

Abstrak

HUBUNGAN KUALITAS DIET DAN SISA MAKANAN TERHADAP LAMA RAWAT INAP PASIEN KANKER DENGAN KEMOTERAPI

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Latar Belakang : Kualitas diet dapat menggambarkan kualitas asupan individu dalam memenuhi kebutuhan gizi sehari-hari. Pasien kanker yang menjalani rawat inap dengan kemoterapi perlu mendapat dukungan gizi yang baik. Sisa makanan dapat menggambarkan asupan makanan pasien selama sehari di Rumah Sakit. Kedua variabel tersebut penting untuk diteliti apakah dapat berpengaruh terhadap lama rawat inap pasien.

Metodologi : Penelitian ini menggunakan metode *observational* dengan rancangan *cross sectional*. Sampel penelitian berjumlah 31 pasien kanker yang diambil menggunakan metode *consecutive sampling*. Kualitas diet diukur menggunakan form DQI-I, sedangkan sisa makanan diukur menggunakan metode visual skala *comstock*.

Hasil Penelitian: Ada hubungan kualitas diet, sisa makanan pokok, sisa lauk hewani, dan sisa lauk nabati dengan lama rawat inap, dengan nilai secara berurutan $p=0,018$ dan $r=-0,423$, $p=0,023$ dan $r=0,407$, $p=0,024$ dan $r=0,405$, $p=0,001$ dan $r=0,557$. Tidak ada hubungan sisa sayur dan buah dengan lama rawat inap dengan nilai secara berurutan $p=0,254$ dan $p=0,246$.

Kesimpulan : Kualitas diet, sisa makanan pokok, lauk hewani dan lauk nabati berhubungan signifikan dengan lama rawat inap. Sisa lauk hewani dan sayur tidak berhubungan signifikan dengan lama rawat inap.

Kata Kunci : Kualitas diet, sisa makanan, pasien kanker dan kemoterapi.

Abstract

THE RELATIONSHIP BETWEEN DIET QUALITY AND FOOD WASTE TO LENGTH OF STAY OF CANCER PATIENTS WITH CHEMOTHERAPY

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Background The quality of diet can illustrate how the quality of individual intake in meeting daily nutritional needs. Cancer patients who are hospitalized with chemotherapy need to get good nutritional support. Monitoring and evaluation of food scraps can describe the patient's food intake for a day. Both of these variables are important to study whether it can affect the length of stay of patients.

Methodology : This research used observational method with cross sectional design. The research sample consisted of 31 cancer patients who were taken using consecutive sampling method. The quality of the diet was measured using the DQI-I form, while the remaining food was measured using the comstock scale visual method.

Results : There is a relationship between diet quality, residual staple food, animal residual, and vegetable residue with length of stay, with sequential values $p = 0.018$ and $r = -0.442$, $p = 0.023$ and $r = 0.407$, $p = 0.024$ and $r = 0.405$, $p = 0.001$ and $r = 0.557$. There was no relationship between vegetable and fruit residue with length of stay with sequential values $p = 0.254$ and $p = 0.246$

Conclusion : The quality of diet, staple food residue, the animal side dishes residue and the vegetable side residue is significantly related to the length of hospitalization. The remaining fruit and vegetable side dishes were not significantly associated with length of stay.

Keywords : Quality of diet, leftover food, cancer patients and chemotherapy.