

ABSTRAK

Gambaran Berat Badan Pasien Tuberkulosis di Puskesmas Kusuma Bangsa Kota Pekalongan

Fiky Assafei, Irnawati

Latar Belakang: Tuberkulosis (TB) merupakan salah satu penyebab kematian utama di dunia, menempati peringkat ke-13 dan urutan ke-2 penyakit menular setelah Covid-19. Infeksi TB dapat menyebabkan penurunan nafsu makan dan peningkatan kebutuhan metabolisme akibat peradangan, yang berkontribusi terhadap penurunan berat badan. Penelitian ini bertujuan untuk menggambarkan berat badan pasien tuberkulosis di Puskesmas Kusuma Bangsa Kota Pekalongan.

Metode: Penelitian kuantitatif retrospektif dengan pendekatan deskriptif dilakukan di Puskesmas Kusuma Bangsa. Sampel diambil menggunakan metode *total sampling*, melibatkan 32 rekam medis pasien tuberkulosis Tahun 2024. Data dikumpulkan melalui rekapitulasi rekam medis pasien.

Hasil: Usia rata-rata usia pasien adalah 47 tahun (Dewasa) dengan mayoritas laki-laki (59,4%). Berat badan pasien mengalami peningkatan selama pengobatan, dengan rata-rata peningkatan berat badan dari 44,103 Kg pada kunjungan pertama menjadi 49,334 Kg di akhir pengobatan. Rata-rata kenaikan berat badan pasien tuberkulosis adalah 5,231 Kg.

Simpulan: Terdapat peningkatan rata-rata berat badan sebesar 5,231 Kg dari awal hingga akhir pengobatan, menunjukkan adanya perbaikan berat badan pasien. Disarankan bagi pemegang program tuberkulosis secara berkala untuk menganjurkan pasien untuk rutin minum obat sampai tuntas serta memperbanyak asupan nutrisi dan protein karena dapat meningkatkan berat badan.

Kata Kunci: Berat Badan, Tuberkulosis

Daftar pustaka: 51 (2010-2024)

ABSTRACT

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The Overview of Body Weight of Tuberculosis Patients at Kusuma Bangsa Health Center, Pekalongan City

Background: Tuberculosis (TB) is still one of the leading causes of mortality globally, ranking 13th overall and second among infectious diseases after COVID-19. TB infection can cause a loss of appetite and higher metabolic needs as a result of inflammation, often resulting in weight loss. The purpose of this study is to identify the body weight changes in tuberculosis patients treated at the Kusuma Bangsa Health Center in Pekalongan City.

Methods: This study used a retrospective quantitative design with a descriptive approach, conducted at the Kusuma Bangsa Health Center. A total sampling method was used, involving 32 medical records of TB patients from 2024. Data were obtained through a recapitulation of patient medical records.

Results: The average age of patients was 47 years, with the majority being male (59.4%). During treatment, patients experienced weight gain, with an average increase from 44.103 kg at the first visit to 49.334 kg at the end of treatment. The average weight gain among TB patients was 5.231 kg.

Conclusion: There was an average weight gain of 5.231 kg from the start to the end of treatment, indicating an improvement in the nutritional status of patients. It is recommended that TB program coordinators consistently encourage patients to complete their treatment regimen and improve their intake of nutrients and protein, as this can help support weight gain and recovery.

Keywords: *Body Weight, Tuberculosis*