

The Relation Of Nutrient Counseling and Dietary Accuracy With Food Residue Of Diabetes Mellitus Type 2 Patient in RS X

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ABSTRACT

Diabetes mellitus is chronic disease that happened because pancreas does not produce enough insulin or when the body can not effectively use the insulin that is produced, therefore needs special treatment, one of that is by nutrient counseling and diet accuracy to increase the patient appetite. The success is measured by looking the food residue that is left by the patient. This research determined to analyze the relation of nutrient counseling and diet accuracy with food residue of diabetes mellitus type 2 patient in RS X. This research used cross sectional study with analysis survey design. Sample taking used accidental sampling and it was gotten subject 31 of respondents. Free variable of this research were nutrient counseling and diet accuracy, then the bound variable was food residue. Nutrient counseling valuation used nutrient counseling form, diet accuracy used diet accuracy form and food residue used comstock 5 points form. Data analysis used Fisher Exact test with alfa 0,05 that was gotten result that was relation between nutrient counseling and food residue ($p=0,008$) and there was no relation between diet accuracy and food residue ($p=1,000$) diabetes mellitus type 2 patient in RS X. The advice for next research is needed further research hopefully considering factors that are influenced food residue to the patient such as the taste, the appearance, and the eating habit and doing food residue observation nine times of eating to get maximum result and considering the accuracy of diet of diabetes mellitus type 2 patient that was reviewed from right amount, right type, and right schedule.

Keywords : diabetes mellitus type 2, nutrient counseling, dietary accuracy, food residue