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RELATIONSHIP BETWEEN NUTRITIONAL STATUS WITH LENGHT OF STAY OF DIABETES MELLITUS PATIENTS IN THE INPATIENT ROOM OF DR M YUNUS PUBLIC HOSPITAL, BENGKULU, 2022

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INTRODUCTION

Diabetes Mellitus (DM) according to the Executive Board of the Indonesian Endocrinology Society (PERKENI) in 2021 is a group of metabolic diseases with characteristics of hyperglycemia that occurs due to abnormalities in insulin secretion, insulin action, or both. The symptoms complained of in patients with Diabetes Mellitus are polydipsia, polyuria, polyphagia, increased appetite but rapid weight loss. One of the problems faced by hospitals in treating patients is malnutrition. Before the patient enters the hospital environment, it could be due to malnutrition caused by illness, or due to the patient's insufficient food intake. Factors that contribute to malnutrition include poor diet, recurrent infections and economic disadvantage.

AIM

Based on the background above, the formulation of the problem in this study is: Is there a relationship between nutritional status and length of stay in patients with diabetes mellitus in the treatment room of Dr. M Yunus Bengkulu Public Hospital in December 2022.

RESULTS

The univariate results: frequency distribution of nutritional status from 32 samples, there were 19 samples, normal nutritional status (59.4%), and 13 samples of abnormal nutritional status (40.6%). Age frequency distribution of the 32 samples, there were 14 samples (43.8%), most of whom were >60 years old. Then, looking at the length of stay of the 32 samples, there were 19 samples (59.4%) of length of stay <5 days and 13 samples (40.6%) length of stay ≥ 5 days.

The bivariate results with the Spearman test obtained a p value = 0.538, indicating that there is no significant relationship between nutritional status (BW and TB) with the length of days of hospitalization of DM patients at Dr. M Yunus Public Hospital Bengkulu, this is because before the patient enters the hospital already has a poor food intake, so that it can affect the nutritional status that exists when the patient enters the hospital and undergoes the treatment process. In line with previous research, patients who initially entered the hospital had a poor nutritional status according to BMI and during treatment energy intake was also lacking, had a 3.05 times greater risk of going home in a state of not recovering.

In addition, initial nutritional status according to BMI is not a risk factor that directly affects the length of hospitalization.

METHOD

This study used a cross sectional study design using consecutive sampling method. The purpose of this study was to determine the relationship between nutritional status and the length of stay of Diabetes Mellitus patients in the inpatient room of Dr. M. Yunus Public Hospital Bengkulu in 2022. The number of samples in this study were 32 samples with exclusion criteria: 1) Samples with, Diabetes Mellitus patients who go home dead. 2) Patients diagnosed with type 1 diabetes mellitus, other types of diabetes mellitus and gestational diabetes mellitus.

CONCLUSIONS

1. That out of 32 samples there were 19 samples (59.4%) length of stay < 5 days and 13 samples (40.6%) length of stay ≥ 5 days.
2. Whereas out of 32 samples, there were 19 samples with normal nutritional status (59.4%), and 13 samples with abnormal nutritional status (40.6%).
3. From the results of the Chi Square statistical test, the results obtained are p value = 0.598 >α = 0.05 then Ha is accepted and H0 is rejected which means there is no relationship between nutritional status and length of stay of diabetes mellitus patients at Dr. M Yunus Public Hospital, Bengkulu city.

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