

## Faktor-faktor yang mempengaruhi status nutrisi akut pascabedah = Factors affecting acute nutritional status of postoperative patients

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### Abstrak

Malnutrisi sering ditemukan pada pasien pasca bedah dan berhubungan dengan penurunan fungsi otot, respirasi, imun serta terganggunya penyembuhan luka. Penelitian observasional analitik ini bertujuan mengetahui faktor yang mempengaruhi status nutrisi akut pascabedah. Dilakukan pemeriksaan kadar retinol binding protein (RBP) hari ke-1 dan ke-5 pasca bedah sebagai indikator status nutrisi akut. Asupan nutrisi dan prosentasenya terhadap resting energy expenditure (REE) diukur tiap hari. Dilakukan pemeriksaan kortisol dan C-reactive protein (CRP) sebagai marker respons inflamasi. Dari 35 subyek penelitian sesuai kriteria inklusi disimpulkan kadar RBP hari ke-1, kortisol dan CRP berpengaruh terhadap status nutrisi akut pascabedah.

.....Malnutrition is common in postoperative patients and is associated with decreased muscle function, respiratory, immune and disruption of wound healing. This analytic observational study aims to determine the factors that affect the nutritional status of acute post operative patients. We examined the levels of retinol binding protein (RBP) on day 1 and 5 post-operative as an indicator of acute nutritional status. Nutrient intake was calculated for each day and the percentage from resting energy expenditure (REE). We also examined cortisol and C-reactive protein (CRP) as markers of inflammatory response. Of the 35 study subjects who met the inclusion criteria, we can conclude that RBP levels, cortisol and CRP in day 1 are indicators of acute post-operative malnutrition