

**POLITEKNIK KESEHATAN TANJUNGPINANG
JURUSAN GIZI**

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Gambaran Pendistribusian Makanan Rawat Inap di Rumah Sakit Umum Daerah
Zainal Abidin Pagaralam Way Kanan 2025

ABSTRAK

Proses penyediaan makanan kepada pasien melibatkan perhitungan berapa porsi dan jenis makanan pasien yang harus disediakan. Tujuannya adalah agar pasien diberi makan sesuai dengan kriteria yang relevan. Terkadang makanan tidak diantar tepat waktu, dan terkadang tepat waktu. Mengetahui bagaimana pendistribusian makanan di Rumah Sakit Umum Daerah Zainal Abidin Pagaralam Way Kanan menjadi tujuan dari penelitian ini.

Penelitian ini dilakukan di Rumah Sakit Umum Daerah Zainal Abidin Pagaralam Way Kanan, menggunakan metodologi kualitatif untuk menilai metodologi deskriptif. pada bulan Maret selama tiga hari berturut-turut. Teknik distribusi, peralatan distribusi makanan, dan ketepatan waktu distribusi makanan menjadi topik penelitian, dan distribusi makanan dijadikan sebagai sampel. dengan menggunakan wawancara, observasi, dan lembar daftar periksa. Data yang terkumpul kemudian dianalisis secara kualitatif.

Berdasarkan hasil penelitian, RSUD Zainal Abidin Pagaralam Way Kanan menggunakan sistem terpusat (sentralisasi) untuk pendistribusian makanan rawat inap, dan peralatan penyajian dalam kondisi baik (98%) serta tidak berbeda antar kelas III, II, dan I. Sementara pendistribusian makan siang $\geq 90\%$ sudah benar atau sesuai dengan kriteria operasional rumah sakit, pendistribusian sarapan, kudapan pagi, dan makan malam $< 90\%$ belum tepat waktu. RSUD Abidin Pagaralam Way Kanan dan Kepala Instalasi Gizi melakukan pengawasan dan penilaian terhadap ketepatan waktu pendistribusian, penambahan staf, dan pemberian sanksi atas human error. Selain itu, peralatan penyajian yang wajib digunakan adalah sendok, dan troli terkait harus disesuaikan dengan standar.

Kata kunci : Pendistribusian, Alat pendistribusian, waktu distribusi makanan
Daftar bacaan : 15 (2018 – 2024)

**TANJUNGKARANG HEALTH POLYTECHNIC
NUTRITION DEPARTMENT**

Final Report, Mei 2025

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Overview of Food Distribution at the Zainal Abidin Pagaram Way Kanan Regional General Hospital

ABSTRACT

The process of providing food to patients involves calculating how many portions and types of food the patient should be provided. The goal is for patients to be fed according to relevant criteria. Sometimes food is not delivered on time, and sometimes it is on time. Knowing how food is distributed at the Zainal Abidin Pagaram Way Kanan Regional General Hospital is the goal of this study.

This study, conducted at the Zainal Abidin Pagaram Way Kanan Regional General Hospital, uses a qualitative methodology to assess descriptive methodologies. in March for three days in a row. Distribution techniques, food distribution equipment, and food distribution timeliness were the topics of the study, and food distribution served as the sample. utilizing interviews, observation, and a checklist form. The gathered data is subjected to qualitative analysis.

According to the study's findings, RSUD Zainal Abidin Pagaram Way Kanan used a centralized system for the (centralization) distribution of inpatient food, and the serving utensils were in good condition (98%) and did not differ across classes III, II, and I. While the lunch distribution $\geq 90\%$ was correct or in compliance with the hospital's operational criteria, the breakfast, morning snacks, and dinner distribution $< 90\%$ was not timely. Abidin Pagaram Way Kanan Hospital and the head of the nutrition installation kept an eye on and assessed the distribution's timeliness, increased staffing, and imposed penalties for human error. Additionally, the serving utensils that must be used are spoons, and the associated trolleys should be adjusted to meet standards.

Keywords: Distribution, distribution equipment, food distribution time

Reading list: 15 (2018 – 2024)