

**KEMENTERIAN KESEHATAN REPUBLIK INDONESIA
POLITEKNIK KESEHATAN RIAU
PROGRAM STUDI DIET GIZI**

TUGAS AKHIR, SEPTEMBER 2021

ALDANIA EKA SRIFANNY

**GAMBARAN PENAMPILAN, RASA, DAN SISA MENU SAYUR PASIEN
DI RUANG ANAK RS X KOTA PEKANBARU**

xv + 68 Halaman + 2 Bagan + 4 Gambar + 13 Tabel + 11 Lampiran

INTISARI

Sisa makanan adalah porsi makanan yang tersisa di piring saat akhir pelayanan makanan yang tidak habis dimakan oleh pasien. Tingginya sisa makanan pasien akan berdampak pada pemenuhan kebutuhan energi dan zat gizinya, dan dikhawatirkan dapat menghambat proses penyembuhan pasien. Keberhasilan penyelenggaraan makanan yang dilakukan oleh instalasi gizi di rumah sakit pada pasien ruang rawat inap salah satunya dapat dilihat dari banyaknya sisa makanan pasien. Tujuan penelitian ini adalah untuk mengetahui gambaran penampilan, rasa, dan sisa menu sayur pasien di ruang anak RS X Kota Pekanbaru.

Penelitian ini bersifat deskriptif. Penelitian ini dilakukan pada bulan Mei - Agustus 2021. Populasi penelitian ini adalah seluruh pasien yang dirawat di ruang anak RS X Kota Pekanbaru. Teknik pengambilan sampel menggunakan metode *purposive sampling* dengan menggunakan kriteria inklusi dan eksklusi, sehingga diperoleh sampel yaitu sebanyak 26 orang. Sisa sayur diukur menggunakan skala *Comstock* 6 point selama 3 hari, yaitu makan pagi, makan siang dan makan malam.

Hasil penelitian menunjukkan bahwa sebanyak 61,5% responden mengatakan penampilan sayur tidak menarik, 57,7% mengatakan rasa sayur enak, dan sebanyak 61,5% responden menyisakan sayur.

Disarankan kepada instalasi gizi di RS X melakukan variasi terhadap bahan makanan, teknik pengolahan, dan menu makanan, meningkatkan penampilan dan rasa makanan, memberikan makanan yang sesuai dengan kondisi pasien, melakukan evaluasi sisa makanan secara rutin, dan mengontrol adanya makanan yang dikonsumsi pasien dari luar rumah sakit. Selain itu bagi peneliti selanjutnya, diharapkan KTI ini dapat digunakan sebagai referensi.

Daftar Pustaka: 27 (1981-2020)

Kata kunci : sisa makanan, sayuran, *comstock*

**MINISTRY OF HEALTH, REPUBLIC OF INDONESIA
POLYTECHNIC OF HEALTH, RIAU
DIPLOMA III NUTRITION STUDY PROGRAM**

FINAL PROJECT, SEPTEMBER 2021

ALDANIA EKA SRIFANNY

**DESCRIPTION OF THE PATIENT'S VEGETABLES WASTE IN THE
PEDIATRIC'S ROOM OF X HOSPITAL PEKANBARU**

xv + 68 Pages + 2 Flowcharts + 4 Pictures + 13 Tables + 11 Attachments

ABSTRACT

Food waste is the portion of food left on the plate at the end of food service that has not been eaten by the patient. The high amount of leftover food from the patient will have an impact on meeting their energy and nutritional needs, and it is feared that it can hinder the patient's healing process. The success of food administration carried out by nutrition installations in hospitals for inpatients can be seen from the amount of leftover food from patients. The purpose of this study was to determine the description of the patient's vegetables waste in the pediatric's room of X Hospital Pekanbaru by classifying food based on age, gender, form of food, type of diet, and meal time.

This research is descriptive with a cross sectional design. This study was conducted in May - August 2021. The population of this study were all patients treated in the pediatric ward of X Hospital Pekanbaru. The sampling technique used purposive sampling method using inclusion and exclusion criteria, in order to obtain a sample of 26 people. The remaining vegetables were measured using a 6 point Comstock scale for 3 days, namely breakfast, lunch and dinner.

The results showed that as many as 61.5% of respondents said the appearance of vegetables was not attractive, 57.7% said the taste of vegetables was good, and as many as 61.5% of respondents left vegetables.

It is recommended for the nutrition installation at RS X to vary food ingredients, processing techniques, and food menus, improve the appearance and taste of food, provide food according to the patient's condition, evaluate food waste on a regular basis, and control the presence of food consumed by patients from outside hospital. In addition, for further researchers, it is hoped that this scientific paper can be used as a reference.

References : 27 (1981-2020)

Key Word : plate waste, vegetables, comstock