

ASUHAN GIZI *HOME CARE* PADA LANSIA *CARCINOMA MAMMAE* ON KEMOTERAPI DI WILAYAH KERJA PUSKESMAS GAMPING I SLEMAN

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ABSTRAK

Latar Belakang: Kanker payudara merupakan jenis kanker terbanyak di Indonesia. Sebanyak 396.914 kasus baru (16.6%) kanker di Indonesia menjadi salah satu penyebab utama kematian akibat kanker. Pada pasien kanker sangat rentan terjadinya defisiensi. Defisiensi yang paling sering terjadi pada penderita kanker payudara (*Carcinoma Mammae*) ialah defisiensi energi dan protein, hal ini disebabkan karena penderita kanker mengalami *turn over* protein yang meningkat, status gizi penderita kanker sangat penting untuk dipertahankan dan ditingkatkan sehingga dapat meminimalisir terjadinya komplikasi akibat pengobatan kanker.

Tujuan: Mengetahui, melakukan, dan menganalisis kegiatan asuhan gizi terstandar pada lansia dengan *Carcinoma Mammae* on Kemoterapi di wilayah kerja Puskesmas Gamping I Sleman.

Metode: Jenis penelitian yang dilakukan dalam penelitian ini merupakan penelitian *study case* yang dilakukan secara observasional.

Hasil: Hasil skrining gizi diperoleh bahwa subjek beresiko malnutrisi. Subjek tidak ada penurunan berat badan setelah intervensi dengan status gizi normal. Hasil pemeriksaan biokimia diketahui nilai Hemoglobin rendah. Hasil pemeriksaan fisik/klinis dalam keadaan kompos mentis, tidak ada gangguan gastrointestinal, dan vital-sign normal. Intervensi gizi yang diberikan, yaitu diet Tinggi Energi dan Tinggi Protein (TETP) secara oral dengan frekuensi 3x makan utama dan 2x selingan untuk kebutuhan energi sebesar 1,712 kkal, protein sebesar 62.4 gram, lemak sebesar 47.5 gram, dan karbohidrat sebesar 258 gram. Hasil monitoring asupan makan subjek selama tiga hari intervensi menunjukkan bahwa rata-rata asupan energi, protein, lemak, dan karbohidrat termasuk dalam kategori cukup dikarenakan pasien tidak ada gangguan mengunyah, menelan, maupun gastrointestinal selain itu subjek juga patuh dalam menjalankan diet dengan baik.

Kesimpulan: Hasil monitoring dan evaluasi intervensi menunjukkan bahwa adanya keberhasilan dalam pemberian intervensi gizi.

Kata Kunci: Ca Mammae, Kemoterapi, PAGT, Lansia

HEMOCARE NUTRITIONAL CARE FOR THE ELDERLY CARCINOMA MAMMAE ON CHEMOTHERAPY IN THE WORKING AREA OF GAMPING I SLEMAN HEALTH CENTER

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ABSTRACT

Background: Breast cancer is the most common type of cancer in Indonesia. As many as 396,914 new cases (16.6%) of cancer in Indonesia became one of the leading causes of cancer deaths. Cancer patients are very vulnerable to deficiencies. The most common deficiencies in breast cancer patients (Carcinoma Mammae) are energy and protein deficiencies, this is because cancer patients experience increased protein turn over, the nutritional status of cancer patients is very important to maintain and improve so as to minimize the occurrence of complications due to cancer treatment.

Objective: Knowing, doing, and analyzing standardized nutritional care activities in the elderly with Carcinoma Mammae on Chemotherapy in the work area of Gamping I Sleman Health Center.

Method: This study used a cross-sectional research design conducted observationally.

Results: Nutritional screening results showed that the subject was at risk of malnutrition. The subject did not lose weight after the intervention with normal nutritional status. The biochemical examination results showed low hemoglobin values. The results of the physical/clinical examination were in a state of composmentis, no gastrointestinal disorders, and normal vital signs. The nutritional intervention provided, namely the High Energy and High Protein (TETP) diet orally with a frequency of 3x main meals and 2x snacks for energy needs of 1,712 kcal, protein of 62.4 grams, fat of 47.5 grams, and carbohydrates of 258 grams. The results of monitoring the subject's food intake during the three days of intervention showed that the average intake of energy, protein, fat, and carbohydrates was in the sufficient category because the patient had no chewing, swallowing, or gastrointestinal disorders and the subject was also compliant in carrying out the diet well.

Conclusion: The results of monitoring and evaluation of the intervention showed that there was success in providing nutritional interventions.

Keywords: Breast Cancer, Chemotherapy, PAGT, Elderly