

**ASUHAN GIZI TERSTANDAR PADA LANSIA HOMECARE DENGAN  
POST OPERASI KANKER PAYUDARA (*CARCINOMA MAMMAE*) DI  
WILAYAH KERJA PUSKESMAS GAMPING I**

Andini Gulita Nanda, M. Primiaji Rialihanto, Tri Siswati  
Jurusan Gizi Poltekkes Kemenkes Yogyakarta  
Jl. Titibumi No.3 Banyuraden, Gamping, Sleman  
Email : [gulitananda@gmail.com](mailto:gulitananda@gmail.com)

**ABSTRAK**

**Latar Belakang :** Lansia merupakan seseorang yang sudah menginjak usia 60 tahun keatas. Lanjut usia mengalami berbagai perubahan baik secara fisik, mental maupun sosial. Lansia dengan penyakit kanker kemoterapi sangat penting untuk memperhatikan asupan makan guna mempertahankan status gizi normal.

**Tujuan :** Untuk mengetahui dan menerapkan asuhan gizi terstandar pada lansia post operasi kanker payudara.

**Metode :** Penelitian ini merupakan penelitian deskriptif dengan rancangan kualitatif dalam bentuk studi kasus. Subyek penelitian adalah seorang Lansia perempuan berusia 70 tahun dengan diagnosis medis *camcer mammae* dextra. Di wilayah Puskesmas Gamping I. Data yang dikumpulkan meliputi identitas, data antropometri, riwayat penyakit dan kebiasaan makan, yang diperoleh melalui wawancara dan pengukuran langsung. Skrining dilakukan menggunakan kuesioner MNA-SF untuk mengetahui risiko malnutrisi pada lansia.

**Hasil :** Status gizi subyek menunjukkan normal, dengan riwayat *ca mammae dextra*. Asuhan gizi post operasi diberikan dalam bentuk diet tinggi energi dan protein. Intervensi berjalan dengan baik dan terdapat peningkatan makan subyek selama tiga hari.

**Kesimpulan :** Intervensi yang dilakukan yakni edukasi tentang diet tinggi energi dan protein. Monitoring dan evaluasi selama 3 hari menunjukkan peningkatan asupan makan. Tekanan darah terkontrol normal dengan obat antihipertensi.

**Kata kunci :** Asuhan gizi terstandar, post operasi *ca mammae*, diet, edukasi gizi, konseling gizi

# NUTRITIONAL CARE FOR HOMECARE ELDERLY WITH POST OPERATIONAL BREAST CANCER IN THE WORKING AREA OF PUSKESMAS GAMPING I

Andini Gulita Nanda, M. Primiaji Rialihanto, Tri Siswati  
Departemen of Nutrition Poltekkes Kemenkes Yogyakarta  
Jl. Titibumi No.3 Banyuraden, Gamping, Sleman  
Email : [gulitananda@gmail.com](mailto:gulitananda@gmail.com)

## ABSTRACT

**Background :** The elderly is someone who has reached the age of 60 years old. The elderly experience various changes both physically, mentally, and socially. The elderly with cancer chemotherapy are very important to pay attention to food intake to maintain normal nutritional status.

**Objective :** To know and apply standardised nutritional care for the elderly after breast cancer surgery.

**Method :** This research is a descriptive research with qualitative design in the form of a case study. The research subject is 70 years old elderly woman with a medical diagnosis of *mammae dextra cancer* in the Gamping I health center area. The collected data includes identity, antropometric data, disease history and eating habits obtained through interviews and direct measurements. Screening is carried out using MNA-SF questionnaires to determine the risk of malnutrition in the elderly.

**Result :** The nutritional status of the subject showed normal with a history of *cancer mammae dextra*. Postoperative nutritional care was given in the form of a diet high in energy and protein. The intervention went well and there was an increase in the subjects eating for three days.

**Conclusion :** the intervention carried out is education about high energy and protein diet. Monitoring and evaluation for three days showed an increase in food intake. Normal controlled blood pressure with antihypertensive drugs.

**Keyword :** *nutrition care process, post operation ca mammae, diet, nutrition education, nutritional counselling*