

ABSTRACT

Management of typhoid fever is still adhered to the trilogy of the management namely treatment, care and diet. Diet becomes an important aspect in healing process of typhoid fever because if the food intake is not enough, it will decrease the patient's general condition and nutrition so that the healing process will be longer. The aim of this study was to determine the correlation of nutrition such as protein, fat and carbohydrates during hospitalization with the length of stay of patients with typhoid fever.

This study was an analytical observational study with prospective cohort design. The independent variable was the intake of protein, fats and carbohydrates, while the dependent variable was the length of stay of patients with typhoid fever. The population of this study was all patients with typhoid fever treated at Dr. Moh. Soewandhie Hospital Surabaya. The sample of this study was part of patients above who had met the inclusion criterias. There were 26 patients, which are 13 patients with an ideal duration of hospitalization (≤ 4 days) and 13 patients with non ideal duration of hospitalization (> 4 days). Data were analyzed using the Mann Whitney test and Independent T-Test to analyze the differences between groups and Chi Square test to analyze the correlations among variables.

The results of this study show that the majority of patients with typhoid fever aged 6-12 years, female and the nutritional status is normal. The mean of nutrients intake is 825.9 kcal of energy, 35.3 g of protein, 23.38 grams of fat and 103.27 grams of carbohydrates. The difference test shows that there are differences in energy intake ($p = 0.004$), protein ($p = 0.00$) and carbohydrate ($p = 0.004$) and there is no difference in fat intake ($p = 0.098$) in both groups. The correlation test shows that the energy intake ($p = 0.007$), protein ($p = 0.00$) and carbohydrate (0.03) correlated with duration of hospitalization, while fat intake ($p = 0.3$) has no correlation.

The conclusion of this study is that patients with typhoid fever need to increase the intake of nutrients such as energy, protein and carbohydrates to accelerate the healing process so that it will shorten the length of stay.

Keywords: *Nutrition Intake, Length of Stay, Typhoid Fever*