

ABSTRAK

Fhingka Olyvia Tiara Sakti. Gambaran Sisa Makanan Pada Pasien Rawat Inap Di Rumah Sakit Umum Daerah dr. Adnaan WD Payakumbuh. Dibimbing oleh YESSI MARLINA dan LILY RESTUSARI.

Salah satu indikator keberhasilan pelayanan gizi di rumah sakit dapat dilihat dari sisa makanan. Sisa makanan yang cukup tinggi, akan berdampak terhadap biaya makan. Tujuan penelitian untuk melihat sisa makanan pada pasien rawat inap di RSUD dr. Adnaan WD Payakumbuh. Jenis penelitian adalah deskriptif dengan desain *cross sectional*. Populasi penelitian adalah pasien rawat inap kelas I, II, dan III dengan metode *purposive sampling*, kriteria inklusi berupa menu makanan biasa ataupun makanan lunak dan kriteria ekklusi piring makan yang berasal dari pasien yang sudah pulang. Jumlah sampel 560 piring makan, yang terdiri dari makan pagi, siang dan, sore. Data sisa makanan menggunakan metode *Visual Comstock*. Data dianalisis dengan analisis univariat. Hasil penelitian sisa makanan berdasarkan kelas perawatan kelas I sebesar 43,7%, kelas II sebesar 45,5% dan, kelas III sebesar 46,2%. Sisa makanan berdasarkan jenis diet, diet rendah garam sebesar 59,7%, diet hati sebesar 35,3%, diet diabetes mellitus sebesar 61,7%, diet jantung sebesar 55,6%, diet lambung sebesar 61,5%, diet tanpa serat sebesar 31,3%, diet TKTP sebesar 35,6%, diet rendah protein sebesar 50%, diet rendah lemak sebesar 88,9%, diet tanpa diet khusus 43,4% dan, diet lebih dari satu 36,1%. Sisa makanan berdasarkan bentuk makanan, makanan biasa sebesar 45,2%, makanan lunak sebesar 48,9%. Sisa makanan berdasarkan waktu makan, pagi sebesar 54,7%, siang sebesar 43,2%, sore sebesar 39,9%. Sisa makanan berdasarkan komponen makan, makanan pokok sebesar 45,9%, protein hewani sebesar 27,1%, protein nabati sebesar 33,0%, sayur sebesar 53,0%. Pentingnya memperhatikan variasi menu seperti bahan makanan, teknik pengolahan makanan, dan keterampilan juru masak.

Kata Kunci : sisa makanan, pasien rawat inap, penyelenggaraan makanan

ABSTRACT

One indicator of the success of nutrition services in hospitals can be seen from food waste. The remaining food is quite high, will have an impact on the cost of food. The purpose of the study was to look at food waste in inpatients at RSUD dr. Adnaan WD Payakumbuh. The type of research is descriptive with a cross sectional design. The study population was inpatients of class I, II, and III with purposive sampling method, inclusion criteria in the form of regular food or soft food menus and exclusion criteria for plates that came from patients who had gone home. The sample size was 560 plates, consisting of breakfast, lunch and afternoon meals. Food waste data using the Visual Comstock method. Data were analyzed by univariate analysis. The results of the study of food waste based on class I treatment class amounted to 43.7%, class II amounted to 45.5% and, class III amounted to 46.2%. Food waste based on diet type, low salt diet by 59.7%, liver diet by 35.3%, diabetes mellitus diet by 61.7%, cardiac diet by 55.6%, gastric diet by 61.5%, diet without fiber by 31.3%, TKTP diet by 35.6%, low protein diet by 50%, low fat diet by 88.9%, diet without special diet 43.4% and, diet more than one 36.1%. Food waste by food form, regular food by 45.2%, soft food by 48.9%. Food waste by meal time, morning by 54.7%, afternoon by 43.2%, afternoon by 39.9%. Leftover food based on meal components, staple food by 45.9%, animal protein by 27.1%, vegetable protein by 33.0%, vegetables by 53.0%. It is important to pay attention to menu variations such as food ingredients, food processing techniques, and cook skills.

Keywords: food waste, hospitalized patients, food organization