

**NUTRITIONAL CARE IN CASES OF MALIGNANT BRAIN NEOPLASM AND
MYELODYSPLASTIC SYNDROME WITH INADEQUATE INTAKE AT RSAL dr.
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ABSTRACT

Background: Brain cancer is the second most malignant cancer after blood cancer (leukemia). Brain cancer can reduce the quality of life of patients and cause social and financial burdens on patients and their families. Providing food intake to cancer patients aims to help maintain or achieve optimal nutritional status and prevent other medical problems or symptoms that arise. The type of diet applied to cancer patients is the High Energy High Protein Diet (TETP). This study aims to provide nutritional care and determine the development of patient conditions in the diagnosis of malignant neoplasm brain with myelodysplastic syndrome given a liquid diet without milk.

Nutritional Assessment: The results of the 1 x 24-hour Recall obtained the current diet order is plain soft rice. The results of the 1 x 24-hour Recall are energy 5.1%, protein 2.7%, fat 5.1% and carbohydrates 6.2%. Based on food intake, energy, protein, and carbohydrates are still insufficient for the patient's nutritional needs.

Nutritional Diagnosis: NI-2.11 Limited food intake related to gastrointestinal dysfunction characterized by Energy, Protein, Fat and KH intake of less than 30%.

NB-1.1 Lack of knowledge about nutrition related to Lack of exposure to previous education related to nutrition characterized by Not knowing food needs and nutritional recommendations (Rarely consume fruits and vegetables only consume SUN porridge)

Monitoring and Evaluation: The results of monitoring and evaluation showed that the patient's intake was still less than the needs but had increased.

Conclusion: The results of monitoring and evaluation for 3 days showed that the patient's food intake increased gradually according to the target, namely 24-56% of the needs but was still in the deficit category.

Suggestion: Motivate patients to increase intake according to the patient's condition and for the patient's family to implement the education provided

Keywords: malignant neoplasm brain, inadequate oral intake

**ASUHAN GIZI PADA KASUS MALIGNANT NEOPLASM BRAIN DAN
MYELODYSPLASTIC SYNDROME DENGAN ASUPAN INADEKUAT di RSAL dr.
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ABSTRAK

Latar Belakang: Kanker otak merupakan kanker paling ganas kedua setelah kanker darah (leukemia). Kanker otak dapat menurunkan kualitas hidup pasien dan menimbulkan beban sosial dan finansial pada pasien dan keluarganya. Pemberian asupan makanan pada pasien kanker bertujuan untuk membantu mempertahankan maupun mencapai status gizi yang optimal serta mencegah permasalahan atau gejala medis lainnya yang timbul. Jenis diet yang diterapkan pada pasien kanker yaitu Diet Tinggi Energi Tinggi Protein (TETP). Penelitian ini bertujuan untuk melakukan asuhan gizi dan mengetahui perkembangan kondisi pasien pada *diagnosis malignant neoplasm brain* dengan *myelodysplastic syndrome* diberikan diet cair tanpa susu.

Pengkajian Gizi : Hasil Recall 1 x 24 jam didapatkan order diet saat ini yaitu nasi lunak biasa. Hasil Recall 1x24 jam yaitu energi 5,1%, protein 2,7 %, lemak 5,1% dan karbohidrat 6,2%. Berdasarkan asupan makan energi, protein, dan karbohidrat masih belum mencukupi kebutuhan gizi pasien.

Diagnosis Gizi : NI-2.11 Penerimaan makanan terbatas **berkaitan dengan** gangguan fungsi gastrointestinal **ditandai dengan** Asupan Energi, Protein, Lemak dan KH kurang dari 30% .

NB-1.1 Kurangnya pengetahuan tentang gizi **berkaitan dengan** Kurangnya terpapar edukasi sebelumnya terkait gizi **ditandai dengan** Tidak mengetahui kebutuhan makanan dan rekomendasi gizi (Jarang konsumsi buah dan sayur hanya mengkonsumsi bubur SUN)

Monitoring dan Evaluasi : Hasil dari monitoring dan evaluasi didapatkan bahwa asupan pasien masih kurang dari kebutuhan namun sudah meningkat.

Kesimpulan : Hasil monitoring dan evaluasi selama 3 hari menunjukkan bahwa asupan makan pasien meningkat secara bertahap sesuai dengan target yakni 24-56% kebutuhan namun masih dalam kategori defisit.

Saran : Memotivasi pasien agar dapat meningkatkan asupan sesuai dengan keadaan pasien dan untuk keluarga pasien agar menerapkan edukasi yang diberikan

Kata Kunci : malignant neoplasm brain, asupan oral inadekuat