

ABSTRAK

Hubungan Tingkat Kecukupan Energi, Zat Gizi Makro, dan Tingkat Nafsu Makan Dengan Perubahan Berat Badan Pasien Covid-19 Selama Perawatan di Rumah Sakit Khusus Paru Kabupaten Karawang

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Latar Belakang : Penyakit coronavirus 2019 (covid-19) adalah penyakit infeksi disebabkan oleh novel coronavirus. Menurut data resmi pada website covid-19 Kabupaten Karawang, hingga akhir bulan Januari 2022 ini jumlah kasus konfirmasi covid-19 yaitu 43633 kasus. Sedangkan menurut data yang tersedia di Rumah Sakit Khusus Paru Kabupaten Karawang, jumlah kasus covid-19 yang dirawat inap di Rumah Sakit Khusus Paru Kabupaten Karawang hingga akhir bulan Januari 2022 berjumlah 2131 pasien. Penderita covid-19 dapat disertai gejala gastrointestinal seperti diare, muntah, dan sakit perut. Kecenderungan penurunan berat badan pada pasien dengan penyakit infeksi merupakan akibat dari gejala anoreksia. Berdasarkan data visitasi ahli gizi ke ruangan rawat inap pasien covid-19 didapatkan bahwa rata-rata tingkat nafsu makan pasien masih kurang baik pada hari-hari awal perawatan hingga kurang lebih hari ke lima perawatan dikarenakan berbagai hal, seperti adanya gangguan gastrointestinal seperti mual dan muntah. Tingkat nafsu makan yang kurang ini mempengaruhi asupan makan pasien. Jika masalah ini terus berlanjut, kemungkinan dapat berakibat pada penurunan berat badan.

Tujuan : Mengetahui hubungan tingkat kecukupan energi, zat gizi makro, dan tingkat nafsu makan dengan perubahan berat badan pasien covid-19 selama perawatan di Rumah Sakit Khusus Paru Kabupaten Karawang.

Metode : Menggunakan desain studi *cross sectional*. Sampel penelitian berjumlah 25 responden berusia 17-59 tahun. Variabel yang diteliti yaitu variabel independen terdiri dari tingkat kecukupan energi, tingkat kecukupan zat gizi makro, dan tingkat nafsu makan serta variabel dependen yaitu perubahan berat badan pasien covid-19. Tingkat kecukupan energi dan zat gizi makro diperoleh dari *food recall* 24 jam dan dibandingkan dengan kebutuhan, tingkat nafsu makan diperoleh dari kuesioner SNAQ, dan perubahan berat badan diperoleh dari pengukuran berat badan responden secara langsung. Analisis data menggunakan uji korelasi *Chi Square*.

Hasil : Ada hubungan tingkat kecukupan energi dengan perubahan berat badan pasien covid-19 selama perawatan, tidak ada hubungan tingkat kecukupan zat gizi makro dengan perubahan berat badan pasien covid-19, ada hubungan tingkat nafsu makan dengan perubahan berat badan pasien covid-19.

Kesimpulan : Tingkat kecukupan energi dan tingkat nafsu makan mempengaruhi perubahan berat badan pasien covid-19 selama perawatan dan tingkat kecukupan zat gizi makro tidak mempengaruhi perubahan berat badan pasien covid-19 selama perawatan.

Kata Kunci : Kecukupan gizi, nafsu makan, berat badan

ABSTRACT

The Relationship between Energy Adequacy Levels, Macro Nutrients, and Appetite Levels with Changes in Body Weight of Covid-19 Patients During Treatment at the Special Pulmonary Hospital, Karawang

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Background : Coronavirus disease 2019 (covid-19) is an infectious disease caused by the novel coronavirus. According to official data on the Covid-19 website of Karawang Regency, until the end of January 2022, the number of confirmed cases of Covid-19 was 43633 cases. Meanwhile, according to available data at the Karawang Regency Lung Special Hospital, the number of COVID-19 cases hospitalized at the Karawang Regency Lung Special Hospital until the end of January 2022 amounted to 2131 patients. Patients with COVID-19 may be accompanied by gastrointestinal symptoms such as diarrhea, vomiting, and abdominal pain. The tendency of weight loss in patients with infectious diseases is a result of symptoms of anorexia. Based on visitation data from nutritionists to the inpatient room for COVID-19 patients, it was found that the average level of appetite for patients was still not good in the early days of treatment until approximately the fifth day of treatment due to various things, such as gastrointestinal disturbances such as nausea and vomiting. . This lack of appetite affects the patient's food intake. If this problem persists, it may result in weight loss.

Objective : To determine the relationship between energy adequacy levels, macronutrients, and appetite levels with changes in body weight of COVID-19 patients during treatment at the Special Lung Hospital, Karawang Regency.

Methods : Using a cross sectional study design. The research sample amounted to 25 respondents aged 17-59 years. The variables studied were the independent variables consisting of the level of energy adequacy, the level of adequacy of macronutrients, and the level of appetite and the dependent variable, namely changes in the body weight of Covid-19 patients. Adequacy levels of energy and macronutrients were obtained from a 24-hour food recall and compared with needs, appetite levels were obtained from the SNAQ questionnaire, and changes in body weight were obtained from direct measurements of the respondent's body weight. Data analysis using Chi Square correlation test.

Results : There is a relationship between the level of energy adequacy and changes in body weight of Covid-19 patients during treatment, there is no relationship between the level of adequacy of macronutrients and changes in body weight of Covid-19 patients, there is a relationship between the level of appetite and changes in body weight of Covid-19 patients.

Conclusion : The level of energy adequacy and the level of appetite affect changes in body weight of Covid-19 patients during treatment and the level of adequacy of macronutrients does not affect changes in body weight of Covid-19 patients during treatment.

Keywords : Adequate nutrition, appetite, body weight