

Hubungan status kesehatan gigi dan mulut dan kemampuan mastikasi terhadap status nutrisi lansia = Relationship between oral health status and masticatory performance with nutritional status in elderly

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Abstrak

Latar Belakang: Komponen terbesar pada indeks DMFT ialah kehilangan gigi dan terjadi paling banyak pada kelompok lansia. Kehilangan gigi dapat mempengaruhi kemampuan dalam mengunyah makanan sehingga berdampak pada kurangnya asupan nutrisi.

Metode: Metode potong lintang yang dilakukan di 4 Puskesmas di wilayah Jakarta Pusat, Jakarta Selatan dan Jakarta Timur. Jumlah subjek lansia ialah sebanyak 93 subjek dan didapatkan melalui teknik convenience sampling. Pada subjek dilakukan pemeriksaan intraoral, pengukuran antropometri BMI dan diwawancara menggunakan kuesioner Mini Nutritional Assessment MNA.

Hasil: Ditemukan bahwa 53,8 subjek masih memiliki jumlah gigi sebanyak 20 buah atau lebih. Sebanyak 55,9 subjek memiliki risiko terhadap malnutrisi. Hasil uji korelasi menunjukkan bahwa tidak terdapat hubungan yang bermakna antara jumlah gigi yang tersisa, gigi karies, gigi hilang, gigi yang ditambal dan kemampuan mastikasi $p > 0,05$ dengan status nutrisi.

Kesimpulan: Tidak terdapat hubungan antara status kesehatan gigi dan mulut dan kemampuan mastikasi terhadap status nutrisi pada lansia.

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Background: The biggest component in DMFT index is tooth loss, and mostly occur in elderly. Tooth loss can affect the ability in chewing food then it may affect the lack of nutrition intake.

Methods: The cross sectional study was performed in 4 community health center in Central Jakarta, South Jakarta and East Jakarta. It was involving 93 elderly age ge 60. The sampling method was convenience sampling. Subjects were submitted to intraoral examination, anthropometric measurement BMI and as well as interview using Mini Nutritional Assessment MNA.

Results: 53,8 subjects have 20 or more sum of natural teeth. 55,9 subjects have risk at malnutrition. The results of correlation test showed that sum of natural teeth, decay teeth, missing teeth, filling teeth, and masticatory performance $p > 0,05$ were not significantly correlated with nutritional status BMI and MNA.

Conclusion: There is no relationship between oral health status and masticatory performance with nutritional status in elderly.