

## ABSTRAK

Pelayanan Gizi Rumah Sakit (PGRS) adalah pelayanan gizi yang disesuaikan dengan keadaan pasien infeksi anak dan berdasarkan keadaan klinis, status gizi dan status metabolisme tubuh pasien tersebut. Keadaan gizi pasien sangat berpengaruh pada proses penyembuhan penyakit, sebaliknya proses perjalanan penyakit dapat berpengaruh terhadap keadaan gizi pasien (Depkes RI, 2006).

Berdasarkan survey pendahuluan dari 100 pasien infeksi anak umur 1-7 tahun di ruang rawat inap delima RSUD Dr. Harjono Ponorogo terdapat 47,61% sisa makanan atau waste.

Tujuan penelitian ini adalah untuk mengetahui Gambaran Asupan Gizi dan Status Gizi Pasien Infeksi Anak di Ruang Rawat Inap Delima RSUD Dr. Harjono Ponorogo.

Penelitian ini bersifat diskriptif, dimana data menyangkut variabel bebas resiko dan variabel terikat atau variabel akibat, akan dikumpulkan dalam waktu yang bersamaan. Penelitian ini bersifat *cross sectional*, sampel diambil di ruang rawat inap Delima RSUD Dr. Harjono Ponorogo. Data diambil pada bulan Februari-Mei 2019 cara pengambilan sampel menggunakan *simple random sampling*.

Hasil penelitian asupan energi diperoleh hasil kategori normal sebanyak 14 anak (28 %), kategori defisit ringan sebanyak 13 anak (26 %), kategori defisit berat sebanyak 12 anak (24 %), kategori defisit sedang sebanyak 11 anak (22 %).

Hasil penelitian asupan protein diperoleh hasil kategori normal sebanyak 38 anak (76 %), kategori defisit sedang sebanyak 6 anak (12 %), kategori defisit berat sebanyak 4 anak (8%), kategori defisit ringan sebanyak 2 anak (4 %).

Perlu dilakukan pengembangan resep untuk memberikan daya terima pasien sehingga lebih patuh terhadap diet yang diberikan dan perlu dilakukan edukasi kepada keluarga pasien agar memahami dan mengerti tentang diet yang diberikan.

Kata kunci : *Asupan Gizi, Energi, Protein, Status Gizi, Anak.*

## ABSTRACT

Hospital Nutrition Services (PGRS) is a nutrition service that is tailored to the circumstances of a child's infection and based on clinical conditions, nutritional status and the metabolic status of the patient's body. The nutritional condition of patients is very influential in the process of healing the disease, on the contrary the process of the journey of the disease can affect the nutritional state of the patient (Ministry of Health, 2006).

Based on a preliminary survey of 100 infectious patients of children aged 1-7 years in the inpatient ward of Dr. Harjono Ponorogo there are 47.61% leftovers or waste.

The purpose of this study was to determine the picture of nutritional intake and nutritional status of infectious patients of children in the inpatient ward of Dr. Harjono Ponorogo.

This research is descriptive, where data concerning risk-free variables and dependent variables or consequential variables, will be collected at the same time. This study was cross sectional, the sample was taken in the inpatient ward of the Dr. RSUD Dr. Harjono Ponorogo. Data taken in February-May 2019 the method of sampling using simple random sampling.

The results of research on energy intake obtained the normal category of 14 children (28%), mild deficit category of 13 children (26%), severe deficit category of 12 children (24%), moderate deficit category of 11 children (22%).

The results of research on protein intake were obtained by the normal category of 38 children (76%), moderate deficit category of 6 children (12%), severe deficit category of 4 children (8%), mild deficit category of 2 children (4%).

It is necessary to develop a recipe to give patients the acceptance so that they are more obedient to the diet provided and need to be educated to the patient's family to understand and understand the diet provided.

Keywords : *Nutrition Intake, Energy, Protein, Nutritional Status, Children.*