

HUBUNGAN RISIKO MALNUTRISI DENGAN KEJADIAN LUKA TEKAN PADA PASIEN ICU

Ladyfa Fernanda Musaylama

Abstrak

Pasien yang dirawat di ruang perawatan intensif memiliki risiko tinggi mengalami luka tekan akibat tirah baring berkepanjangan, keterbatasan mobilitas, dan penurunan tingkat kesadaran. Salah satu faktor risiko utama luka tekan adalah malnutrisi, sementara pasien ICU sendiri rentan mengalami malnutrisi akibat stres metabolik. Penelitian ini bertujuan menganalisis hubungan risiko malnutrisi dengan kejadian luka tekan pada pasien ICU menggunakan desain analitik observasional prospektif kohort dengan pendekatan kuantitatif. Sampel ditentukan melalui teknik *purposive sampling*, dengan pengumpulan data primer dan sekunder menggunakan lembar observasi mNUTRIC dan pengkajian luka tekan pada 42 pasien. Hasil penelitian menunjukkan sebagian besar responden merupakan dewasa lanjut dan berjenis kelamin laki-laki, dengan tingkat kesadaran somnolen serta risiko luka tekan kategori *very high risk*. Mayoritas responden memiliki risiko tinggi malnutrisi pada hari pertama dan hari ketujuh observasi. Selama tujuh hari pemantauan, sebagian responden mengalami luka tekan derajat 1 dan derajat 2. Analisis bivariat menggunakan *Somers' d* menunjukkan nilai $p < 0,05$ dengan koefisien korelasi $r = 0,46$, yang mengindikasikan adanya hubungan positif antara risiko malnutrisi dan kejadian luka tekan dengan kekuatan hubungan sedang dan arah kekuatan positif.

Kata Kunci: ICU, Luka Tekan, mNUTRIC, Risiko Malnutrisi

THE RELATIONSHIP BETWEEN MALNUTRITION RISK AND THE INCIDENCE OF PRESSURE INJURIES IN ICU PATIENTS

Ladyfa Fernanda Musaylama

Abstract

Patients treated in intensive care units have a high risk of developing pressure injuries due to prolonged bed rest, limited mobility, and decreased levels of consciousness. One of the main risk factors for pressure injuries is malnutrition, while ICU patients themselves are vulnerable to malnutrition due to metabolic stress. This study aimed to analyze the relationship between malnutrition risk and the incidence of pressure injuries in ICU patients using a prospective cohort observational analytic design with a quantitative approach. The sample was determined using purposive sampling, with primary and secondary data collected using mNUTRIC assessment observation sheets and pressure injury assessments in 45 patients. The results showed that most respondents were older adults and male, with somnolent levels of consciousness and a high-risk category for pressure injuries. The majority of respondents had a high risk of malnutrition on both the first and seventh days of observation. During seven days of monitoring, some respondents developed stage 1 and stage 2 pressure injuries. Bivariate analysis using Somers' d showed a p-value < 0.05 with a correlation coefficient $r = 0.426$, indicating a positive relationship between malnutrition risk and the incidence of pressure injuries with a moderate strength of association.

Keywords: ICU, Malnutrition Risk, mNUTRIC, Pressure Injury