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**THE RELATIONSHIP OF NUTRITIONAL STATUS  
TO THE RISK OF DECUBITUS ULCERS IN ELDERLY PATIENTS  
AT THE SYEKH YUSUF GOWA REGIONAL HOSPITAL**

**ABSTRACT**

**Background:** The natural aging process results in irreversible decline in bodily functions, increasing the risk of health problems. The elderly population in Indonesia continues to grow, making health issues within this group increasingly significant. Pressure ulcers are a global health problem with high prevalence, especially among the elderly. The risk of pressure ulcers is influenced by various factors, including length of hospitalization, ICU care, and medical equipment. Pressure ulcers have serious implications, including increased mortality rates, prolonged hospital stays, and elevated healthcare costs. Elderly patients with pressure ulcers who experience malnutrition have a poor prognosis, and nutritional management is identified as one of the strategies for preventing pressure ulcers.. **Objective:** To determine the relationship between nutritional status and the risk of decubitus ulcers in elderly patients at the Syekh Yusuf Gowa Regional Hospital. **Method:** Observational Analytical with a Cross-Sectional **Sample:** All participating respondents consisted of 38 people in the elderly category (>60 years) who were selected using Random Sampling Technique with the condition that they met the inclusion and exclusion criteria. **Research Results:** The results of the Chi-Square statistical test with bivariate analysis using SPSS showed that there was no significant relationship between nutritional status based on BMI and the risk of pressure ulcers with p value=0.106 ( $p>0.05$ ). However, the results of bivariate analysis of nutritional status based on MNA-SF on the risk of decubitus ulcers in elderly patients showed p value=0.045 ( $p<0.05$ ) meaning that there was a significant relationship between nutritional status based on MNA-SF and risk of ulcers. decubitus. **Conclusion:** There is no significant relationship between nutritional status based on BMI and the risk of pressure ulcers. However, there is a significant relationship between nutritional status based on MNA-SF and the risk of decubitus ulcers in elderly patients at Syekh Yusuf Gowa Regional Hospital.

**Keywords:** Elderly patients, nutritional status, BMI, MNA-SF, malnutrition, risk factors, decubitus ulcers, Pressure ulcers, Norton scale, Syekh Yusuf Gowa Regional Hospital



**FAKULTAS KEDOKTERAN DAN ILMU KESEHATAN  
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**HUBUNGAN STATUS GIZI  
TERHADAP RISIKO ULKUS DEKUBITUS  
PADA PASIEN LANJUT USIA DI RSUD SYEKH YUSUF GOWA**

**ABSTRAK**

**Latar belakang :** Fase lanjut usia secara alamiah menyebabkan penurunan fungsi tubuh yang ireversibel, meningkatkan risiko masalah kesehatan. Berdasarkan data dari BPS Jumlah penduduk lanjut usia di Indonesia terus meningkat, sehingga masalah kesehatan pada kelompok ini menjadi semakin signifikan. Ulkus dekubitus merupakan masalah kesehatan global dengan prevalensi yang tinggi terutama pada kelompok lanjut usia. Risiko ulkus dekubitus dipengaruhi oleh berbagai faktor, termasuk durasi rawat inap, perawatan di ICU, dan peralatan medis. Ulkus dekubitus memiliki dampak serius, termasuk peningkatan angka kematian, memperpanjang masa tinggal di rumah sakit, dan meningkatkan biaya perawatan kesehatan. Pasien lanjut usia dengan ulkus dekubitus yang mengalami malnutrisi memiliki prognosis rendah, dan manajemen nutrisi diidentifikasi sebagai salah satu strategi pencegahan ulkus dekubitus. **Tujuan :** Mengetahui hubungan status gizi terhadap risiko ulkus dekubitus pada pasien lanjut usia di RSUD Syekh Yusuf Gowa. **Metode :** Observasional Analitik dengan pendekatan *Cross-Sectional* (Potong Lintang) **Sampel :** Seluruh responden yang berpartisipasi terdiri dari 38 orang kategori lanjut usia (>60 tahun) yang dipilih menggunakan *Teknik Random Sampling* dengan syarat telah memenuhi kriteria inklusi dan eksklusi. **Hasil penelitian :** Hasil uji statistik Chi-Square dengan analisis bivariat menggunakan SPSS menunjukkan bahwa tidak terdapat hubungan signifikan antara status gizi berdasarkan IMT terhadap risiko ulkus dekubitus dengan  $p \text{ Value}=0,106$  ( $p>0,05$ ). Namun, Hasil analisis bivariat status gizi berdasarkan MNA-SF terhadap risiko ulkus dekubitus pada pasien lanjut usia menunjukkan  $p \text{ Value}=0,045$  ( $p<0,05$ ) artinya terdapat hubungan signifikan antara status gizi berdasarkan MNA-SF terhadap risiko ulkus dekubitus. **Kesimpulan :** Tidak terdapat hubungan secara signifikan antara Status gizi berdasarkan IMT terhadap risiko ulkus dekubitus. Namun, secara signifikan, terdapat hubungan antara status gizi berdasarkan MNA-SF terhadap risiko ulkus dekubitus pada pasien lanjut usia di RSUD Syekh Yusuf Gowa. **Kata Kunci :** Pasien lanjut usia, Status gizi, IMT, MNA-SF, Malnutrisi, Faktor risiko, Ulkus dekubitus, Luka tekan, Skala Norton, RSUD Syekh Yusuf Gowa