

STUDY OF LEFTOVER ANIMAL SIDE DISHES IN HOSPITALIZED PATIENTS IN YOGYAKARTA PRATAMA HOSPITAL

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ABSTRACT

Background : Nutrition service activities in hospitals in the form of food organization are one of the important activities. The success of a food organization is related to patient food waste. Food waste is one of the important things that needs to be considered in a hospital. There are animal side dishes in Primary Hospital Yogyakarta that have leftovers of almost half of the portion or more than 20%. Patient leftovers that exceed 20% will have an impact on food costs that are wasted in vain.

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Objective : To determine the study of leftover animal side dishes in hospitalized patients at Pratama Yogyakarta Hospital.

Methods : This study included observational research with a cross sectional research design. This study was conducted for 3 days on January 21, 22, and 23, 2025. The population of this research study were inpatients of the Yogyakarta City Primary Hospital. Sample with a total of 6 patients. Data analysis using univariate techniques.

Results : The average leftovers of animal side dishes in a day were the most on day 2 at 12.5% and the average leftovers were the least on day 3 at 0%. The results of the research conducted were one menu with a percentage exceeding 20%, namely on day 2 of the morning meal. The total cost of animal side dishes wasted for 3 days amounted to Rp. 23,535 with an average cost of 7,845. The most amount of wasted costs on the 2nd day amounted to Rp. 19,492 and the least on the 3rd day Rp. 0.

Conclusion : There is food waste exceeding 20% on the morning meal menu on day 2 in the form of tuna fish soup. Leftovers that exceed 20% affect the wasted cost of Rp. 19,492.

Keywords : food waste, food cost, wasted cost

KAJIAN SISA LAUK HEWANI PADA PASIEN RAWAT INAP DI RUMAH SAKIT PRATAMA KOTA YOGYAKARTA

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ABSTRAK

Latar belakang : Kegiatan pelayanan gizi di rumah sakit berupa penyelenggaraan makanan menjadi salah satu kegiatan penting. Keberhasilan suatu penyelenggaraan makanan berhubungan dengan sisa makanan pasien. Sisa makanan merupakan salah satu hal penting yang perlu diperhatikan di suatu rumah sakit. Terdapat menu lauk hewani di RS Pratama Yogyakarta yang memiliki sisa makanan hampir setengah porsi atau lebih dari 20%. Sisa makanan pasien yang melebihi 20% akan berdampak pada biaya makanan yang terbuang secara sia-sia.

Tujuan : Mengetahui kajian sisa lauk hewani pada pasien rawat inap di RS Pratama Yogyakarta

Metode : Penelitian ini termasuk penelitian *observasional* dengan desain penelitian *cross sectional*. Penelitian ini dilaksanakan selama 3 hari pada tanggal 21,22, dan 23 Januari 2025. Populasi studi penelitian ini adalah pasien rawat inap RS Pratama Kota Yogyakarta. Sampel dengan jumlah 6 pasien. Analisis data menggunakan teknik *univariat*.

Hasil : Rata – rata sisa makan lauk hewani dalam sehari paling banyak di hari ke-2 sebesar 12,5% dan rata – rata sisa makanan paling sedikit di hari ke-3 sebesar 0%. Hasil penelitian yang dilakukan terdapat satu menu dengan persentase melebihi 20% yaitu di hari ke-2 waktu makan pagi. Jumlah biaya lauk hewani yang terbuang selama 3 hari sebesar Rp. 23.535 dengan rata – rata biaya sebesar 7.845. Jumlah biaya yang terbuang paling banyak di ke-2 sebesar Rp. 19.492 dan paling sedikit pada hari ke-3 Rp. 0.

Kesimpulan : Terdapat sisa makanan melebihi 20% pada menu makan pagi hari ke-2 berupa sup ikan tuna. Sisa makanan yang melebihi 20% mempengaruhi biaya yang terbuang sebesar Rp. 19.492.

Kata kunci : sisa makanan, biaya makanan, biaya yang terbuang