

**EVALUATION OF REGULAR AFTERNOON MEAL LEFTOVERS
AMONG INPATIENTS IN THE NAKULA SADEWA WARD AT
PANEMBAHAN SENOPATI REGIONAL GENERAL HOSPITAL,
BANTUL**

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ABSTRACT

Background: Food leftovers is one of the indicators of success in hospital nutrition services, as it reflects patient acceptance and satisfaction with the meals provided. High levels of food waste may lead to unmet nutritional needs and inefficiency in hospital budget allocation. Therefore, evaluation using an efficient method such as the Comstock visual estimation is essential.

Objective: To determine the average percentage of leftover regular dinner meals among inpatients in the Nakula Sadewa ward at Panembahan Senopati Regional General Hospital, Bantul.

Methods: This research was an observational study with a cross-sectional design. Data collection was conducted over three days using the modified 7-point Comstock visual estimation method.

Results: The results showed that the average total leftover of regular-form evening meals over three days of observation was 21.4%.

Conclusion: The average total leftover of evening meals over the three-day observation indicates that the nutrition service at Panembahan Senopati Regional General Hospital in Bantul needs improvement, as it exceeds the standard set by the Ministry of Health, which is $\leq 20\%$.

Keywords: Food Leftovers, Regular Meals, Comstock Method, Hospital

**EVALUASI SISA MAKANAN SORE BENTUK BIASA PADA PASIEN
RAWAT INAP BANGSAL NAKULA SADEWA DI RUMAH SAKIT
UMUM DAERAH PANEMBAHAN SENOPATI BANTUL**

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ABSTRAK

Latar Belakang: Sisa makanan merupakan salah satu indikator keberhasilan pelayanan gizi rumah sakit, karena menunjukkan tingkat daya terima dan kepuasan pasien terhadap makanan yang disajikan. Sisa makanan yang tinggi dapat menyebabkan tidak terpenuhinya kebutuhan gizi pasien serta pemborosan anggaran rumah sakit. Oleh karena itu, penting dilakukan evaluasi sisa makanan menggunakan metode yang efisien, seperti metode visual *Comstock*.

Tujuan: Mengetahui persentase rata-rata sisa makanan sore bentuk biasa pada pasien rawat inap bangsal Nakula Sadewa di RSUD Panembahan Senopati Bantul

Metode: Penelitian ini merupakan penelitian observasional dengan desain cross-sectional. Pengumpulan data dilakukan selama tiga hari menggunakan metode visual *Comstock* modifikasi skala 7 poin.

Hasil: Hasil menunjukkan bahwa rata-rata total sisa makanan sore bentuk biasa selama tiga hari pengamatan, yaitu 21,4%.

Kesimpulan: Rata-rata total sisa makanan sore selama tiga hari pengamatan menunjukkan bahwa pelayanan gizi di Rumah Sakit Umum Daerah Panembahan Senopati Bantul perlu ditingkatkan karena melebihi standar yang ditetapkan oleh Kementerian Kesehatan, yaitu $\leq 20\%$.

Kata Kunci: Sisa Makanan, Makanan Biasa, Metode *Comstock*, Rumah Sakit