

GAMBARAN KEPATUHAN PENJAMAH MAKANAN TERHADAP STANDAR HIGIENE SANITASI DI INSTALASI GIZI RUMAH SAKIT X

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ABSTRAK

Latar Belakang: Penjamah makanan berperan penting dalam menjaga keamanan pangan di rumah sakit. Ketidakpatuhan terhadap standar higiene sanitasi dapat meningkatkan risiko kontaminasi makanan yang berdampak terhadap keselamatan pasien. Namun, berbagai penelitian menunjukkan masih adanya ketidakpatuhan penjamah makanan terhadap standar higiene sanitasi tersebut.

Tujuan: Mengetahui gambaran kepatuhan penjamah makanan terhadap standar higiene sanitasi di Instalasi Gizi Rumah Sakit X.

Metode: Penelitian ini merupakan penelitian observasional dengan desain survei deskriptif dengan pendekatan cross sectional. Pengambilan sampel menggunakan teknik total sampling terhadap seluruh penjamah makanan di Instalasi Gizi Rumah Sakit X, berjumlah 49 orang. Data dikumpulkan melalui wawancara singkat menggunakan lembar identitas responden serta observasi langsung dengan lembar checklist yang mengacu pada Pedoman Pelayanan Gizi Rumah Sakit Kemenkes 2013.

Hasil: Sebagian besar penjamah makanan berjenis kelamin laki-laki (51,02%), berusia 19-44 tahun (93,88%), berpendidikan SMA/K sederajat (73,47%), memiliki masa kerja ≥ 3 tahun (73,47%), dan pernah mengikuti pelatihan higiene sanitasi (93,88%). Tingkat kepatuhan penjamah makanan secara keseluruhan berada pada kategori cukup (42,86%), diikuti kategori baik (30,61%), dan kategori kurang (26,53%). Kepatuhan tertinggi pada aspek kebersihan diri (100%), sedangkan terendah pada kebiasaan mencuci tangan (12,2%). Aspek perilaku dan penampilan masing-masing berada pada kategori cukup (72,01% dan 77,8%).

Kesimpulan: Tingkat kepatuhan penjamah makanan terhadap standar higiene sanitasi di Instalasi Gizi Rumah Sakit X secara keseluruhan berada pada kategori cukup. Peningkatan perlu diprioritaskan pada aspek kebiasaan mencuci tangan, penggunaan alat bantu saat menangani makanan serta penggunaan sarung tangan dan masker.

Kata Kunci: higiene sanitasi, kepatuhan, penjamah makanan, instalasi gizi, rumah sakit

OVERVIEW OF FOOD HANDLERS' COMPLIANCE WITH HYGIENE AND SANITATION STANDARDS AT THE NUTRITION INSTALLATION OF HOSPITAL X

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ABSTRACT

Background: Food handlers play a crucial role in maintaining food safety in hospitals. Failure to comply with hygiene and sanitation standards can increase the risk of food contamination, which can impact patient safety. However, various studies have shown that food handlers still do not comply with these hygiene and sanitation standards.

Objective: To determine the level of food handlers' compliance with hygiene and sanitation standards in the Nutrition Department of Hospital X.

Methods: This is an observational study using a descriptive survey design with a cross-sectional approach. Total sampling was used to select all 49 food handlers in the Nutrition Department of Hospital X. Data were collected through brief interviews using respondent identification sheets and direct observation using a checklist referring to the 2013 Ministry of Health Hospital Nutrition Service Guidelines.

Results: The majority of food handlers were male (51.02%), aged 19-44 years (93.88%), had a high school education (73.47%), had ≥ 3 years of service (73.47%), and had received hygiene and sanitation training (93.88%). The overall level of food handler compliance was in the sufficient category (42.86%), followed by good (30.61%), and poor (26.53%). Compliance was highest for personal hygiene (100%), while handwashing habits were lowest (12.2%). Behavior and appearance were in the sufficient category (72.01% and 77.8%, respectively).

Conclusion: The overall level of food handler compliance with hygiene and sanitation standards in the Nutrition Installation of Hospital X was in the sufficient category. Improvements need to be prioritized in aspects of handwashing habits, the use of aids when handling food, and the use of gloves and masks.

Keywords: hygiene and sanitation, compliance, food handlers, nutrition facilities, hospital