

# Korelasi antara asupan energi dan imbang Nitrogen pasien sakit kritis di ICU dewasa RSUPNKM = Correlation between energy intake and Nitrogen balance of critically ill patients in the adults ICU of Ciptomangunkusumo General Hospital / Sinaga, Wina

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## Abstrak

### <b>ABSTRAK</b><br>

Pada pasien sakit kritis, salah satu faktor yang berhubungan dengan angka mortalitas adalah hilangnya protein tubuh, yang digambarkan dengan imbang nitrogen negatif. Imbang nitrogen negatif merupakan akibat penyakit pasien tanpa diimbangi asupan energi dan protein yang adekuat. Berdasarkan hal tersebut, maka dilakukan penelitian ini, yang bertujuan untuk mengetahui korelasi antara asupan energi dan imbang nitrogen pasien sakit kritis di Intensive Care Unit (ICU) dewasa Rumah Sakit Umum Pusat Nasional Cipto Mangunkusumo (RSUPNKM). Metode penelitian yang digunakan adalah studi potong lintang dengan cara mendapatkan sampel consecutive sampling. Kriteria penerimaan adalah pasien ICU dewasa RSUPNKM Jakarta, laki-laki atau perempuan, berusia 20-79 tahun, dan bersedia mengikuti penelitian. Kriteria penolakan adalah pasien yang mengalami gangguan fungsi ginjal atau gangguan fungsi hati. Kriteria pengeluaran adalah pasien tidak dapat mengikuti penelitian sampai selesai atau data tidak lengkap. Data penelitian meliputi asupan energi dan nitrogen, nitrogen urea urin (NUU), serta imbang nitrogen dalam 24 jam awal perawatan. Hasil penelitian menunjukkan pada 30 subyek penelitian terdapat rerata asupan energi 56,3+33,9 % berdasarkan panduan ESPEN. Rerata asupan nitrogen, NUU dan imbang nitrogen masing-masing adalah 3,8+2,7 g, 8,3+4,4 g, dan -8,5+5,5 g. Terdapat korelasi positif kuat bermakna antara asupan energi dan imbang nitrogen,  $r=0,6$ ,  $p<0,01$ . Kesimpulan penelitian ini adalah semakin kurang asupan energi, maka imbang nitrogen akan semakin negatif.

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### <b>ABSTRACT</b><br>

High protein loss is an important factor in critically ill patients mortality, that is indicated by negative nitrogen balance. Negative nitrogen balance is the result of urinary urea nitrogen (UUN), caused by the severity of the disease, compared to energy and protein intake. This study had been completed, which aimed to determine the correlation between energy intake and nitrogen balance of critically ill patients in adults Intensive Care Unit (ICU) Ciptomangunkusumo general hospital. The method of this study was a cross sectional with consecutive sampling. Inclusion criteria were patients admitted to ICU, aged 20-79 years, and agreed to join this study. Exclusion criteria were patients with kidney or liver diseases. Drop out criteria were patients who did not complete the study or have complete data. Data collected were energy and nitrogen intake, UUN, nitrogen balance during first 24 hours. There were 30 patients who participated in this study. Energy intake mean was 56,3+33,9 %, based on ESPEN guideline. Mean of nitrogen intake, UUN, and nitrogen balance were 3,8+2,7 g, 8,3+4,4 g, and -8,5+5,5 g, respectively. The correlation between energy intake and nitrogen balance was significantly strong positive correlated. The conclusion of this study is the lower energy intake, the more negative nitrogen balance.