

ABSTRAK

ANISA AULIA LESTARI. GAMBARAN STATUS GIZI BERDASARKAN INDEKS MASSA TUBUH (IMT) PADA PASIEN RAWAT INAP PENYAKIT DALAM DI RSUD EMBUNG FATIMAH. Dibimbing oleh YESSI MARLINA dan ROZIANA.

Gangguan status gizi pada pasien masih banyak ditemukan baik di tingkat global maupun nasional, namun data yang menggambarkan distribusi status gizi pada pasien di RSUD Embung Fatimah belum tersedia. Penelitian ini bertujuan untuk menggambarkan status gizi pasien berdasarkan indeks massa tubuh (IMT) saat masuk dan keluar rumah sakit di RSUD Embung Fatimah. Jenis penelitian ini adalah deskriptif dengan *desain longitudinal*. Populasi penelitian adalah seluruh pasien rawat inap penyakit dalam di Ruang Anggrek RSUD Embung Fatimah pada periode 4–14 Maret 2026 sebanyak 77 pasien. Sampel dipilih menggunakan teknik *consecutive sampling* dengan kriteria *inklusi* yaitu pasien dewasa usia 19–64 tahun, bersedia menjadi responden, memiliki data berat badan dan tinggi badan saat masuk rumah sakit yang diperoleh dari wawancara dan rekam medis, serta dapat dilakukan pengukuran antropometri pada akhir perawatan. Kriteria *eksklusi* meliputi pasien dengan edema berat atau asites, pulang paksa, atau dipindahkan ke bangsal lain, sehingga diperoleh jumlah sampel sebanyak 23 pasien. Data berat badan dan tinggi badan saat masuk rumah sakit diperoleh dari wawancara dengan pasien dan rekam medis, sedangkan data saat akhir perawatan diperoleh melalui penimbangan berat badan dan pengukuran tinggi badan menggunakan stadiometer. Data antropometri digunakan untuk menghitung IMT dan dianalisis secara univariat. Hasil penelitian menunjukkan bahwa status gizi pasien saat masuk rumah sakit (MRS) terdiri dari kategori normal sebanyak 13 pasien (56,52%), obesitas 8 pasien (34,78%), *overweight* 1 pasien (4,35%), dan *underweight* 1 pasien (4,35%). Saat keluar rumah sakit (KRS), status gizi terdiri dari kategori normal sebanyak 13 pasien (56,52%), obesitas 7 pasien (30,43%), *overweight* 2 pasien (8,70%), dan *underweight* 1 pasien (4,35%). Perubahan IMT selama rawat inap menunjukkan bahwa 11 pasien (47,83%) tidak mengalami perubahan IMT, 7 pasien (30,43%) mengalami peningkatan IMT, dan 5 pasien (21,74%) mengalami penurunan IMT. Pemantauan dan intervensi gizi secara berkelanjutan sejak awal hingga akhir perawatan diperlukan untuk mencegah perburukan status gizi pasien.

Kata kunci: status gizi, indeks massa tubuh, pasien rawat inap, desain longitudinal

ABSTRACT

ANISA AULIA LESTARI. DESCRIPTION OF NUTRITIONAL STATUS BASED ON BODY MASS INDEX (BMI) IN INTERNAL MEDICINE INPATIENTS AT RSUD EMBUNG FATIMAH. Supervised by YESSI MARLINA and ROZIANA.

Nutritional status disorders among patients remain common at both the global and national levels; however, data describing the distribution of nutritional status among patients at RSUD Embung Fatimah are not yet available. This study aimed to describe patients' nutritional status based on body mass index (BMI) at hospital admission and discharge at RSUD Embung Fatimah. This was a descriptive study with a longitudinal design. The study population consisted of all internal medicine inpatients in the Anggrek Ward of RSUD Embung Fatimah during the period of March 4–14, 2026, totaling 77 patients. Samples were selected using a consecutive sampling technique with inclusion criteria of adult patients aged 19–64 years, willing to participate as respondents, having body weight and height data at admission obtained from interviews and medical records, and able to undergo anthropometric measurement at the end of hospitalization. Exclusion criteria included patients with severe edema or ascites, those who were discharged against medical advice, or those transferred to another ward, resulting in a final sample of 23 patients. Body weight and height data at admission were obtained through patient interviews and medical records, while data at the end of hospitalization were obtained through weighing and height measurement using a stadiometer. Anthropometric data were used to calculate BMI and were analyzed univariately. The results showed that at hospital admission, patients' nutritional status consisted of 13 patients (56.52%) in the normal category, 8 patients (34.78%) obese, 1 patient (4.35%) overweight, and 1 patient (4.35%) underweight. At discharge, nutritional status consisted of 13 patients (56.52%) normal, 7 patients (30.43%) obese, 2 patients (8.70%) overweight, and 1 patient (4.35%) underweight. Changes in BMI during hospitalization showed that 11 patients (47.83%) experienced no change in BMI, 7 patients (30.43%) experienced an increase in BMI, and 5 patients (21.74%) experienced a decrease in BMI. Continuous nutritional monitoring and intervention from the beginning to the end of hospitalization are needed to prevent deterioration of patients' nutritional status.

Keywords: nutritional status, body mass index, inpatients, longitudinal design