

STATUS GIZI ANAK TUBERKULOSIS PARU
DI BALAI KESEHATAN PARU MASYARAKAT (BKPM) SEMARANG

Artikel Penelitian

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WINDAR PURWANINGTYAS

G2C005313

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NUTRITIONAL STATUS OF CHILDREN WITH PULMONARY TUBERCULOSIS IN BKPM SEMARANG

Windar Purwaningtyas* Niken Puruhita**

ABSTRAK

Latar belakang : Tuberculosis (TB) is a chronic infectious disease which remains a health and nutritional problem throughout the world including in Indonesia. Under-five years children possessed a high risk of pulmonary tuberculosis. One of tuberculosis symptoms is the body weight is not adequately increased. The objectives of this study were to find out frequency of malnutrition among pulmonary tuberculosis children 2 – 5 years old and assess of food intake, socio – economic condition of their parents ,and duration of illness on their nutritional status.

Method : The design of this study is *cross sectional* and the amount of subjects are 36 chosen by *consecutive sampling* from pulmonary tuberculosis children that fulfill the inclusion criteria. Data on food intakes were obtained using *semi quantitative food frequencies questioner*. Nutritional status was evaluated according to CDC 2000 with the parameters of *weight for age z score (WAZ)*, *height for age z score (HAZ)*, *weight for height z score (WHZ)* dan *mid-upper circumference arm for age z score (MAZ)*.

Result : Using WAZ indices, nutritional status of tuberculosis children before and after treatment in succession severe-, under-, well- malnourished status were 27.8%; 25%; 47.2% and 8.3%; 30.6%; 61.1%.

Conclusion : Half of tuberculosis patient were malnourished status. The initiation treatment resulted in improvement in nutritional status of patient, with energy and protein intake, and sosio – economic status.

Keyword : Pulmonary tuberculosis, nutritional status, energy intake, protein, children

* Student of Nutrition Science Study Program of Medical Faculty Diponegoro University, Semarang

** Lecture of Nutrition Science Study Program of Medical Faculty Diponegoro University, Semarang

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ABSTRAK

Latar belakang : Tuberkulosis (TB) adalah penyakit infeksi kronis yang masih menjadi masalah kesehatan dan gizi di dunia termasuk Indonesia. Anak di bawah usia lima tahun mempunyai risiko tinggi menderita tuberkulosis paru. Salah satu gejala tuberkulosis paru adalah peningkatan berat badan yang kurang. Tujuan penelitian ini adalah untuk mengetahui frekuensi malnutrisi anak tuberkulosis paru usia 2-5 tahun dan menganalisis apakah ada hubungan asupan makanan, kondisi sosial ekonomi orang tua dan lama sakit dengan status gizi anak.

Metode : Desain penelitian *cross sectional* dengan jumlah subyek 36 dipilih secara *consecutive sampling* anak tuberkulosis paru yang memenuhi kriteria inklusi. Data asupan makanan diperoleh dengan *semi quantitative food frequencies questioner*. Status gizi dinilai berdasarkan CDC 2000 dengan parameter *weight for age z score (WAZ)*, *height for age z score (HAZ)*, *weight for height z score (WHZ)* dan *mid-upper circumference arm for age z score (MAZ)*.

Hasil : Status gizi anak berdasarkan WAZ sebelum dan selama pengobatan berturut – turut gizi buruk, gizi kurang, gizi baik adalah 27.8%; 25%; 47.2% dan 8.3%; 30.6%; 61.1%.

Simpulan : Setengah pasien tuberkulosis mengalami malnutrisi. Terapi pengobatan membantu peningkatan status gizi pasien, dengan didukung asupan energi dan protein serta faktor sosial ekonomi.

Kata kunci : Tuberkulosis paru, status gizi, asupan energi, protein, anak

* Mahasiswa Program Studi Ilmu Gizi Fakultas Kedokteran, Universitas Diponegoro Semarang

** Dosen Program Studi Ilmu Gizi Fakultas Kedokteran, Universitas Diponegoro Semarang