

EVALUASI SISA MAKANAN LUNAK DAN PERSEPSI ORGANOLEPTIK PASIEN RUANG TERATAI DI RSUD Dr. R. KOESMA TUBAN

ABSTRAKS

Pelayanan gizi di rumah sakit merupakan pelayanan kesehatan penunjang yang mempunyai tugas mendukung upaya penyembuhan penderita dalam waktu sesingkat mungkin. Menurut pengamatan bagian pranata jamuan (distribusi makanan) untuk makanan lunak waktu makan sore ditentukan adanya sisa makanan lebih banyak terutama di ruang Teratai di banding ruang lain.

Penelitian ini bertujuan untuk mengevaluasi sisa makanan lunak dan persepsi organoleptik pasien rawat inap Ruang Teratai di RSUD Dr. R. Koesma Tuban.

Jenis penelitian ini adalah penelitian deskriptif yaitu mengamati tanpa memberikan perlakuan.

Secara keseluruhan evaluasi sisa makanan lunak diruang Teratai diketahui bahwa sisa makanan lunak nasi tim / bubur kasar sisa $\frac{1}{4}$ sebanyak 37,04 %, sisa makanan lunak lauk hewani sisa $\frac{1}{4}$ sebanyak 48, 15 %, sisa makanan lunak lauk nabati sisa $\frac{1}{4}$ sebanyak 55,55 %, sedangkan sisa makanan lunak sayur sisa $\frac{1}{4}$ sebanyak 14,81 %.

Persepsi organoleptik pasien terhadap makanan Rumah Sakit diketahui bahwa warna makanan yang disajikan menarik sebanyak 59,26 %, tekstur makanan yang disajikan sesuai sebanyak 88,89 %, rasa makanan yang disajikan enak sebanyak 62,96 %, aroma makanan yang disajikan sedap sebanyak 62,96 %.

Perlu melakukan kontrol atau evaluasi terhadap kegiatan penyelenggaraan makanan mulai dari perencanaan menu sampai penyajian makanan pada pasien. Untuk meningkatkan mutu makanan baik dalam penampilan maupun rasa makanan perlu adanya penyajian makanan yang menarik dan bervariasi setiap harinya, misalkan dengan penambahan hiasan pada menu makanan pasien. Memanfaatkan tenaga pemasak dengan maksimal mungkin dan mengadakan pelatihan bagi tenaga pemasak dalam bidang kuliner dan pengetahuan resep.

Kata kunci : *Evaluasi Sisa Makanan, Persepsi, Organoleptik Pasien*

EVALUATION OF REMAINING SOFT FOOD AND ORGANOLEPTIC PERCEPTION OF FLATED PATIENTS IN HOSPITAL Dr. R. KOESMA TUBAN

ABSTRACT

Nutrition services in hospitals are supporting health services that have the task of supporting efforts to cure sufferers in the shortest possible time. According to the observation of the portion of the banquet (food distribution) for soft foods during dinner it was determined that there were more leftovers, especially in the Lotus room compared to other rooms.

The aim of this study was to evaluate soft food residues and organoleptic perceptions of inpatients of the Lotus Room at Dr. Hospital. R. Koesma Tuban.

This type of research is a descriptive study that is observing without giving treatment.

Overall evaluation of the remaining soft foods in the lotus room revealed that the remaining soft food of rice team / coarse porridge left was $\frac{1}{4}$ as much as 37.04%, the remaining soft food leftover animal dishes $\frac{1}{4}$ as much as 48, 15%, leftover soft food leftover vegetable $\frac{1}{4}$ 55.55 %, while remaining vegetable soft food $\frac{1}{4}$ as much as 14.81%.

The patient's organoleptic perception of hospital food is known that the color of the food served is as much as 59.26%, the texture of the food served is 88.89%, the taste of the food served is 62.96%, the aroma of food served is 62, 96%.

Need to control or evaluate food delivery activities from menu planning to serving food to patients. To improve the quality of food both in appearance and taste of food, it is necessary to present interesting and varied foods every day, for example by adding decoration to the patient's food menu. Make maximum use of cooking staff and conduct training for cooking staff in the culinary field and recipe knowledge.

Keywords : *Evaluation of Food Time, Perception, Patient Organoleptics*