

**ASUHAN GIZI PADA PASIEN TUMOR MAMMAE SUSP MALIGNANSI  
DENGAN DIABETES MELLITUS TIPE 2 DI RUANG HCU PANDAN 2  
RSUD DR. SOETOMO SURABAYA**

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**ABSTRAK**

**Latar Belakang:** Kanker terjadi karena adanya pertumbuhan sel abnormal yang tidak terkontrol dan dapat merusak sel normal di sekitarnya. Salah satu jenis kanker yang paling banyak menyerang perempuan adalah *carcinoma mammae* atau kanker payudara. Peningkatan resiko kanker payudara bisa terjadi salah satunya dengan diabetes melitus.

**Tujuan:** Mengetahui proses asuhan gizi terstandar pada pasien tumor mammae susp malignansi dengan diabetes mellitus tipe 2 di Ruang HCU Pandan 2 RSUD Dr. Soetomo Surabaya.

**Metode Penelitian:** Jenis penelitian deskriptif analitik dengan desain studi kasus.

**Hasil:** Hasil monitoring menunjukkan tidak ada perubahan status gizi. Biokimia menunjukkan anemia normokromik normositer, trombositopenia, dan infeksi. Klinis menunjukkan memar dan gusi berdarah. Asupan makan hari pertama tidak sesuai target dan membaik pada hari kedua. Hari ketiga dan keempat pasien membeli makanan dari luar. Edukasi sudah memahami tentang diet yang dianjurkan, tapi kurang patuh terhadap makanan yang diberikan.

**Kesimpulan:** Penampilan keseluruhan menunjukkan adanya peningkatan kondisi pasien. Nafsu makan mulai meningkat, akan tetapi sering ditemui pasien makan dari luar rumah sakit.

**Kata Kunci:** Asuhan Gizi, Tumor Mammae, Diabetes Melitus Tipe 2.

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**NUTRITIONAL CARE FOR PATIENTS WITH DEXTRA/SINISTRA  
MAMMAE TUMORS SUSP MALIGNANCY WITH TYPE 2 DIABETES  
MELLITUS IN THE HCU PANDAN 2 RSUD DR. SOETOMO SURABAYA**

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**ABSTRACT**

**Background:** Cancer occurs due to uncontrolled abnormal cell growth and can damage normal cells around it. One type of cancer that most commonly attacks women is carcinoma mammae or breast cancer. Increased risk of breast cancer can occur, one of which is with diabetes mellitus.

**Objective:** To determine the standardized nutritional care process in patients with mammae tumors suspected of malignancy with type 2 diabetes mellitus in the HCU Pandan 2 Dr. Soetomo Hospital Surabaya.

**Method:** This type of descriptive analytical research with a case study design.

**Results:** The monitoring results showed no change in nutritional status. Biochemistry showed normochromic normocytic anemia, thrombocytopenia, and infection. Clinically showed bruising and bleeding gums. Food intake on the first day was not according to target and improved on the second day. On the third and fourth days, patients bought food from outside. Education already understands the recommended diet, but is less compliant with the food provided.

**Conclusion:** The overall appearance showed an improvement in the patient's condition. Appetite began to increase, but patients often eat from outside the hospital.

**Keywords:** Nutritional Care, Breast Tumor, Type 2 Diabetes Mellitus.

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