

REVIEW OF FOOD SANITATION HYGIENE AND GERM FIGURES IN THE YOGYAKARTA ISLAMIC HOSPITAL CANTEEN PDHI

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ABSTRACT

Background: Food Sanitation Hygiene is a health effort to control the factors of food, people, places, and equipment that can cause illness or health problems. Sanitation is a health effort in the environment that pays more attention to hygiene issues to be able to prevent various types of diseases contained in food and processed foods (Depkes RI, 2013)

Objective: Knowing food sanitation hygiene and germ numbers in the Islamic Hospital of Yogyakarta PDHI.

Method: This type of research was operational research. This observation was carried out for three days. The object of this research is Canteen at Yogyakarta Islamic Hospital. The two variables studied were Food Sanitation Hygiene in the Islamic Hospital of Yogyakarta PDHI Canteen and the number of germs in the sample processed food types of vegetable side dishes, namely vegetable tempe, chicken soup; cutlery in the form of vegetable spoons, tablespoons, and clean water in the Canteen of the Yogyakarta Islamic Hospital PDHI. Data were obtained from observations on 7, 9, 11 March 2020. Data were analyzed descriptively.

Result: The overall results showed that food sanitation hygiene at the counter "A" and counter "B" at RSIY PDHI were not feasible with a total counter score of "A" of 650 and a total score of counter "B" of 680.4. The number of germs on the inspection of processed food types of tempe vegetables and chicken soup each did not exceed the threshold value using the Pour Plate Colony Count method. The number of germs on the inspection of vegetable spoon food equipment was 10 cfu/cm² while tablespoon is 85 cfu/cm² these result do not exceed the expected threshold value be 1x10² cfu/ cm². The result of the inspection on clean water with a value of 38 MPN/100 ml these result did not exceed the expected threshold value be 50 MPN/100 ml.

Conclusion: Food sanitation hygiene at the RSIY PDHI Canteen counter "A" and counter "B" included in the criteria of being ibeligible (score <700), while the result of inspection of germ figures on clean water samples, eating utensils, and food included in the safe criteria.

Keywords: Food Sanitation Hygiene, Germicidal Numbers

TINJAUAN HIGIENE SANITASI MAKANAN DAN ANGKA KUMAN DI KANTIN RUMAH SAKIT ISLAM YOGYAKARTA PDHI

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ABSTRAK

Latar Belakang: Higiene Sanitasi Makanan adalah upaya kesehatan untuk mengendalikan pada faktor makanan, orang, tempat, dan perlengkapannya yang dapat menimbulkan penyakit atau gangguan kesehatan. Sanitasi adalah usaha kesehatan pada lingkungan lebih banyak memperhatikan masalah kebersihan untuk dapat mencegah dari berbagai jenis penyakit yang terdapat di bahan makanan maupun makanan jadi.

Tujuan: Mengetahui higiene sanitasi makanan dan angka kuman di Kantin Rumah Sakit Islam Yogyakarta PDHI.

Metode: Jenis penelitian ini adalah penelitian observasional. Pengamatan ini dilakukan selama tiga hari pada tanggal 7, 9, 11 Maret 2020. Objek penelitian ini yaitu Kantin di Rumah Sakit Islam Yogyakarta. Dua variabel yang diteliti adalah Higiene Sanitasi Makanan di Kantin dan Angka kuman pada sampel makanan jenis olahan lauk nabati yaitu sayur tempe, soto ayam; peralatan makan berupa sendok sayur, sendok makan, dan air bersih yang ada di Kantin Rumah Sakit Islam Yogyakarta PDHI. Data dianalisis secara deskriptif.

Hasil: Hasil penelitian keseluruhan menunjukkan bahwa higiene sanitasi makanan pada konter "A" dan konter "B" di RSIY PDHI belum laik dengan total skor konter "A" yaitu 650 dan total skor konter "B" yaitu 680.4. Angka kuman pada pemeriksaan makanan jenis olahan sayur tempe serta soto ayam masing-masing tidak melebihi nilai ambang dengan menggunakan metode Hitung Koloni Pour Plate. Angka kuman pada pemeriksaan peralatan makanan sendok sayur yaitu 10 cfu/cm² sedangkan sendok makan yaitu 85 cfu/cm² hasil tersebut tidak melebihi nilai ambang batas yang seharusnya yaitu 1 x 10² cfu/cm². Hasil pemeriksaan pada air bersih dengan nilai 38 MPN/100 ml hasil tersebut tidak melebihi nilai ambang batas yang seharusnya yaitu 50 MPN/100 ml.

Kesimpulan: Higiene Sanitasi Makanan di Kantin RSIY PDHI konter "A" dan konter "B" termasuk dalam kriteria tidak laik (skore <700), sedangkan hasil pemeriksaan angka kuman pada sampel air bersih, peralatan makan, serta makanan sudah termasuk dalam kriteria aman.

Kata Kunci: Higiene Sanitasi Makanan, Angka Kuman