

STANDARDIZED NUTRITION CARE PROCESS FOR THYROID CANCER PATIENTS WITH METASTASIS IN *VERTEBRATE* IN THE INPATIENT ROOM OF PKU MUHAMMADIYAH GAMPING HOSPITAL

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ABSTRACT

Background: The prevalence of cancer is 1.8% in Indonesia and highest in D.I. Yogyakarta at 4,1% . The number of new cases of thyroid cancer in Indonesia is 3,3% with an incidence of 0,95%, which is 12th in the world based on data from WHO 2020. In cancer patients, it is necessary to be given PAGT to support the treatment and recovery process, especially after undergoing therapy.

Objective: To find out the overview of the implementation of the standardized nutritional care process for thyroid cancer patient with metastasis in vertebrata in the inpatient room of PKU Muhammadiyah Gamping Hospital

Method: Type of descriptive observational research with case study design. Data collection by interview, observation, and anthropometric measurement methods which are primary data types, as well as medical records as secondary data.

Results: Nutrition screening using the NRS-2002 form showed outcomes at risk of malnutrition. Nutritional status based on the LILA percentile of 83,03% shows poor nutritional status. Biochemical data obtained low levels of hemoglobin, eosinophils, lymphocytes, erythrocytes, hematocrit, MCHC, and absolute lymphocytes are low, while the levels of leucocytes, neutrophils, platelets are high, RDW CV, RDW SD, and absolute neutrophils. Physical/ clinical data were obtained from weak patients, mushy and black liquid bowel movements, nausea, decreased appetite, and abdominal pain. The patients' history of eating habits is not good in terms of the variety of foodstuffs, portions, and processing methods. Nutritional diagnoses included NI-2.1, NI-5.1, NC-4.1.3, and NB-1.1. The type of diet given is in the form of a high-protein diet. The results of monitoring and evaluation of patients have normal, physical/ clinical hemoglobin levels, some have improved and some are still there, and food intake has not reached the target.

Conclusion: There is an effect of providing standardized nutritional care for thyroid cancer patient with metastasis in vertebrata, as evidenced by the improved response

Keywords: *Hematemesis melena, anemia gravis, vertebrate tumors, thyroid cancer, gastritis, standardized nutrition care process*

PROSES ASUHAN GIZI TERSTANDAR PADA PASIEN KANKER TIROID DENGAN METASTASIS DI *VERTEBRATA* DI RUANG RAWAT INAP RS PKU MUHAMMADIYAH GAMPING

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ABSTRAK

Latar Belakang: Prevalensi kanker sebanyak 1,8% di Indonesia dan tertinggi di D.I.Yogyakarta sebesar 4,1%. Jumlah kasus baru kanker tiroid di Indonesia sebanyak 3,3% dengan insidensi 0,95%, merupakan urutan ke-12 di dunia berdasarkan data dari WHO tahun 2020. Pada pasien kanker perlu diberikan PAGT untuk mendukung proses pengobatan dan pemulihan, terutama setelah menjalani terapi.

Tujuan: Mengetahui gambaran pelaksanaan proses asuhan gizi terstandar pada pasien kanker tiroid dengan metastasis di *vertebrata* di ruang rawat inap RS PKU Muhammadiyah Gamping

Metode: Jenis penelitian observasional deskriptif dengan desain studi kasus. Pengumpulan data dengan metode wawancara, observasi, dan pengukuran antropometri yang merupakan jenis data primer, serta rekam medis sebagai data sekunder.

Hasil: Skrining gizi menggunakan form NRS-2002 menunjukkan hasil berisiko malnutrisi. Status gizi berdasarkan persentil LILA 83,03% menunjukkan status gizi kurang. Data biokimia diperoleh kadar hemoglobin, eosinophil, limfosit, eritrosit, hematocrit, MCHC, dan limfosit absolut rendah, sedangkan kadar lekosit, neutrophil, trombosit tinggi, RDW CV, RDW SD, dan neutrophil absolut tinggi. Data fisik/ klinis diperoleh KU pasien lemah, BAB cair lembek dan hitam, mual, nafsu makan turun, dan nyeri perut. Riwayat kebiasaan makan pasien kurang baik dari segi variasi bahan makanan, porsi, dan cara pengolahan. Diagnosis gizi yang diangkat meliputi NI-2.1, N1-5.1, dan NB-1.1. Jenis diet yang diberikan berupa diet tinggi protein. Hasil monitoring dan evaluasi pasien kadar hemoglobin normal, fisik/ klinis beberapa sudah membaik dan beberapa masih ada, dan asupan makan belum mencapai target.

Kesimpulan: Terdapat pengaruh dari pemberian proses asuhan gizi terstandar pada pasien kanker tiroid dengan metastasis di *vertebrata* dibuktikan dengan respon yang semakin membaik.

Kata Kunci: *Hematemesis melena*, anemia gravis, tumor *vertebrata*, kanker tiroid, gastritis, Proses Asuhan Gizi Terstandar