

NUTRITION EDUCATION IN THE NUTRITIONAL CARE PROCESS FOR ELDERLY PATIENTS POST-FRACTURE SURGERY WITH A HISTORY OF BREAST CANCER AND HYPERTENSION IN THE WORKING AREA OF MLATI II COMMUNITY HEALTH CENTER

Salsabila Rahma Sekar Sari¹, Tri Siswati², Waryana³
^{1,2,3} Dietitian Profession Education Poltekkes Kemenkes Yogyakarta
Jl. Tatabumi No. 3, Banyuraden, Gamping, Sleman
Email: Salsabilarss1@gmail.com

ABSTRACT

Background: Elderly individuals aged 60 years and above are vulnerable to health problems, including nutritional issues, fractures, and degenerative diseases. Physiological changes affect dietary patterns and nutrient metabolism, making good nutrition implementation essential.

Objective: To assess, identify, and provide nutritional care for elderly patients post-fracture surgery with a history of breast cancer and hypertension.

Method: This research is descriptive with a qualitative case study design. The subject is a 67-year-old female elderly patient with a history of hypertension and breast cancer in the working area of the Mlati II Community Health Center. Data collected includes identity, anthropometric data, disease history, and eating habits, obtained through interviews, observation, and direct measurement. Screening was conducted using the MNA-SF questionnaire to determine the risk of malnutrition in the elderly.

Results: The nutritional status of the subject indicated obesity, with a history of breast cancer and hypertension. Post-surgical nutritional care was provided in the form of a high-energy, high-protein diet. Nutritional education interventions were implemented successfully; the patient adhered to the recommendations, resulting in increased food intake, particularly energy and protein, and reduced high-sodium intake.

Conclusion: Interventions included education on a high-energy, high-protein diet and motivation for adherence. Monitoring and evaluation showed improved food intake, especially energy and protein, along with controlled blood pressure through antihypertensive medication.

Keywords: Nutritional Care Process, Fracture, Cancer, Hypertension, High-Energy High-Protein Low-Sodium Diet

¹Student, Department of Nutrition Poltekkes Kemenkes Yogyakarta

²Lecturer, Department of Nutrition Poltekkes Kemenkes Yogyakarta

³Lecturer, Department of Nutrition Poltekkes Kemenkes Yogyakarta

EDUKASI GIZI PADA PROSES ASUHAN GIZI LANSIA PASCA OPERASI FRAKTUR DENGAN RIWAYAT *CA MAMMAE* DAN HIPERTENSI DI WILAYAH KERJA PUSKESMAS MLATI II

Salsabila Rahma Sekar Sari¹, Tri Siswati², Waryana³
^{1,2,3} Pendidikan Profesi Dietisien Poltekkes Kemenkes Yogyakarta
Jl. Tatabumi No. 3, Banyuraden, Gamping, Sleman
Email: Salsabilarss1@gmail.com

ABSTRAK

Latar Belakang: Lanjut usia (lansia) berusia 60 tahun ke atas rentan terhadap masalah kesehatan, termasuk masalah gizi, fraktur, dan penyakit degeneratif. Perubahan fisiologis mempengaruhi pola konsumsi, dan metabolisme zat gizi lansia sehingga penerapan gizi yang baik sangat penting.

Tujuan: Mengkaji, mengidentifikasi, dan melaksanakan asuhan gizi pada lansia pasca operasi fraktur dengan riwayat *ca mammae* dan hipertensi.

Metode: Penelitian ini merupakan penelitian deskriptif dengan rancangan kualitatif dalam bentuk studi kasus. Subjek penelitian adalah satu responden lansia perempuan berusia 67 tahun dengan riwayat hipertensi dan kanker payudara di wilayah Puskesmas Mlati II. Data yang dikumpulkan meliputi identitas, data antropometri, riwayat penyakit, dan kebiasaan makan, yang diperoleh melalui wawancara, pengamatan, dan pengukuran langsung. Skrining dilakukan menggunakan kuesioner MNA-SF untuk mengetahui risiko malnutrisi pada lansia.

Hasil: Status gizi subjek menunjukkan obesitas, dengan riwayat *ca mammae* dan hipertensi. Asuhan gizi pasca operasi diberikan dalam bentuk diet tinggi energi dan tinggi protein. Intervensi berupa edukasi gizi berjalan dengan baik, pasien menerapkan anjuran yang diberikan, dan terdapat peningkatan asupan makan terutama pada asupan energi dan protein serta mengurangi asupan tinggi natrium.

Kesimpulan: Intervensi yang dilakukan meliputi edukasi tentang diet tinggi energi dan protein, serta motivasi untuk menerapkannya. Monitoring dan evaluasi menunjukkan peningkatan asupan makanan, terutama energi dan protein, serta tekanan darah yang terkontrol dengan obat antihipertensi.

Kata kunci: Asuhan Gizi, Fraktur, Kanker, Hipertensi, Diet Tinggi Energi Tinggi Protein Rendah Garam

¹Mahasiswa Jurusan Gizi Poltekkes Kemenkes Yogyakarta

²Dosen Jurusan Gizi Poltekkes Kemenkes Yogyakarta

³Dosen Jurusan Gizi Poltekkes Kemenkes Yogyakarta