

ABSTRAK

SELVIANA: Gambaran Daya Terima Makanan Lunak Pasien Rawat Inap Penyakit Jantung di RSUD Bengkalis. Dibimbing oleh Irma Susan Paramita, S.Gz, M.Kes.

Penyakit kardiovaskular merupakan penyebab utama kematian di dunia, dengan sekitar 17,9 juta kematian setiap tahun (WHO, 2022). Pasien rawat inap sering mengalami penurunan nafsu makan akibat gejala mual, sesak napas, dan begah, sehingga berdampak pada asupan gizi yang tidak adekuat. Pemberian makanan lunak ditujukan untuk mempermudah konsumsi dan pencernaan makanan pasien. Penelitian ini bertujuan untuk mengetahui gambaran daya terima makanan lunak pasien rawat inap penyakit jantung di RSUD Bengkalis. Penelitian ini menggunakan desain deskriptif dengan pendekatan cross-sectional. Sampel penelitian berjumlah 66 responden rawat inap. Data diperoleh melalui kuesioner daya terima makanan dan metode food weighing untuk mengukur sisa makanan. Hasil penelitian menunjukkan sebagian besar responden menilai aspek rasa makanan pokok (51,5%), lauk hewani (57,6%), lauk nabati (42,9%), dan sayuran (48,5%) dalam kategori baik. Aspek tekstur mendapat penilaian baik pada makanan pokok (56,1%), lauk hewani (59,1%), lauk nabati (42,4%), dan sayuran (48,5%). Penampilan makanan juga dinilai baik pada makanan pokok (57,5%), lauk hewani (52,5%), lauk nabati (51,5%), dan sayuran (52,5%). Namun demikian, sisa makanan masih tinggi melebihi batas sisa makanan ideal <20%.

Kata kunci: Daya terima makanan, makanan lunak, penyakit jantung, sisa makanan

ABSTRACT

SELVIANA: *Acceptability of Pureed Diet Among Inpatients with Heart Disease at Bengkalis District General Hospital. Supervised by Irma Susan Paramita, S.Gz, M.Kes.*

Cardiovascular disease is the leading cause of death worldwide, accounting for approximately 17.9 million deaths each year (WHO, 2022). Inpatients often experience a decreased appetite due to symptoms such as nausea, shortness of breath, and bloating, resulting in inadequate nutritional intake. The provision of a pureed diet aims to facilitate consumption and digestion for these patients. This study aimed to describe the acceptance of a pureed diet among inpatients with heart disease at RSUD Bengkalis. This was a descriptive study using a cross-sectional approach. The study involved 66 inpatients as respondents. Data were collected through a food acceptance questionnaire and the food weighing method to measure plate waste. The results showed that most respondents rated the taste of staple foods (51.5%), animal-based dishes (57.6%), plant-based dishes (42.9%), and vegetables (48.5%) as good. Texture was rated good for staple foods (56.1%), animal-based dishes (59.1%), plant-based dishes (42.4%), and vegetables (48.5%). Food appearance was also rated good for staple foods (57.5%), animal-based dishes (52.5%), plant-based dishes (51.5%), and vegetables (52.5%). However, plate waste remained high, exceeding the ideal limit of <20%.

Keywords: *food acceptance, pureed diet, heart disease, plate waste*