

FAKTOR YANG BERHUBUNGAN DENGAN SISA MAKANAN TKTP (TINGGI KALORI TINGGI PROTEIN) PASIEN DI RUANG RAWAT INAP RUMAH SAKIT PHC SURABAYA

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FOOD WASTE AS FEED

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ABSTRACT

Patient food waste is one of yardstick of recovery room nutrition service in the case of nutrition consumption. Based on data result of patient food waste in Surabaya PHC Hospital year 2007, the amount of patients who left a quarter of food portion that was served were 735 people, patients who left half of food portion that was served were 940 people, patients who left three quarter of food portion that was served were 212 people, and patient that do not eat at all the food that was served were 62 people. The caused of patients food waste is come from internals factors, externals factors, another factors and the meal which come form outside hospital.

The purpose of this research was to examine and to determine the factors that cause High Calorie High Protein food waste that was served in Surabaya PHC Hospital recovery room.

This research was analytic observational with design cross sectional. Sample was taken purposively as much 43 respondents that have been treated in first class, second class, and third class with criteria ≥ 10 years, food that was given was High Calorie High Protein. The examination of the relationship between the cause factors with food waste was analyzed using Spearman correlations statistic test.

Based on the scoring of the taste of food, food appearance and menu variation were enough. The Spearman correlation statistical test result with $\alpha = 0,05$ show that there are a significant relationship between the primary food waste food with the primary food taste ($p = 0,000$), the animal side dish food waste with the animal side dish taste ($p = 0,002$), the nabaty side dish food waste with the nabaty side dish taste ($p = 0,000$), the vegetable soup food waste with the vegetable soup taste ($p = 0,000$), the appearance of vegetable soup with the vegetable soup food waste ($p = 0,033$), the food from outside of hospital with food waste ($p = 0,000$).

From this result we need to suggest the increasing of human resources quality, replace the food utensil with a new one such as vegetable bowl. In spite of that there is a need nutritionist control toward hospital outside food that was consumed by patients.

Keywords: Hospital, Food waste, Patient

ABSTRAK

Sisa makanan pasien merupakan salah satu tolok ukur dari pelayanan gizi ruang rawat dalam hal konsumsi gizi. Berdasarkan data rekapan sisa makanan pasien di Rumah Sakit PHC Surabaya tahun 2007, jumlah pasien yang menyisakan $\frac{1}{4}$ porsi dari makanan yang disajikan adalah sebesar 735 orang. Pasien yang menyisakan $\frac{1}{2}$ porsi sebesar 940 orang. Pasien yang menyisakan $\frac{3}{4}$ porsi sebesar 212 orang. Sedangkan pasien yang menyisakan 1 porsi sebesar 62 orang. Faktor penyebab sisa makanan pasien disinyalir berasal dari faktor internal, eksternal, faktor lain serta makanan dari luar Rumah Sakit.

Tujuan penelitian ini adalah untuk mempelajari faktor penyebab terjadinya sisa makanan TKTP (Tinggi Kalori Tinggi Protein) yang disajikan di ruang rawat inap Rumah Sakit PHC Surabaya.

Penelitian ini merupakan penelitian observasional analitik dengan design *cross sectional*. Sampel dipilih secara *purposive* sebanyak 43 responden yang dirawat di kelas I, II, dan III dengan kriteria umur ≥ 10 tahun, makanan yang diberikan adalah makanan tinggi kalori tinggi protein (TKTP). Untuk mengetahui hubungan antara faktor penyebab dengan sisa makanan dianalisa dengan menggunakan uji statistik korelasi *Spearman's*.

Berdasarkan hasil skoring penilaian terhadap rasa makanan, penampilan makanan dan variasi menu termasuk cukup. Hasil uji korelasi *Spearman's* dengan $\alpha = 0,05$ menunjukkan adanya hubungan bermakna antara sisa makanan pokok dengan rasa makanan pokok ($p = 0,000$), sisa lauk hewani dengan rasa lauk hewani ($p = 0,002$), sisa lauk nabati dengan rasa lauk nabati ($p = 0,000$), sisa sayur dengan rasa sayur ($p = 0,000$), penampilan sayur dengan sisa sayur ($p = 0,033$), makanan dari luar Rumah Sakit dengan sisa makanan ($p = 0,000$).

Dari penelitian ini disarankan perlu peningkatan kualitas SDM, penggantian peralatan makan yang sudah tidak layak seperti mangkok sayur. Selain itu perlu adanya kontrol ahli gizi terhadap makanan yang dikonsumsi pasien yang berasal dari luar Rumah Sakit.

Kata kunci : Rumah Sakit, sisa makanan, pasien.