

**PEMANTAUAN DAN EVALUASI PENERAPAN ASUHAN GIZI
TERSTANDAR DIET TINGGI PROTEIN PADA LANSIA DENGAN POST
CA MAMAE DI WILAYAH KERJA PUSKESMAS MLATI II
YOGYAKARTA**

Ellysha Anggreini Heryanto¹, Tjarono Sari², Waryana³
^{1,2,3} Nutrition Department Dietitian Professional Education Program Poltekkes
Kemenkes Yogyakarta,
Jl. Tatabumi No. 3, Banyuraden, Gamping, Sleman
Email: ellyshaanggraini01@gmail.com

ABSTRAK

Latar Belakang: Lansia merupakan kelompok usia pada usia yang telah memasuki tahapan akhir dari fase kehidupannya. Di Daerah Istimewa Yogyakarta, jumlah penduduk lansia tahun 2013 sebesar 13,56% dari keseluruhan penduduk (BPS, 2013). Permasalahan penyakit kanker hingga saat ini masih menjadi salah satu permasalahan kesehatan dunia. Salah satu populasi yang rentan menderita kanker adalah lansia sehingganya diperlukan penatalaksanaan gizi yang sesuai dalam menopang proses kuratif dan rehabilitatif pada lansia yang menderita kanker.

Tujuan: Mengetahui, melakukan dan menganalisis kegiatan asuhan gizi lansia dengan Post *Ca Mamae* di Wilayah Kerja Puskesmas Mlati II.

Metode: Penelitian studi cross-sectional yang dilakukan secara observasional dengan rancangan penelitiannya yaitu kualitatif dalam bentuk studi kasus (*case study*).

Hasil: Hasil skrining gizi diperoleh responden beresiko malnutrisi. Responden merupakan seorang lansia dengan diagnosis post op *Ca mamae* yang memiliki riwayat penyakit hipertensi. Responden memiliki status gizi obesitas tingkat I, selama penelitian tidak diperoleh hasil pengukuran data biokimia terbaru, secara keseluruhan responden dalam keadaan baik dan composmentis, responden memiliki tekanan darah dengan kategori hipertensi. Asupan dalam kategori defisit tingkat berat dan dilakukan monitoring dan evaluasi.

Kesimpulan: Evaluasi asupan responden selama monitoring diperoleh terjadi peningkatan asupan namun masih dalam kategori defisit.

Kata Kunci: Kanker, Hipertensi, Penatalaksanaan gizi, Diet tinggi protein

**MONITORING AND EVALUATION OF THE IMPLEMENTATION OF
STANDARD NUTRITIONAL CARE PROCESS HIGH PROTEIN DIET
FOR THE ELDERLY WITH POST *CA MAMAE* IN THE WORKING AREA
OF PUBLIC HEALTH CENTER MLATI II YOGYAKARTA**

Ellysha Anggreini Heryanto¹, Tjarono Sari², Waryana³
^{1,2,3} Nutrition Department Dietitian Professional Education Program Poltekkes
Kemenkes Yogyakarta,
Jl. Tatabumi No. 3, Banyuraden, Gamping, Sleman
Email: ellyshaanggraini01@gmail.com

ABSTRACT

Background: The elderly are an age group that has entered the final stages of their life. In the Special Region of Yogyakarta, the number of elderly residents in 2013 was 13.56% of the total population (BPS, 2013). The problem of cancer is still one of the world's health problems. One of the populations that is vulnerable to suffering from cancer is the elderly, so appropriate nutritional management is needed to support the curative and rehabilitative process for elderly people suffering from cancer.

Objective: To know, carry out and analyze nutritional care activities for the elderly with Post *Ca Mamae* in the Mlati II Community Health Center Work Area.

Method: Cross-sectional research conducted observationally with a qualitative research design in the form of a case study.

Results: The results of nutritional screening showed that respondents were at risk of malnutrition. The respondent is an elderly person with a post-op diagnosis of *Ca mammae* who has a history of hypertension. The respondent had a nutritional status of obesity level I, during the research the results of the latest biochemical data measurements were not obtained, overall the respondent was in good condition and composmentis, the respondent had blood pressure in the hypertension category. Intake is in the severe deficit category and monitoring and evaluation is carried out.

Conclusion: Evaluation of respondent intake during monitoring showed that there was an increase in intake but it was still in the deficit category.

Key words: Cancer, Hypertension, Nutritional Care Processes, High protein diet