

***Relationship of Protein and Vitamin D Intake with BTA Sputum in Outpatients
with Pulmonary TB at Jember Lung Hospital***

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ABSTRACT

Pulmonary TB is caused by Mycobacterium tuberculosis bacteria that attack the lungs but can also attack other organs. One of the risk factors for Pulmonary TB is nutrient intake. Lack of nutrient intake such as protein and vitamins, especially vitamin D, can cause malnutrition and affect the body's immune system so that it is susceptible to infectious diseases, one of which is Pulmonary TB. Pulmonary TB infection tends to cause decreased appetite, so that the patient's oral intake decreases. TB patients who experience a decrease in intake <80% are susceptible to malnutrition. The purpose of this study was to determine the relationship between protein and vitamin D intake with BTA sputum in outpatients with Pulmonary TB at the Jember Lung Hospital. This type of research uses observational analytic with a cross-sectional approach. Data collection was carried out using a 1x24-hour food recall questionnaire which was carried out twice. Sampling using the accidental sampling technique obtained a sample size of 38 people who met the inclusion and exclusion criteria. Data analysis used the Spearman rho correlation test. The results of the study showed that there was a relationship between protein intake and vitamin D intake with BTA sputum in pulmonary TB patients at Jember Lung Hospital.

Keywords: *Protein intake, vitamin D intake, BTA sputum, pulmonary TB.*