

ABSTRACT

Malnutrition is still one major problem among hospitalized HIV & AIDS patients. Many factors can interfere malnutrition amongst HIV & AIDS hospitalized patients. Macronutrients intake is one factor which probably related with nutrition status. However it needs a research to find out the relation between macronutrients intake with nutritional status.

The aim of the research was to learn characteristics, macronutrients intake, nutritional status, serum albumin, and to analyze the relation between macronutrients intake (calorie, protein, fat, and carbohydrate) with nutritional status of HIV & AIDS hospitalized patients in UPIPI RSUD Dr. Soetomo.

The research was an observational study with cross-sectional design. The population was HIV & AIDS hospitalized patients who had stayed in hospital since May to June 2010. The samples of this research were hospitalized patients, categorized in inclusion dan exclusion criterias were diagnosed HIV & AIDS, adults (age > 14 years), hospitalized more than 1 day, and would like to fulfil the informed consent. Data collection were consist of HIV & AIDS characteristics within direct interview, macronutrients intake which were collected from *form food recall*, nutritional status of which were measured by Body Mass Index, and albumin serum of which were collected from medical records at hospital. Researcher analyzed data using Chi square test then.

The results showed that there was not a correlation ($p > 0,05$) between macronutrients intake (calorie, protein, fat, and carbohydrate) with nutritional status of HIV & AIDS hospitalized patients.

It can be concluded from the research was that macronutrients intake could not give effect to nutritional status of HIV & AIDS hospitalized patients but *wasting syndrome*, oportunistic infections, HIV infection, insensitive Body Mass Index to measure calory, protein, fat and carbohydrate changes in HIV & AIDS patients in short term period and there was not a continually monitoring to detect nutritional status changes due to cross-sectional study. The researcher suggested to build a longer research to monitor HIV & AIDS hospitalized patients nutritional status, a deeper research to find out about the accurate and sensitive methods for assessing HIV & AIDS patients, and another research about the correlation between micronutrients (vitamines, minerals, dan fiber) and nutritional status of HIV & AIDS hospitalized patients.

Key words : macronutrients intake, HIV & AIDS hospitalized patients, nutritional status