



SUPPLEMENT

High prevalence of malnutrition among hospitalized patients at Kabupaten Bekasi general hospital: A critical need for early nutritional screening

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Abstract

Background: Malnutrition in hospitals is a critical concern that significantly impacts health outcomes, yet there is a lack of recent prevalence data in Indonesia.

Objective: This author initiated a study at Bekasi District Hospital, aiming to enhance awareness of malnutrition screening and assessment. Prompt nutritional interventions within the first 24 hours of hospitalization are crucial to prevent deterioration in nutritional status, reduce morbidity and mortality, shorten hospital stays, and lower healthcare costs.

Methods: A cross-sectional study was conducted involving 100 inpatients (20 children and 80 adults). Children were screened using the StrongKids tool and assessed with WHO growth charts. Adults underwent Nutritional Risk Screening (NRS) and were diagnosed based on GLIM criteria. Data included demographics, primary diagnoses, and Mid-Upper Arm Circumference (MUAC), all assessed within 24 hours of admission.

Results: The prevalence of malnutrition was 57.0% overall: 35.0% in children (5.0% severely malnourished, 30.0% undernourished) and 62.5% in adults (47.5% moderately malnourished, 15.0% severely malnourished). All children were at risk (65.0% moderate, 35.0% high), with 72.5% of adults at risk. Non-surgical patients showed higher malnutrition risk in both groups. Common diagnoses were infectious (35.0%) and gastrointestinal (25.0%) diseases in children, and neurological (28.75%) and gastrointestinal (22.5%) diseases in adults. Only 17.2% of at-risk adults had MUAC under 23 cm.

Conclusion: The significant prevalence of malnutrition, particularly in patients with infectious and neurological conditions, underscores the urgent need for routine nutritional screenings and a two-step assessment approach to enhance patient outcomes.

Keywords: GLIM, inpatient, Kabupaten Bekasi General Hospital, malnutrition, NRS, nutritional screening, StrongKids

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