

POLITEKNIK KESEHATAN TANJUNGPURING
JURUSAN GIZI
Tugas Akhir, Mei 2021

Yurida Khoironi

Asupan Zat Gizi dan Status Gizi Penderita Thalassemia (*Studi Literature*)

xii + 48 halaman + 13 tabel, 1 gambar, 5 lampiran

ABSTRAK

Thalassemia adalah salah satu penyakit hemolitik hereditas. Gangguan sintesis hemoglobin mengakibatkan sintesis salah satu rantai α , β atau rantai globin lain yang membentuk struktur normal molekul hemoglobin penderita thalassemia mudah mengalami penurunan bahkan tidak ada (Rujito, 2019). Beberapa penelitian menemukan bahwa mayoritas penderita thalassemia berstatus gizi kurus dan konsumsi zat gizi kategori defisit. Penelitian ini bertujuan untuk mengetahui gambaran asupan zat gizi dan status gizi pada penderita thalassemia.

Penelitian ini merupakan jenis penelitian penelusuran pustaka atau studi kepustakaan dengan teknik pengumpulan data secara dokumentasi, yaitu mencari berbagai data mengenai asupan gizi dan status gizi penderita thalassemia melalui hasil penelitian dalam jurnal yang diterbitkan pada lima tahun terakhir (2016-2020).

Hasil penelitian asupan gizi penderita thalassemia yang dianalisis dari lima jurnal penelitian, yaitu asupan energi 86,4%, asupan protein 80,4%, asupan lemak 112,5%, asupan karbohidrat 79,0%, asupan vitamin C 89,3%, asupan vitamin E 72,5% dan asupan zat besi 75,4%. Adapun hasil penelitian status gizi penderita thalassemia yaitu gizi kurang 45,4%, gizi baik 53,3% dan gizi lebih 1,3%.

Asupan energi, protein, karbohidrat, vitamin C dan vitamin E pada penderita thalassemia berada pada kategori defisit, hanya asupan lemak dan zat besi yang berada pada kategori normal. Sedangkan berdasarkan status gizinya, sebagian besar penderita thalassemia memiliki status gizi baik. Sebaiknya dilakukan penelitian lebih lanjut mengenai pengaruh pemberian konseling gizi dengan asupan penderita serta penelitian tentang alternatif makanan tinggi energi dan protein namun rendah zat besi dan penelitian tentang gambaran asupan antioksidan seperti vitamin A dan asam folat pada penderita thalassemia.

Kata Kunci : Thalassemia, Asupan Zat Gizi, Status Gizi
Daftar Bacaan : 40 (2003-2020)

**HEALTH POLYTECHNIC OF TANJUNGPUR
NUTRITION DEPARTMENT
Final Report, May 2021**

Yurida Khoironi

Nutritional Intake and Nutritional Status of Thalassemia Patients (*Literature Study*)

xii + 48 pages + 13 tables, 1 picture, 5 attachments

ABSTRACT

Thalassemia is a hereditary hemolytic disease. The disruption of hemoglobin synthesis results in the synthesis of one of the α , β or other globin chains that form the normal structure of the hemoglobin molecule for thalassemia patients that are easily decreased or even absent (Rujito, 2019). Several studies have found that the majority of thalassemia patients are under nutritional status and consumption of nutrients in the deficit category. This study aims to determine the description of nutrient intake and nutritional status in thalassemia patients.

This research is a type of literature search or literature study with documentation of data collection techniques, which is to find various data regarding nutritional intake and nutritional status of thalassemia patients through research results in journals published in the last five years (2016-2020).

The results of the research on nutritional intake of thalassemia patients were analyzed from five research journals, there are energy intake of 86.4%, protein intake 80.4%, fat intake 112.5%, carbohydrate intake 79.0%, vitamin C intake 89.3%, intake of vitamin E 72.5% and iron intake of 75.4%. The results of the research on the nutritional status of thalassemia patients were under nutrition 45.4%, good nutrition 53.3% and over nutrition 1.3%.

Energy, protein, carbohydrate, vitamin C and vitamin E intake in thalassemia patients are in the deficit category, only fat and iron intake are in the normal category. Meanwhile, based on their nutritional status, most of the thalassemia patients have a good nutritional status. It is better if further research is conducted on the effect of providing nutritional counseling with patient intake as well as research on alternative foods high in energy and protein but low in iron and research on the description of intake of antioxidants such as vitamin A and folic acid in thalassemia patients.

Keywords : Thalassemia, Nutritional Intake, Nutritional Status
Reference : 40 (2003-2020)