specified Symptom Sum Score (SRRC), dan karakteristik sawar kulit melalui Transepidermal Water Loss (TEWL) dan Skin Capacitance (SCap).

Hasil: Sebanyak 67 SP mengikuti penelitian ini dengan median usia 70 tahun. Terdapat korelasi negatif lemah bermakna antara status hidrasi dengan asupan cairan (nilai $p < 0,0001$). Terdapat korelasi negatif lemah bermakna antara asupan cairan pada lansia dengan SRRC ($p < 0,0001$). Tidak terdapat korelasi antara asupan cairan pada lansia dengan TEWL dan SCap ($p = 0.613$ and $p = 0.060$).

Kesimpulan: Asupan cairan yang adekuat dapat meningkatkan kelembapan kulit. Rekomendasi asupan cairan dari Kementerian Kesehatan Indonesia dapat dianjurkan pada lansia.

.....Background: Water plays a crucial role in human life. Inadequate water intake can result in various issues in humans. Dehydration most commonly occurs in the geriatric, leading to dry skin and various skin problems. The skin plays a vital role in preventing bodily desiccation. Water constitutes around 30% of the skin and contributes to its resilience, elasticity, and durability. Currently, there is insufficient data to establish a definitive relationship between fluid intake and improved skin hydration.

Methods: This study is a cross-sectional analytical descriptive study conducted on elderly individuals aged 65-80 years at the Tresna Werdha Budi Mulia 3 nursing home. Measurements were performed by assessing fluid intake over a 7-day period. On the 9th day, assessments were conducted for hydration status using Urine Specific Gravity (USG), skin dryness through the Specified Symptom Sum Score (SRRC), and skin barrier characteristics using Transepidermal Water Loss (TEWL) and Skin Capacitance (SCap).

Results: Sixty-seven subjects participated in this study, with a median age 70 years. There was a statistically significant weak negative correlation between hydration status and fluid intake (p -value < 0.0001).

Additionally, other parameters also showed significant weak negative correlations between hydration status and SRRC with p -values of < 0.0001 . Nevertheless, there was no significant difference observed in the correlation between fluid intake and both TEWL and SCap value ($p = 0.613$ and $p = 0.060$).

Conclusion: Adequate fluid intake can enhance skin moisture. The recommendations of fluid intake from the Indonesian Ministry of Health can be advised for the geriatric population.