

OVERVIEW OF FOOD HYGIENE AND SANITATION IN THE NUTRITION INSTALLATION OF TIDAR REGIONAL GENERAL HOSPITAL, MAGELANG

Indah Nurlaila Sari¹, Setyowati², Joko Susilo³

^{1,2,3}Departement of Nutrition Polytechnic of the Ministry of Health of Yogyakarta
Jl. Tatabumi No.3 Banyuraden, Gamping, Sleman, Yogyakarta, 55293

Email: iindahlaila21@gmail.com

ABSTRACT

Background: The provision of food in hospitals aims to meet the nutritional needs of patients and to ensure that the food served is safe and suitable for consumption. One of the critical aspects of this process is the implementation of proper food hygiene and sanitation practices. Based on observations conducted at the Nutrition Installation of Tidar Regional General Hospital (RSUD Tidar) Magelang in January 2025, several issues were identified, such as doors that do not close automatically and do not have two-way access, and some food preparers were found not wearing complete personal protective equipment (PPE), among other concerns.

Objective: to describe the hygiene and sanitation conditions of food services at the Nutrition Installation of Tidar Regional General Hospital, Magelang.

Methods: An observational method with a cross-sectional design was used. Data collection on food hygiene and sanitation scores was conducted using the Physical Feasibility Test Form for Food Hygiene and Sanitation.

Result: The results showed that overall, the food hygiene and sanitation practices in the food processing area of the Nutrition Installation at RSUD Tidar Magelang met the required standards, including aspects such as location and building construction, ventilation, clean water supply, and handwashing facilities. However, several aspects were found not to be in compliance, such as the presence of food handlers not wearing masks and hair covers, the wall-to-floor junctions not being curved (coved), and the washing station not being equipped with the standard three-compartment sink

Conclusions: The physical feasibility criteria for food hygiene and sanitation at the Nutrition Installation of RSUD Tidar Magelang were categorized as feasible with a score of ≥ 83 , by the standard for Jasaboga category B.

Keywords: food hygiene and sanitation score, physical feasibility criteria, food hygiene and sanitation.

GAMBARAN HIGIENE SANITASI MAKANAN DI INSTALASI GIZI RUMAH SAKIT UMUM DAERAH TIDAR MAGELANG

Indah Nurlaila Sari¹, Setyowati², Joko Susilo³
^{1,2,3}Jurusan Gizi Poltekkes Kemenkes Yogyakarta

Jl. Tatabumi No.3 Banyuraden, Gamping, Sleman, Yogyakarta, 55293

Email: iindahlaila21@gmail.com

ABSTRAK

Latar belakang: Penyelenggaraan makanan di rumah sakit bertujuan untuk memenuhi kebutuhan gizi pasien dan memastikan makanan yang disajikan aman dan layak konsumsi. Salah satu aspek penting dalam proses ini adalah penerapan *higiene* sanitasi yang baik. Berdasarkan hasil observasi yang dilakukan di Instalasi Gizi RSUD Tidar Magelang pada bulan Januari 2025, ditemukan beberapa masalah seperti pintu yang belum menutup sendiri dan belum menutup dua arah, masih terdapat pramumasak yang belum menggunakan APD lengkap, dan lainnya.

Tujuan: untuk mengetahui gambaran *higiene* sanitasi makanan di Instalasi Gizi Rumah Sakit Umum Daerah Tidar Magelang.

Metode: Penelitian ini menggunakan metode observasional dengan desain penelitian *cross sectional*. Pengumpulan data skor *higiene* sanitasi makanan menggunakan formulir Uji Kelaikan Fisik *Higiene* Sanitasi Makanan Jasaboga dari Permenkes RI No. 1096/Menkes/Per/VI/2011 dilakukan dengan pengamatan secara langsung.

Hasil: Hasil penelitian menunjukkan secara keseluruhan, *higiene* sanitasi pengolahan makanan di Instalasi Gizi RSUD Tidar Magelang telah memenuhi syarat, seperti lokasi dan konstruksi bangunan, penghawaan, air bersih, dan fasilitas cuci tangan. Namun, ditemukan beberapa aspek yang belum sesuai, seperti masih terdapat pramumasak yang belum menggunakan masker dan penutup kepala, sudut pertemuan antara lantai dan dinding tidak konus, serta bak pencucian tidak dibuat tiga bak.

Kesimpulan: Kriteria kelaikan fisik *higiene* sanitasi makanan di Instalasi Gizi RSUD Tidar Magelang dapat dikategorikan laik dengan skor ≥ 83 , sesuai dengan standar jasaboga golongan B

Kata kunci: skor *higiene* sanitasi makanan, kriteria kelaikan fisik *higiene* sanitasi