Abstract

Pulmonary tuberculosis patients may have a decrease in appetite as a result of the treatment phase's various adverse effects, which include nausea and vomiting. This may affect the patient's ability to lose weight in relation to their nutritional state. The purpose of the study was to ascertain how the dietary status of patients at Toto Kabila Regional Hospital with pulmonary tuberculosis related to treatment phases. quantitative analytical research design using a cross-sectional methodology. Between January and April of 2024, there were 325 tuberculosis patients in the Lung Poly Clinic at Toto Kabila Regional Hospital; up to 39 cases were included in the purposive sample method. Chi Square (a=0.05) tests are used for data analysis. According to the study's findings, the early or intense treatment phase accounted for 59% of treatment phases, and underweight BMI (59%), for nutritional status. The nutritional state of pulmonary tuberculosis patients at Toto Kabila Hospital, Bone Bolango Regency, is correlated with their treatment phase, according to the results of the chi square test, which yielded a p-value of 0.000 (< 0.05). The early stages of treatment have a higher chance of improving nutritional status, according to the conclusion.

Keywords: *Nutritional status, pulmonary tuberculosis, treatment phase*

Abstrak

Fase pengobatan tuberkulosis menimbulkan beberapa efek samping diantaranya mual dan muntah yang dapat mempengaruhi nafsu makan penderita tuberkulosis paru sehingga mengakibatkan terjadinya penurunan nafsu makan. Hal tersebut dapat berdampak pada penurunan berat badan dikaitkan dengan status gizi pasien. Tujuan penelitian untuk mengetahui hubungan fase pengobatan dengan status gizi pasien tuberculosis paru di RSUD Toto Kabila. Desain penelitian kuantitatif analitik dengan pendekatan Cross Sectional. Populasi pasien tuberculosis yang ada di ruangan Poli Klinik Paru RSUD Toto Kabila pada Januari-April 2024 sejumlah 325 orang, teknik pengambilan sampling dengan *purposive sampling* sebanyak 39 orang. Analisis data menggunakan uji *Chi Square* (α= 0,05). Hasil penelitian menunjukkan rata-rata fase pengobatan adalah fase pengobatan awal atau intensif (59%), rata-rata status gizi adalah *underweight* IMT (59%). Hasil uji *chi square* didapatkan nilai p-value 0.000 (< 0.05), sehingga diartikan terdapat hubungan fase pengobatan dengan status gizi pasien tuberculosis paru di RSUD Toto Kabila Kabupaten Bone Bolango.Kesimpulan : bahwa fase pengobatan awal sangat lebih berpeluang meningkatkan status gizi.

Kata Kunci: Fase Pengobatan, Status Gizi, Tuberculosis Paru