ABSTRACT

ARINA MANASIK. Energy and Nutrients Intake, and Nutritional Status of Elderly Patients in Gayatri Room Marzoeki Mahdi Hospital. Supervised by SITI MADANIJAH and VERA URIPI.

Services and facilities of healthcare for elderly are the increasing number of elderly response in Indonesia. Gayatri Room in Marzoeki Mahdi Hospital (RSMM) is the only one special ward for elderly patients in Bogor. The purposes of this research are to identify and to analyze energy and nutrients intake, and nutritional status of elderly patients in Gayatri Room, RSMM, Bogor. This research uses cross sectional design and take place in Gayatri Room and Nutrition Unit. The subjects of this research are 30 hospitalized elderly in Gayatri Room. Descriptive and correlative statistical method are used to process all the data. Hospital meals consists of meals provided by Nutrition Unit and commercial formula. Meals provided by Nutrition Unit gives availability of energy and nutrients sufficiently, except vitamin E and folic acid. It means that if patients consume it optimally, they would meet their nutrition requirement. Energy and nutrients availability of commercial formula is lower than meals provided by Nutrition Unit and it can not meet nutrition requirement. Combination of meals and commercial formula gives availability of energy and nutrients sufficiently, and more patients have excessive. But, energy and nutrients intake of hospital meals in most patients is still low. Some patients not only consume energy and nutrients from hospital meals, but also from non-hospital meals, parenteral nutrition, and supplement. Pearson’s correlative test shows that there is no significant correlation between age and Body Mass Index (BMI) (p = 0.537; r = -0.117), age and energy requirement (p = 0.129; r = -0.283), and age and level of energy intake from hospital meals (p = 0.574; r = 0.111). Spearman’s correlative test shows that there is no significant correlation between amount of disease and BMI (p = 0.466; r = -0.138).

Keywords: intake, nutritional status, elderly patients, hospital meals