

## DESCRIPTION OF THE DISTRIBUTION AT MITRA PARAMEDIKA HOSPITAL

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### ABSTRACT

**Introduction.** Hospital food administration is a series of important activities aimed at providing quality food according to nutritional needs, safe, cost, and acceptable to patients to achieve optimal nutritional status. Distribution is one of the factors supporting the success of food in the hospital and is still a serious problem. The low food acceptance of the patient, which is indicated by the high amount of leftovers, is a serious problem to be addressed immediately. Food temperature monitoring has not been implemented using a food temperature measuring device, this is a problem related to monitoring food temperature.

**Objectives.** Knowing the description of food distribution at Mitra Paramedika Hospital.

**Method.** This type of research is a descriptive observational study with a cross sectional research design. The research object of food that is produced and processed by the hospital itself includes staple food, animal side dishes, vegetable side dishes and vegetables. The research was conducted in March 2021.

**Result.** The method of distributing food is the centralized method. The types of food distributed are staple food, animal side dishes, vegetable and vegetable side dishes. The waiting time for food distribution is categorized as good because it is  $\leq$  4 hours. The infrastructure includes a room for receiving foodstuffs, a room for storing foodstuffs, a storage room, an administration room, a processing room and a laundry room. As well as the facilities owned, namely equipment for processing, serving and distribution. Serve in warm temperatures and not suitable because  $\leq 60^{\circ}$  C. The average number of servings left over was 3 and was as planned.

**Conclusion.** The method of distributing food is the centralized method. The types of food distributed are staple food, animal side dishes, vegetable and vegetable side dishes. The waiting time for food distribution is categorized as good because it is  $\leq$  4 hours. . The infrastructure includes a room for receiving foodstuffs, a room for storing foodstuffs, a storage room, an administration room, a processing room and a laundry room. As well as the facilities owned, namely equipment for processing, serving and distribution. The temperature of the food at serving is less than  $60^{\circ}$  C. The rest of the food was as planned.

**Keywords.** Food distribution, Food distribution waiting time, Temperature monitoring.

## **GAMBARAN DISTRIBUSI MAKANAN DI RSU MITRA PARAMEDIKA**

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### **ABSTRAK**

**Latar belakang.** Penyelenggaraan makanan rumah sakit merupakan serangkaian kegiatan penting yang bertujuan untuk menyediakan makanan yang berkualitas sesuai kebutuhan gizi, aman, biaya, dan dapat diterima pasien untuk mencapai status gizi yang optimal. Distribusi adalah salah satu faktor pendukung keberhasilan makanan di Rumah Sakit dan masih menjadi masalah serius. Rendahnya daya terima makanan pasien yang ditunjukkan dengan tingginya sisa makanan merupakan masalah serius untuk segera ditangani. Belum dilaksanakan pemantauan suhu makanan menggunakan alat ukur suhu makanan, hal ini merupakan masalah terkait pemantauan suhu makanan.

**Tujuan.** Mengetahui gambaran distribusi makanan di RSU Mitra Paramedika.

**Metode.** Jenis Penelitian ini merupakan penelitian deskriptif observasional dengan desain penelitian cross sectional. Obyek penelitian makanan yang diproduksi dan diolah sendiri oleh rumah sakit meliputi makanan pokok, lauk hewani, lauk nabati dan sayur. Penelitian dilaksanakan pada Bulan Maret 2021.

**Hasil.** Metode pendistribusian makanan dengan metode sentralisasi. Jenis makanan yang didistribusikan yaitu makanan pokok, lauk hewani, lauk nabati dan sayur. Waktu tunggu distribusi makanan dikategorikan baik karena  $\leq 4$  jam. Prasarana meliputi ruang penerimaan bahan makanan, ruang penyimpanan bahan makanan, ruang pemorsian, ruang administrasi, ruang pengolahan dan ruang pencucian. Serta sarana yang dimiliki yaitu peralatan untuk pengolahan, penyajian dan pendistribusian. Penyajian dalam suhu hangat dan tidak sesuai karena  $\leq 60^{\circ}\text{C}$ . Rata-rata jumlah porsi sisa makanan adalah 3 dan sudah sesuai dengan yang direncanakan.

**Kesimpulan.** Metode pendistribusian makanan dengan metode sentralisasi. Jenis makanan yang didistribusikan yaitu makanan pokok, lauk hewani, lauk nabati dan sayur. Waktu tunggu distribusi makanan dikategorikan baik karena  $\leq 4$  jam. Prasarana meliputi ruang penerimaan bahan makanan, ruang penyimpanan bahan makanan, ruang pemorsian, ruang administrasi, ruang pengolahan dan ruang pencucian. Serta sarana yang dimiliki yaitu peralatan untuk pengolahan, penyajian dan pendistribusian. Suhu makanan pada saat disajikan kurang dari  $60^{\circ}\text{C}$ . Sisa makanan sudah sesuai dengan yang direncanakan.

**Kata Kunci.** Distribusi makanan, Waktu tunggu distribusi makanan, Pemantauan suhu.