

STANDARDIZED NUTRITIONAL CARE PROCESS IN PRO CHEMOTHERAPY LUNG CANCER PATIENTS WITH ANEMIA IN RSUD DR. MOEWARDI

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ABSTRACT

Background : Lung cancer is the most common cause of death in the world, reaching 19.4%. Nutritional problem is a problem that is often encountered by lung cancer patients. This resulted in a deterioration in the health status and the quality of life of the patients. A proper and quality nutrition management to improve the optimal nutritional status and speed up healing of the patients is important to do in nutritional care.

Objective : To know the process of implementing standardized nutritional care in pro chemotherapy lung cancer patient with anemia in RSUD Dr. Moewardi.

Methods Case study in RSUD Dr. Moewardi that involved one pro chemotherapy lung cancer inpatient with anemia and inclusion criteria as subject. The focus of the study is to conduct nutritional screening, nutritional assessment, nutritional diagnosis analysis, nutritional intervention, evaluation monitoring, and nutritional counselling. The data was analyzed using descriptive analysis and presented using tabulation.

Result : The research findings revealed that the patient was malnourished from the nutritional screening using NRS 2002 form. Nutritional assessment showed underweight status and indicated has anemia as the result of biochemical test. The clinical-physical test showed that felt pain in the installation of WSD and was in conscious state. The results of the 24-hour hospital recall were good. The nutritional diagnosis was based on the assessment of the patient. Nutrition intervention was carried out according to the goals, requirements, and prescriptions of the dietary. The diet was given according to the needs and standards of the hospital. The biochemical, clinical-physical and food intake of patients was getting better. Nutrition counselling was done by counselling and conducting question and answer methods using leaflet as media.

Conclusion : Nutritional care in pro chemotherapy lung cancer patients with anemia includes nutritional screening, nutritional assessment, nutritional diagnosis, nutritional intervention, evaluation monitoring, and nutritional counselling.

Key Words: lung cancer; anemia; nutritional care

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PROSES ASUHAN GIZI TERSTANDAR PADA PASIEN KANKER PARU PRO KEMOTERAPI DISERTAI ANEMIA DI RSUD DR. MOEWARDI

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ABSTRAK

Latar Belakang : Kanker paru merupakan penyebab kematian terbanyak di dunia yaitu mencapai 19,4%. Masalah gizi menjadi masalah yang kerap ditemui pasien kanker paru. Hal ini mengakibatkan penurunan status kesehatan dan kualitas hidup semakin buruk. Penatalaksanaan gizi yang tepat dan bermutu guna meningkatkan status gizi yang optimal dan mempercepat penyembuhan pasien penting dilakukan dalam asuhan gizi.

Tujuan Penelitian : Mengetahui pelaksanaan proses asuhan gizi terstandar pada pasien kanker paru pro kemoterapi disertai anemia di RSUD Dr. Moewardi.

Metode Penelitian : Studi kasus. Lokasi penelitian di RSUD Dr. Moewardi. Subyek penelitian sebanyak satu pasien kanker paru pro kemoterapi disertai anemia rawat inap dengan kriteria inklusi. Fokus studi yaitu melakukan skrining gizi, pengkajian gizi, menganalisis diagnosis gizi, melakukan intervensi gizi, monitoring evaluasi, dan melakukan konseling gizi. Analisis data secara deskriptif dan penyajian data dengan tabulasi.

Hasil : Skrining gizi dengan menggunakan formulir NRS 2002, pasien mengalami malnutrisi. Pengkajian gizi diperoleh status gizi pasien kurang, dilakukan pemeriksaan biokimia yang mengindikasikan mengalami anemia, dilakukan pemeriksaan klinis-fisik pasien merasakan nyeri pada pemasangan WSD dan keadaan umum pasien sadar, hasil recall 24 jam rumah sakit rata-rata baik. Diagnosis gizi yang ditegakkan berdasarkan pengkajian data pasien. Intervensi gizi dilakukan sesuai dengan tujuan, syarat, dan preskripsi diet. Pemberian diet diberikan sesuai dengan kebutuhan dan standar rumah sakit. Perkembangan biokimia, klinis-fisik dan asupan makan pasien dari hari ke hari semakin membaik. Konseling gizi dilakukan dengan metode konseling dan tanya jawab menggunakan bantuan media leaflet.

Kesimpulan: Dilakukan Proses Asuhan Gizi Terstandar (PAGT) pada pasien kanker paru pro kemoterapi disertai anemia meliputi skrining, pengkajian gizi, diagnosis gizi, intervensi gizi, monitoring evaluasi, dan konseling gizi.

Kata kunci: Kanker Paru, Anemia, Asuhan gizi

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