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Photo Essay

POLITEKNIK KESEHATAN KEMENKES PALANGKA RAYA: HEALTH FORUM AND INTERNATIONAL SEMINAR
THE NEW NORMAL : Creating a Pleasant Virtual Communication

Modification and Nutritional Outcome of Food High-Protein at Sinta Rangkang Nursing Home

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One of the Ministry of Health's strategic plan is to maintain health in old age by understanding a variety of possible diseases that could happen. This could be achieved by maintaining a good diet by consuming balanced nutritional food and eat regularly according to mealtimes. Based on data from the Central Statistics Agency, the number of elderly people in the city of Palangka Raya has increased. In 2016 it was 4.79% while in 2017 it was 4.99% (Badan Pusat Statistik, 2017).



Figure 1 Elderly and Their Daily Activities at Sinta Rangkang Nursing Home

Elderly people usually experience a variety of complex problems both physical, mental, and socio-economic aspects which may affect their intake and nutritional status (Fatmah, 2013; Kemenkes RI, 2012; Rohmawati, 2014). Based on the results of Field Work Practice in May 2018, approximately 41% of elderly at Sinta Rangkang Nursing Home suffered from malnutrition. Sinta Rangkang Nursing Home is located in Banturung village, Bukit Batu sub-district, \pm 38 km from the city center of Palangka Raya.



Figure 2 Weighing The Elderly with Malnutrition Before Intervention

They need nutritional intervention to improve the state of nutritional status. Our goal was to increase their body weight and evaluate the acceptance of modified animal-side dishes and snacks given by the authors. The activities were carried out in July-August 2018. All menus were prepared consecutively 7 times in 7 days. The nutritional value of modified animal side dish was counted as 90 calories and 8 grams of protein. While for modified snack, it counted as 175 calories and 14 grams of protein. Those modified foods were considered as high-protein meals.



**Figure 3 Providing Nutritious Food for The Elderly
(Meals were Processed in The Culinary Laboratory of Poltekkes Kemenkes Palangka Raya)**

All meals were provided by the nutrition support team from Poltekkes Kemenkes Palangka Raya. Local ingredients such as catfish, anchovy, chicken meat, egg, cassava, pumpkin, green beans, and dragon fruit were used to make the dishes. At the time of distribution, the team motivated the elderly to finish their meals.



Figure 4 Sample Menu of Modified Food and Snack: “Cantik Manis” Cakes and Chicken Roulade (From Left To Right)

During the activity, there were problems with some elderly people who were sick so the mobility of food distribution was slightly disturbed.



Figure 5 Food Distribution for The Elderly

By observing the leftovers of all meals every day, the authors conclude a good acceptance of elderly towards all dishes served. According to short interview, the elderly said all meals were delicious. The appearance of the dishes has increased the appetite of elderly (Sjahriani, & Tita, 2018).



Figure 6 Weighing The Elderly After 7 Days of Intervention

The evaluation process was carried out by comparing their weight before and after intervention. After consuming the modified foods for seven days, many as 57.14% of respondents experienced an increase in body weight by the average of 0.6 kg. It is likely that the intervention is very influential because the intervention may improve nutritional status of the elderly.

Consent

The elderly (identifiable) photographed have given their consent for their pictures to be used in the publication of this research.

Conflict of Interest

None.

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