

HUBUNGAN ASUPAN ENERGI DAN PROTEIN DENGAN STATUS GIZI PASIEN TUBERKULOSIS PARU RAWAT INAP RS PARU dr. ARIO WIRAWAN SALATIGA (ASSOCIATION BETWEEN ENERGY - PROTEIN INTAKE AND NUTRITIONAL STATUS IN PATIENT AT DR. ARIO WIRAWAN HOSPITAL SALATIGA)

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Pada penyakit kronis seperti tuberkulosis paru, umumnya status gizi sampel mengalami penurunan, bahkan dapat menjadi status gizi buruk. Untuk menanggulangi status gizi buruk tersebut, asupan makanan dan diet yang tepat (Tinggi Energi Tinggi Protein) perlu diperhatikan. Disamping itu hampir semua obat anti tuberkulosis paru mempunyai efek samping yang dapat mengurangi asupan makanan, terutama rifampisin. Tujuan penelitian ini adalah untuk mengetahui hubungan asupan energi dan protein dengan status gizi pasien tuberkulosis paru di rumah sakit paru dr. ario wirawan salatiga.

Penelitian ini termasuk jenis penelitian *explanatory*, metode survei dengan pendekatan *cross sectional*. Populasi dalam penelitian ini adalah semua pasien tuberkulosis paru yang asedang dirawat inap yang berjumlah 111 orang. Sampel berjumlah 35 orang. Analisis dengan deskriptif dan analitik.

Hasil analitik 22 sampel (63,8%) IMT <17, 5 sampel IMT 17,0 - 18,5 dan hanya 8 sampel yang mempunyai IMT 18,5-25 (normal). TKE 27 sampel kategori baik (>100% AKG) dan 8 sampel sedang (80-99 % AKG). TKP semua pasien baik > 100 % AKG yang dikoreksi +15 %. Analisis analitik menunjukkan bahwa ada hubungan yang bermakna antara asupan energi dan protein dengan status gizi pasien tuberkulosis paru rawat inap di RS Paru dr. Ario Wirawan Salatiga.

Kata Kunci: Kecukupan Energi dan Protein, Status Gizi, Tuberkulosis

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At chronic diseases such as lung tuberculosis, generally status of natural nutrient sample of degradation, even earn to become ugly status nutrient. To overcome degradation of the nutrient status, intake of food and correct diet (energy high protein) need paid attention to. Beside that most of all drug tuberculosis have side effects which can lessen intake food, especially medicine rifampicin. This aim research is to know relation of intake energy and protein with status of nutrient of patient of lung tuberculosis take care of to lodge in hospital of Paru DR. Ario Wirawan Salatiga.

This research is inclusive of type of research explanatory, method survey with approach of cross sectional. Population in this research is all patient of lung tuberculosis take care of to lodge in hospital of Paru Dr. Ario Wirawan Salatiga Amounting to 111 patient. While sample taken in simple random sampling with criterion of inklusi sample that is patient of lung tuberculosis which is being taken care of to by lodge, man and woman have age 18 - 60 year, do not suffer other dissimilar complication diseases or with a child/suckling, getting diet therapy in the form of ordinary food or soften and the co-operative patient (can cooperate), got to sample amount to 35 people, analysis indicate that 22 sample (63,8%) having IMT < 17 (heavy insufficiency category of heavy storey level body), 5 people (14,2%) with IMT 17,0-18,5 (heavy insufficiency category of light body) and only 8 sample (22%) having IMT 18,5 - 25 which (heavy category of normal body). Mount sufficiency of energy of patient of lung tuberculosis got by 27 sample (77%) good category > 100% AKG (corrected to be/aded by 15%), 8 sample category is: 80-90% AKG (corrected) and to mount protein sufficiency of all responden (100%) entering in good category > 100% AKG.

Analisis show there are relation having e meaning of between intake energy and protein with status of nutrient of patient of lung tuberculosis.

Keyword : sufficiency of energy and prtein, nutrient status, lung tuberculosis

Bibliography : 42, 1980-2001