

ABSTRAK



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PENGARUH PEMBERIAN MAKANAN ENTERAL KOMERSIAL TERHADAP KADAR GLUKOSA DARAH DAN BERAT BADAN PASIEN DM TIPE 2 DI RUMAH SAKIT TARAKAN

VI BAB, ... Halaman, ... Tabel, ... Gambar, ... Lampiran

Latar Belakang : Pasien DM tipe 2 yang mengalami kesulitan makan diberikan makanan enteral formula rumah sakit (FRS) atau formula komersial (FK) untuk mengendalikan kadar glukosa darah dan menghindari penurunan berat badan yang berlebih. **Tujuan :** Mengetahui pengaruh makanan enteral FK terhadap kadar glukosa darah dan berat badan pasien DM tipe 2 di Rumah Sakit Tarakan. **Metode :** Penelitian quasi eksperimen dengan desain pre post treatment control grup design ini menggunakan sampel 40 pasien yang dibagi menjadi 2 kelompok. Kelompok kontrol diberikan makanan enteral FRS dan kelompok perlakuan diberikan makanan enteral FK. Jenis data sekunder dengan menganalisis data rekam medis pasien seperti data kadar glukosa darah dan berat badan. **Hasil :** Hasil uji Wilcoxon dan T-test Dependental didapatkan perbedaan bermakna pada kadar glukosa darah sebelum dan sesudah mengkonsumsi makanan enteral FK ($p=0,0001$) dan FRS ($p=0,0001$). Hasil uji Mann-Whitney menunjukkan tidak ada perbedaan kadar glukosa darah setelah konsumsi makanan enteral FK dan FRS ($p=0.117$). Hasil uji T-Test Dependental didapatkan tidak ada perbedaan yang bermakna untuk berat badan sebelum dan sesudah mengkonsumsi makanan enteral FK dan FRS ($p=0.401$) ($p=0.773$), dan hasil uji T-test Independen menunjukkan tidak ada perbedaan berat badan setelah konsumsi makanan enteral FK dan FRS ($p=0.871$). **Simpulan :** Terdapat pengaruh pemberian makanan enteral FK terhadap kadar glukosa darah menjadi kadar glukosa darah normal. Namun setelah mendapatkan makanan enteral FK tidak terjadi perubahan berat badan pada pasien DM tipe 2

Kata Kunci : makanan enteral; formula rumah sakit; formula komersial; kadar glukosa darah

ABSTRACT



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THE EFFECT OF PROVIDING ENTERAL COMMERCIAL FOOD ON BLOOD GLUCOSE LEVELS AND WEIGHT OF TYPE 2 DM PATIENTS IN TARAKAN HOSPITAL

VI Chapter, ... Pages, ... Tables, ... Pictures, ... Appendices

Background: Patients with type 2 diabetes who have difficulty eating are given enteral dietary hospital formulas (HF) or commercial formulas (CF) to control blood glucose levels and avoid excessive weight loss. **Objective:** To determine the effect of enteral foods CF on blood glucose levels and body weight of type 2 DM patients at Tarakan Hospital. **Methods:** This is a quasi-experimental study with pre-post treatment control group design using a sample of 40 patients divided into 2 groups. The control group was given HF enteral food and the treatment group was given CF enteral food. Types of secondary data by analyzing patient medical record data such as data on glucose levels and body weight. **Results:** The results of the Wilcoxon test and Dependent T-test found significant differences in blood glucose levels before and after consuming CF enteral foods ($p = 0.0001$) and HF ($p = 0.0001$). Mann-Whitney test results showed no difference in blood glucose levels after consumption of CF and HF enteral foods ($p = 0.117$). The results of the dependent T-test showed no significant difference in body weight before and after consuming CF and HF enteral foods ($p = 0.401$) ($p = 0.773$), and the results of the Independent T-test showed no difference in body weight after consumption. CF and HF enteral foods ($p = 0.871$). **Conclusion:** There is an effect of CF enteral feeding on blood glucose levels to normal blood glucose levels. However, after receiving CF enteral food, there was no change in body weight in type 2 DM patients

Keywords: enteral food; hospital formula; commercial formula; blood glucose level