OVERVIEW OF THE ACCURACY OF EQUIPMENT, TEMPERATURE, AND HOLDING TIME OF ANIMAL SIDE DISHES MENU IN FOOD DISTRIBUTION FOR PATIENTS AT THE PRATAMA HOSPITAL IN YOGYAKARTA

Najwa Nurul Fathiyyah[1], Lastmi Wayansari[2], Noor Tifauzah[3]
[1,2,3] Jurusan Gizi Poltekkes Kemenkes Yogyakarta
Jl. Tatabumi No.3 Banyuraden, Gamping, Sleman
Email: najwanurulf24@gmail.com

ABSTRACT

Background: The organization of hospital meals includes various stages, from planning to distribution of meals to patients. The food distribution process has a high risk of food quality degradation, especially related to food temperature and holding time, which can affect the safety and nutritional quality of the animal side dishes served. It is said to be safe if the waiting time for food is not more than 4 hours. This is to avoid the growth and development of bacteria in food. If the food is at a temperature between 4°C-60°C, then the food is included in the danger zone.
Objective: To know the accuracy of equipment, temperature, and waiting time (Holding Time) of the animal side dish menu at Pratama Hospital Yogyakarta.
Methods: The type of research used is descriptive observational research through observation and recording, with a cros sectional research design.The objects studied were distribution equipment, food temperature, food cooking time, food distribution time, and waiting time for processed foods in hospitals in the form of animal side dishes.
Results: The food distribution system implemented at Pratama Hospital Yogyakarta uses a centralized system where the serving process is carried out in one place or centralized. The accuracy of the distribution equipment in general has been carried out effectively, with sufficient stock, damage levels still within tolerance limits, and efficient use, and the trolleys used are not yet available with a heating system. The average temperature of food is 51.41 ºC which can be categorized as not meeting safe standards or being at the danger zone temperature. The waiting time for food is categorized as good with an average of 40 minutes in the morning, 95 minutes in the afternoon, and 143 minutes in the afternoon, so that it still meets the standard of no more than 240 minutes or 4 hours.
Conclusion: The accuracy of the equipment and waiting time at Pratama Hospital Yogyakarta can be categorized as appropriate. However, the temperature of food during presentation is still not optimal because the average temperature of food is 51.41 ºC.

Keywords: Food distribution, holding time, distribution equipment, food temperature.

GAMBARAN KETEPATAN PERALATAN, SUHU, DAN WAKTU TUNGGU *(HOLDING TIME)* MENU LAUK HEWANI PADA DISTRIBUSI MAKAN UNTUK PASIEN DI RUMAH SAKIT PRATAMA YOGYAKARTA

Najwa Nurul Fathiyyah[1], Lastmi Wayansari[2], Noor Tifauzah[3]
[1,2,3] Jurusan Gizi Poltekkes Kemenkes Yogyakarta
Jl. Tatabumi No.3 Banyuraden, Gamping, Sleman
Email: najwanurulf24@gmail.com

ABSTRAK

Latar belakang: Penyelenggaraan makan rumah sakit mencakup berbagai tahap, mulai dari perencanaan hingga distribusi makanan kepada pasien. Proses distribusi makanan memiliki risiko tinggi terhadap penurunan kualitas makanan, terutama terkait suhu makanan dan waktu tunggu *(holding time),* yang dapat mempengaruhi keamanan dan mutu gizi makanan lauk hewani yang disajikan. Dikatakan aman jika waktu tunggu makanan tidak lebih dari 4 jam. Hal ini untuk menghindari tumbuh kembangnya bakteri pada makanan. Makanan jika berada pada suhu antara 4°C-60°C maka makanan tersebut termasuk dalam *danger zone*.

Tujuan: Diketahuinya gambaran ketepatan peralatan, suhu, dan waktu tunggu *(Holding Time)* menu lauk hewani di Rumah Sakit Pratama Yogyakarta.

Metode: Jenis penelitian yang digunakan yaitu penelitian observasional deskriptif melalui pengamatan dan pencatatan, dengan desain penelitian *cross sectional.* Objek yang diteliti adalah peralatan distribusi, suhu makanan, waktu matang makanan, waktu distribusi makanan, dan waktu tunggu pada olahan di rumah sakit berupa lauk hewani.

Hasil: Sistem distribusi makanan yang diterapkan di Rumah Sakit Pratama Yogyakarta menggunakanan sistem sentralisasi dimana proses penyajian dilakukan pada satu tempat atau dipusatkan. Ketepatan peralatan distribusi secara umum telah dilakukan dengan efektif, dengan stok yang mencukupi, tingkat kerusakan yang masih dalam batas toleransi, serta penggunaan yang efisien, dan trolley yang digunakan belum tersedia sistem pemanas. Rata-rata suhu makanan berda yaitu 51,41 ºC yang dapat dikategorikan tidak memenuhi standar aman atau berada pada suhu *danger zone.* Waktu tunggu makanan dikategorikan baik dengan rata-rata pagi hari 40 menit, siang hari 95 menit, dan sore hari 143 menit, sehingga masih memenuhi standar tidak lebih dari 240 menit atau 4 jam.

Kesimpulan: Ketepatan pada peralatan dan waktu tunggu di Rumah Sakit Pratama Yogyakarta dapat dikategorikan tepat. Namun suhu makanan saat penyajian masih belum optimal karena rata-rata suhu makanan yaitu 51,41 ºC.

Kata Kunci: Distribusi makanan, holding time, peralatan distribusi, suhu makanan.