

OVERVIEW OF SOLID FOOD WASTE IN INPATIENTS AT PKU MUHAMMADIYAH GAMPING HOSPITAL

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ABSTRACT

Background: Patient leftovers reflect the adequacy of intake and the quality of hospital nutrition services. The maximum standard for food waste is $\leq 20\%$. Research on solid food waste can provide an overview of nutrition services in hospitals.

Purpose: To find out the description of solid food scraps in inpatients at PKU Muhammadiyah Gamping Hospital.

Method: This type of research is observational with a research design using crosssectional. The results of food scraps were obtained by the visual comstock method of a 6-point scale and the assessment of the appearance of food was obtained from filling out the assessment form.

Result: Patients' assessment of the appearance of solid food based on color was obtained as a result of the color of the food was attractive 76.04%, the shape of the food was according to 81.25%, and the size of the portion was according to 80.20%. The percentage of total usual food waste during the two days of observation was 28.45%. The percentage of food waste is based on the type of food, namely staple foods (32.97%), animal side dishes (15.21%), vegetable side dishes (34.69%), and vegetables (30.94%). The percentage of leftover food is based on meal time, namely breakfast (24.77%), lunch (29.30%), and afternoon meal (31.29%).

Conclusion: Patients' assessments of the appearance of solid food based on color, shape, and portion size fall into the category of interest and are in accordance with patient perception. Food waste during the two days of observation was relatively large ($> 20\%$). Plant-based side dishes and lunchtime have the highest percentage of leftovers.

Keywords: Leftovers, Solid food, Food display

GAMBARAN SISA MAKANAN BIASA PADA PASIEN RAWAT INAP DI RUMAH SAKIT PKU MUHAMMADIYAH GAMPING

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ABSTRAK

Latar Belakang: Sisa makanan pasien mencerminkan kecukupan asupan dan mutu pelayanan gizi rumah sakit. Standar maksimal sisa makanan adalah $\leq 20\%$. Penelitian sisa makanan biasa dapat memberikan gambaran terkait pelayanan gizi di rumah sakit.

Tujuan: Untuk mengetahui gambaran sisa makanan biasa pada pasien rawat inap di Rumah Sakit PKU Muhammadiyah Gamping.

Metode: Jenis penelitian ini adalah observasional dengan desain penelitian menggunakan *crosssectional*. Hasil sisa makanan didapatkan dengan metode *visual comstock* skala 6 poin dan penilaian tampilan makanan didapatkan dari pengisian formulir penilaian.

Hasil: Penilaian pasien terhadap tampilan makanan biasa berdasarkan warna didapatkan hasil warna makanan menarik 76,04%, bentuk makanan sesuai 81,25%, dan besar porsi sesuai 80,20%. Persentase total sisa makanan biasa selama dua hari pengamatan adalah 28,45%. Persentase sisa makanan berdasarkan jenis makanan, yaitu makanan pokok (32,97%), lauk hewani (15,21%), lauk nabati (34,69%), dan sayur (30,94%). Persentase sisa makanan berdasarkan waktu makan, yaitu makan pagi (24,77%), makan siang (29,30%), dan makan sore (31,29%).

Kesimpulan: Penilaian pasien terhadap tampilan makanan biasa berdasarkan warna, bentuk, dan besar porsi termasuk ke dalam kategori menarik dan sesuai dengan persepsi pasien. Sisa makanan selama dua hari pengamatan tergolong banyak ($> 20\%$). Lauk nabati dan waktu makan sore memiliki persentase sisa makanan paling tinggi.

Kata Kunci: Sisa makanan, Makanan biasa, Tampilan Makanan