

POLITEKNIK KESEHATAN TANJUNG KARANG
JURUSAN KESEHATAN LINGKUNGAN
Laporan Tugas Akhir, Mei 2025

Meta Yulinda Sari

Gambaran Higiene Sanitasi Makanan dan Minuman di Instalasi Gizi Rumah Sakit Bhayangkara Bandar Lampung Tahun 2025

RINGKASAN

Instalasi gizi merupakan bagian penting dalam pelayanan rumah sakit yang bertanggung jawab atas proses pengelolaan makanan, mulai dari pengadaan bahan hingga penyajian. Berdasarkan hasil observasi awal di Instalasi Gizi Rumah Sakit Bhayangkara Bandar Lampung ditemukan masih ada penjamah makanan yang tidak memakai masker, penutup kepala dan sarung tangan saat mengelolah makanan. Permasalahan ini menjadi dasar untuk mengkaji bagaimana pengelolaan makanan di Instalasi Gizi tersebut.

Penelitian ini bertujuan untuk mengetahui pengelolaan makanan di Instalasi Gizi Rumah Sakit Bhayangkara Bandar Lampung Tahun 2025, dengan fokus pada pemilihan bahan makanan, penyimpanan pangan, pengolahan pangan, penyimpanan pangan matang, pengangkutan pangan dan penyajian pangan. Metode yang digunakan adalah deskriptif data dikumpulkan melalui wawancara, observasi langsung, serta dokumentasi. Trigulasi data dikumpulkan melalui kepala sub unit gizi, ahli gizi dan pramusaji.

Hasil penelitian menunjukkan bahwa beberapa aspek pengelolaan makanan telah mengikuti standar seperti penggunaan bahan bersertifikat dan penerapan sistem *FIFO / FEFO*, namun penerapan higiene sanitasi khususnya terkait kebersihan personal penjamah makanan, alur distribusi makanan, dan kondisi gudang penyimpanan masih belum optimal, disimpulkan bahwa pemilihan bahan pangan dan penyajian pangan memenuhi syarat, sedangkan penyimpanan pangan, penyimpanan pangan matang, pengolahan pangan dan pengangkutan pangan belum memenuhi syarat.

Kata Kunci : Higiene, makanan dan minuman, rumah sakit, sanitasi

Daftar Bacaan : 30 (2013-2023)

TANJUNG KARANG HEALTH POLYTECHNIC DEPARTMENT OF ENVIRONMENTAL HEALTH

Final Assignment Report, May 2025

Meta Yulinda Sari

Description of Food and Beverage Sanitation Hygiene in the Nutrition Installation of the Bhayangkara Hospital, Bandar Lampung 2025

ABSTRACT

The nutrition installation is an important part of hospital services that is responsible for the food management process, from procurement of ingredients to serving. Based on the results of initial observations at the Nutrition Installation of Bhayangkara Bandar Lampung Hospital, it was found that there were still food handlers who did not wear masks, head coverings and gloves when processing food. This problem is the basis for reviewing how food is managed at the Nutrition Installation.

This study aims to determine food management in the Nutrition Installation of Bhayangkara Hospital Bandar Lampung in 2025, with a focus on the selection of food ingredients, food storage, food processing, storage of cooked food, food transportation and food presentation. The method used is descriptive data collected through interviews, direct observation, and documentation. Data triangulation was collected through the head of the nutrition sub-unit, nutritionists and waiters.

The results of the study showed that several aspects of food management had followed standards such as the use of certified materials and the implementation of the FIFO/FEFO system, but the implementation of sanitation hygiene, especially related to the personal hygiene of food handlers, food distribution flow, and storage warehouse conditions were still not optimal, it was concluded that the selection of food ingredients and food presentation met the requirements, while food storage, storage of cooked food, food processing and food transportation did not meet the requirements.

Keywords: Hygiene, food and beverage, hospitals, sanitation

Reference : 30 (2013 -2023)