

**HUBUNGAN SKOR *STRONG-KIDS* DENGAN
KEJADIAN MALNUTRISI RUMAH SAKIT DI RUANG
RAWAT INAP ANAK RSUP DR.M DJAMIL PADANG**



PROGRAM PENDIDIKAN DOKTER SPESIALIS ILMU KESEHATAN ANAK

FAKULTAS KEDOKTERAN UNIVERSITAS ANDALAS

RSUP DR. M DJAMIL PADANG

2020

ABSTRAK

HUBUNGAN SKOR *STRONG-KIDS* DENGAN KEJADIAN MALNUTRISI RUMAH SAKIT DI RUANG RAWAT INAP ANAK RSUP DR.M. DJAMIL PADANG

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Latar belakang: Anak yang dirawat lama di rumah sakit mempunyai risiko mengalami malnutrisi. Malnutrisi rumah sakit (MRS) berdampak pada peningkatan angka morbiditas, mortalitas, komplikasi penyakit dan lama rawat inap. Pencegahan MRS perlu diterapkan dengan cara melakukan skrining nutrisi pada setiap anak saat masuk. *STRONG-kids* sebagai skrining nutrisi pediatrik membantu mengidentifikasi anak dengan risiko malnutrisi. Alat ini praktis dan lebih mudah digunakan dibandingkan dengan alat skrining lainnya

Tujuan: untuk mengetahui hubungan skor *STRONG-kids* dengan kejadian malnutrisi rumah sakit di Ruang Rawat Inap Anak RSUP DR.M. Djamil Padang

Metode: Penelitian kohort prospektif ini dilaksanakan pada pasien yang dirawat di Ruang Infeksi dan Non infeksi Rawat Inap Anak RSUP Dr.M. Djamil Padang. Penentuan status gizi, skor risiko malnutrisi dan pelaksanaan asuhan nutrisi dikerjakan pada semua subyek, dan dinilai prevalensi MRS serta hubungan MRS dengan umur, lama rawat, status gizi, jenis penyakit dan skor *STRONG-kids*.

Hasil: Subyek berjumlah 98 orang, dirawat antara bulan September dan Oktober 2020, 67,3 % dengan status gizi baik, didominasi 61,2 % jenis kelamin laki-laki dan 51 % penyakit keganasan, terdapat 60,2 % kelompok umur > 60 bulan dan 54,1 % subyek dirawat selama ≥ 7 s.d 30 hari. Berdasarkan skor *STRONG-kids* dimodifikasi didapatkan 55,1 % anak dengan risiko sedang, 22,4 % masing-masing anak dengan risiko sedang, dan risiko tinggi. Prevalensi MRS pada penelitian ini adalah 16,3 %. *STRONG-kids* berhubungan bermakna dengan kejadian MRS (OR 9,7; 95%CI: 2,98 - 31,7; $P < 0.001$)

Kesimpulan: *STRONG-kids* mempunyai hubungan bermakna secara statistik dengan kejadian malnutrisi rumah sakit.

Kata kunci: anak; malnutrisi rumah sakit; skrining risiko malnutrisi, *STRONG-kids*

ABSTRACT

THE RELATIONSHIP OF THE STRONG-KIDS SCORE WITH THE INCIDENCE OF HOSPITAL MALNUTRITION IN PEDIATRIC WARD OF DR.M. DJAMIL HOSPITAL PADANG

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Background: Children who are hospitalized for a long time are at risk of experiencing malnutrition. Hospital malnutrition (MRS) has an impact on increasing morbidity, mortality, disease complications and length of stay. Prevention of MRS needs to be implemented by carrying out nutritional screening for each child at admission. STRONG-KIDS as a pediatric nutrition screening tool helps identify children at risk of malnutrition. It is practical and easier to use compared to other screening tools

Objective: to determine the relationship between STRONG-kids scores and the incidence of hospital malnutrition in Pediatric Ward of DR.M. Djamil Hospital, Padang

Methods: This prospective cohort study was carried out in patients treated in the Infection and Non-Infectious Inpatient Pediatric Hospital Dr.M. Djamil Padang. Determination of nutritional status, risk score for malnutrition and implementation of nutritional care were carried out on all subjects, and assessed the prevalence of MRS and the relationship of MRS with age, length of stay, nutritional status, type of disease and the STRONG-kids score.

Results: Subjects totaled 98 people, treated between September and October 2020, 67.3 % with good nutritional status, dominated by 61.2 % male sex and 51 % malignant disease, there were 60.2 % age group > 60 months and 54,1 % of subjects were treated for ≥ 7 to 30 days. Based on the modified STRONG-kids score, it was found that 55.1 % of the children were at moderate risk, 22.4 % respectively of the children at moderate risk, and at high risk. The prevalence of MRS in this study was 16.3 %. STRONG-kids had a significant relationship with the incidence of MRS (OR 9.7; 95% CI: 2.98 - 31.7; P = <0.001)

Conclusion: STRONG-kids has a statistically significant relationship with the incidence of hospital malnutrition.

Key words: children; hospital malnutrition; STRONG-kids