

ABSTRACT

STUDY OF THE USE OF VITAMINS AND MINERALS IN STUNTING CASES AT THE PUSKESMAS WONOKUSUMO SURABAYA JULY-DECEMBER 2022 PERIOD

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Stunting is a chronic nutritional problem caused by a lack of nutritional intake over a long period of time, resulting in disruption of growth in children. The purpose of the study was to determine the use of vitamins and minerals in stunting cases at the Puskesmas Wonokusumo Surabaya for the period July-December 2022. The data collection method was carried out retrospectively in July-December 2022 on medical record data and prospective data collection methods were carried out in the February 2023 period on respondent interview data with a total sample of 16 patients with stunted children. This study uses the BB/U, TB/U and BB/TB indices as an assessment of the nutritional status of stunted children. The results of this study are descriptive. Patients with stunted children receive vitamin A capsules 200.000 IU every 6 months and vitamin and mineral puffers containing B complex 75 mg, zinc 10 mg and calcium lactate 250 mg with the rule of using one pack of puffers a day. Assessment of the nutritional status of stunted children based on the TB/U index obtained the results of 16 pediatric patients, 15 pediatric patients (93,75%) are still classified as short while 1 other pediatric patient (6,25%) is still classified as very short.

Keyword : Stunting, Vitamins, Minerals, Infant