

GAMBARAN PENYIMPANAN BAHAN MAKANAN KERING DI INSTALASI GIZI RUMAH SAKIT

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ABSTRAK

Latar belakang. Penyimpanan bahan makanan merupakan suatu tata cara menata, menyimpan, memelihara keamanan bahan makanan kering maupun basah di gudang penyimpanan agar jumlah, kualitas dan keamanan bahan makanan tetap terjaga. Cara penyimpanan yang salah dapat merusak mutu bahan makanan. Oleh sebab itu, untuk menjaga keamanan bahan diperlukan adanya ruang penyimpanan bahan makanan kering yang terpisah dari bahan makan basah, cara penyimpanan yang tepat, dan fasilitas penyimpanan yang memadai.

Tujuan. Mengetahui gambaran penyimpanan bahan makanan kering di instalasi gizi rumah Sakit.

Metode. Penelitian yang dilakukan merupakan penelitian deskriptif observasional. Penelitian dilakukan pada bulan Februari-Maret 2023 di salah satu instalasi gizi RS swasta di Yogyakarta. Objek yang diteliti adalah bahan makanan kering sedangkan aspek yang diamati yaitu cara penyimpanan bahan makanan kering, kelengkapan fasilitas penyimpanan bahan makanan kering, dan mutu bahan makanan kering yang disimpan hingga 3 hari di gudang penyimpanan.

Hasil. Cara penyimpanan bahan makanan kering di instalasi gizi memenuhi 68,4% dari yang ditetapkan Kemenkes 2013 tentang Pedoman Pelayanan Gizi Rumah Sakit seperti suhu dan kelembapan ruang penyimpanan yang tidak sesuai, dan pintu yang jarang ditutup. Fasilitas penyimpanan hanya memenuhi 33,3% dari standar yang ditetapkan Kemenkes 2014 tentang Klasifikasi dan Perizinan Rumah Sakit karena hanya tersedia timbangan digital, pallet, troli barang, dan kontainer. Sedangkan mutu beras memenuhi 77,8%, tepung tapioka terpenuhi 100% dan beras memenuhi 83,3% dari spesifikasi yang ditetapkan.

Kesimpulan. Penyimpanan bahan makanan kering yang dilakukan belum berjalan baik. Cara penyimpanan, fasilitas penyimpanan yang tersedia belum sesuai dengan standar yang telah ditetapkan dan mutu beberapa bahan makanan seperti beras dan gula merah mengalami penurunan setelah disimpan. Saran dari penelitian bagi instalasi gizi untuk memaksimalkan fasilitas yang tersedia dan melakukan pengecekan mutu setiap satu minggu sekali.

Kata kunci. Penyimpanan, Bahan makanan kering, Rumah Sakit

DESCRIPTION OF STORAGE OF DRY FOOD MATERIALS IN A HOSPITAL NUTRITION INSTALLATION

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ABSTRACT

Background. Storage of food ingredients is a procedure for organizing, storing, maintaining the safety of dry and wet food ingredients in storage warehouses so that the quantity, quality and safety of food ingredients are maintained. Incorrect storage methods can damage the quality of food ingredients. Therefore, to maintain the safety of ingredients, it is necessary to have a dry food storage room that is separate from wet food ingredients, proper storage methods and adequate storage facilities.

Objectives. Knowing the description of storage of dry food ingredients in hospital nutrition installations.

Method. The research conducted was an observational descriptive study. The research was conducted in February-March 2023 at a nutrition installation in a private hospital in Yogyakarta. The object studied was dry food ingredients while the aspects observed were how to store dry food ingredients, the completeness of dry food storage facilities, and the quality of dry food ingredients which were stored for up to 3 days in the storage warehouse.

Results. The method of storing dry food ingredients in the nutrition installation complies with 68.4% of the 2013 Ministry of Health guidelines concerning Hospital Nutrition Service Guidelines such as inappropriate temperature and storage space, and doors that are rarely closed. Storage facilities only meet 33.3% of the standards set by the 2014 Ministry of Health concerning Hospital Classification and Licensing because only digital scales, pallets, goods trolleys and containers are available. While the quality of rice meets 77.8%, tapioca flour meets 100% and rice meets 83.3% of the specified specifications.

Conclusion. The storage of dry food ingredients has not gone well. Storage methods, available storage facilities are not in accordance with established standards and the quality of some foodstuffs such as rice and brown sugar has decreased after being stored. Suggestions from research for nutrition installations to maximize the available facilities and carry out quality checks once a week.

Keywords. Storage, Dry groceries, Hospital