

# Hubungan Status Gizi terhadap Kesintasan Pasien Dewasa Terkonfirmasi COVID-19 di Rumah Sakit Universitas Indonesia = The Relationship Between Nutritional Status and Survival of Adults Patient Confirmed by COVID-19 at the University of Indonesia Hospital

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## Abstrak

Covid-19 telah mewabah ke hampir seluruh negara di dunia selama lebih dari satu tahun. Case Fatality Rate (CFR) dan Recovery Rate (RR) penyakit digunakan untuk menilai tingkat keparahan, risiko pada populasi dan mengevaluasi mutu fasilitas pelayanan kesehatan. Status gizi dapat memperburuk prognosis penyakit, ketahanan hidup, dan memperpanjang lama rawat inap. Obesitas menyebabkan morbiditas yang lebih tinggi saat perawatan di rumah sakit seperti kegagalan sistem pernafasan, pemindahan tempat rawat ke ICU dan meningkatkan tingkat kematian. Penelitian ini bertujuan untuk mengetahui kesintasan pasien dewasa yang dirawat di rumah sakit berdasarkan status gizi. Penelitian menggunakan desain studi kohort retrospektif menggunakan data rekam medis pasien rawat inap terkonfirmasi Covid-19 tahun 2021 di RS Universitas Indonesia dan dianalisis menggunakan Cox Proportional Hazard Model. Hasil menunjukkan perbedaan probabilitas kesintasan antara pasien dewasa terkonfirmasi Covid-19 yang dirawat di RS Universitas Indonesia dengan status gizi normoweight, underweight dan obesitas (15,41% vs 71,11% vs 7,43%). Pasien dengan underweight meningkatkan risiko kematian sebesar 1,19 kali dibandingkan pasien dengan normoweight (95% CI 0,471-3,049) setelah dikontrol dengan usia, tingkat keparahan, dan ARDS. Sedangkan pasien dengan overweight/obesitas meningkatkan risiko kematian sebesar 1,03 kali dibandingkan pasien dengan normoweight (95% CI 0,714-1,487).

.....Covid-19 has plagued almost all countries in the world for more than a year. Case Fatality Rate (CFR) and Recovery Rate (RR) of disease are used to assess the severity, risk to the population, and evaluate the quality of health care facilities. Nutritional status can worsen disease prognosis, survival, and prolong hospitalization. Obesity causes higher morbidity during hospitalization such as respiratory system failure, and increased mortality rates. This study aims to determine the survival of adult patients who are hospitalized based on nutritional status. The study used a retrospective cohort study design using medical record data of confirmed Covid-19 inpatients in 2021 at the University of Indonesia Hospital and analyzed using the Cox Proportional Hazard Model. The results showed a difference in the probability of survival between adult patients with confirmed Covid-19 who were admitted with normoweight, underweight and obese nutritional status (15.41% vs 71.11% vs 7.43%). Underweight patients increased the risk of death by 1.19 times compared to normoweight patients (95% CI 0.471-3.049) after controlling for age, severity, and ARDS. Meanwhile, overweight/obese patients increased the risk of death by 1.03 times compared to normoweight patients (95% CI 0.714-1.487).