

**GAMBARAN ASUPAN ZAT GIZI MAKRO DAN STATUS GIZI PADA PASIEN  
TUBERKULOSIS PARU DI RUMAH SAKIT PARU SURABAYA**

**ABSTRAK**

Tuberkulosis paru (Tb Paru) merupakan penyakit menular langsung yang disebabkan oleh bakteri *Mycobacterium tuberculosis* dan merupakan penyakit infeksi kronis menular. Kondisi infeksi akan menyebabkan peningkatan kebutuhan zat gizi dalam tubuh dan dapat menurunkan status gizi. Status gizi akan mempengaruhi mekanisme daya tahan tubuh. Intake makro dan mikro pada pasien Tb Paru merupakan faktor penting bagi kesembuhan pasien Tb Paru untuk mempertahankan status gizi pasien tetap baik. Tujuan penelitian ini adalah mengetahui gambaran Asupan Zat gizi Makro dan Status Gizi pasien Tb Paru di Rumah Sakit Paru Surabaya. Penelitian ini bersifat deskriptif dengan rancangan penelitian cross sectional. Sampel penelitian berjumlah 65 orang yang dilaksanakan di Rumah Sakit Paru Surabaya. Pengumpulan data menggunakan program Nutrisurvey. Analisa data dilakukan dengan analisa univariat (distribusi frekuensi) Dan pengumpulan data asupan makan pasien selama menjalani perawatan di rawat inap Rumah Sakit Paru Surabaya dengan menggunakan metode recall 2x24 jam berturut-turut. Hasil penelitian menunjukkan sebagian besar responden status gizi kurus sebanyak 31 orang (47,69), sedangkan tingkat asupan zat gizi makro tergolong kategori status sangat kurang seperti asupan energi sebanyak 25 responden (38,6%) asupan protein sebanyak 27 responden (41,54%) dan tergolong kategori status sangat kurang. asupan lemak sebanyak 28 responden (43,08%) tergolong kategori status defisit tingkat berat, dan asupan karbohidrat sebanyak 30 responden (46,15%) tergolong kategori status defisit tingkat berat.

Kata Kunci : *Tuberkulosis paru, asupan zat gizi makro, status gizi*

**DESCRIPTION OF INTAKE MACRO NUTRITION AND NUTRITIONAL STATUS PATIENTS  
WITH TUBERCULOSIS AT PULMONARY HOSPITAL OF SURABAYA**

**ABSTRACT**

Pulmonary Tuberculosis (Pulmonary Tb) is a contagious disease directly caused by the bacterium *Mycobacterium tuberculosis* and is a contagious chronic infectious disease. Infection conditions will lead to increased nutritional needs in the body and may decrease nutritional status. Nutritional status will affect the immune mechanism. Macro and micro intake in tuberculosis patients is an important factor for the recovery of tuberculosis patients to keep the patient's nutritional status well. The purpose of this study is to know the description of the intake of Macro Nutrition and nutritional status of patients with pulmonary Tb at the Hospital of Lung Surabaya. This research is descriptive with cross sectional study design. The sample of this research is 65 people that conducted at Special Hospital of Lung of Surabaya. Data collection using Nutrisurvey program. And data collection on the intake of eating patients while undergoing treatment in the hospital in Surabaya Lung Hospital using 2x24 hour recall method. The results showed that the majority of respondents with a thin nutritional status were 31 people (47.69%), while the level of macro nutrient intake was classified as very poor category such as energy intake by 25 respondents (38.6%) protein intake by 27 respondents (41.54%) and are classified as very poor. fat intake of 28 respondents (43.08%) classified as severe deficit category, and carbohydrate intake of 30 respondents (46.15%) classified as severe deficit category.

*Keywords : Pulmonary Tb, Intake macro Nutrition and Nutritional Status.*