

ABSTRAK

Arta Sefty Riani Gambaran Sisa Makanan Pada Pasien Lansia Rawat Inap di rumah Sakit Studi Literatur. Dibimbing Oleh Prof. Dr. Aslis Wirda Hayati, SP, M.Si dan Irma Susan Paramita, S. Gz, M. Kes.

Sisa makanan merupakan salah satu indikator mutu pelayanan gizi di rumah sakit. Tingginya sisa makanan menunjukkan bahwa makanan yang disajikan belum sepenuhnya dapat diterima oleh pasien sehingga dapat memengaruhi pemenuhan kebutuhan gizi dan proses penyembuhan. Pasien lansia berisiko mengalami peningkatan sisa makanan akibat perubahan fisiologis, seperti penurunan nafsu makan serta gangguan mengunyah dan menelan. Penelitian ini bertujuan untuk mengetahui gambaran sisa makanan pada pasien lansia rawat inap di rumah sakit berdasarkan studi literatur. Metode yang digunakan adalah penelitian deskriptif dengan pendekatan studi literatur terhadap 15 jurnal yang diterbitkan tahun 2018–2025 dan diperoleh melalui Google Scholar, ResearchGate, serta sumber ilmiah lainnya. Data dianalisis secara deskriptif berdasarkan jenis makanan. Hasil penelitian menunjukkan bahwa sebagian besar sisa makanan masih melebihi standar pelayanan minimal rumah sakit ($\leq 20\%$). Sisa makanan tertinggi terdapat pada lauk hewani (93,33%), makanan pokok (86,67%), dan sayur (86,67%), sedangkan buah memiliki persentase sisa terendah. Faktor yang memengaruhi sisa makanan meliputi tekstur, cita rasa, variasi menu, mutu makanan, kondisi penyakit, nafsu makan dan daya terima pasien. Disimpulkan bahwa sisa makanan pada pasien lansia rawat inap masih tergolong tinggi sehingga diperlukan evaluasi pelayanan makanan rumah sakit.

Kata Kunci : sisa makanan, pasien lansia, rawat inap, rumah sakit, pelayanan gizi.

ABSTRACT

Arta Sefty Riani Description of Food Waste Among Elderly Inpatients in Hospitals Literature Study Supervised by Prof. Dr. Aslis Wirda Hayati, SP, M.Si and Irma Susan Paramita, S.Gz., M.Kes.

Food waste is one of the indicators used to assess the quality of nutrition services in hospitals. A high level of food waste indicates that the meals served are not fully accepted and consumed by patients, which may affect nutritional intake and the healing process. Elderly patients are particularly vulnerable to food waste due to physiological changes such as decreased appetite, chewing difficulties, and swallowing disorders. This study aimed to describe food waste among elderly inpatients in hospitals based on a literature study. A descriptive research design with a literature study approach was used. Data were obtained from 15 research articles published between 2018 and 2025 through Google Scholar, ResearchGate, and other scientific sources. Data were analyzed descriptively according to food types. The results showed that most food waste exceeded the hospital minimum service standard ($\leq 20\%$). The highest food waste was found in animal-based side dishes (93.33%), staple foods (86.67%), and vegetables (86.67%), while fruits had the lowest percentage of waste. Factors affecting food waste included food texture, taste, menu variation, food quality, disease conditions, appetite, and patient acceptance. In conclusion, food waste among elderly inpatients remains high, indicating the need for continuous evaluation of hospital food services.

Keywords: food waste, elderly patients, inpatient, hospital, nutrition service

