

ABSTRAK

PROSES ASUHAN GIZI TERSTANDAR (PAGT) PADA PASIEN PRIMARY BONE TUMOR EC OSTEOSARKOMA POST OPERASI EKSISI DENGAN DISPEPSIA DI RS ORTOPEDI PROF DR R SOEHARSO SURAKARTA

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ABSTRAK

Osteosarkoma merupakan tumor tulang ganas primer yang banyak ditemukan pada remaja dan dapat menyebabkan komplikasi serius pasca operasi. Penatalaksanaan gizi menjadi salah satu faktor penting dalam mendukung proses pemulihan pasien melalui Proses Asuhan Gizi Terstandar (PAGT) yang meliputi asesmen, diagnosis, intervensi, serta monitoring dan evaluasi gizi. Studi kasus ini bertujuan untuk mengetahui implementasi PAGT pada pasien primary bone tumor ec. osteosarkoma pasca operasi eksisi dengan dispepsia di RS Ortopedi Prof. Dr. R. Soeharso Surakarta. Penelitian menggunakan desain deskriptif observasional dengan pendekatan studi kasus. Subjek penelitian adalah seorang pasien perempuan usia 18 tahun yang menjalani perawatan inap dengan diagnosis medis primary bone tumor ec. osteosarkoma post operasi eksisi disertai dispepsia. Hasil asesmen menunjukkan status gizi underweight (IMT 14,27 kg/m²), asupan energi dan protein masih di bawah kebutuhan, serta adanya risiko malnutrisi berdasarkan NRS-2002. Intervensi yang diberikan berupa diet Lambung III Tinggi Energi Tinggi Protein (DL III TETP) dengan modifikasi sesuai daya terima pasien, disertai edukasi gizi. Hasil monitoring menunjukkan adanya perbaikan daya terima makanan serta stabilitas status klinis pasien. Kesimpulannya, penerapan PAGT dapat membantu memperbaiki asupan nutrisi dan mendukung pemulihan pasien pasca operasi osteosarkoma dengan dispepsia.

Kata Kunci: Osteosarkoma, Proses Asuhan Gizi Terstandar (PAGT), Dispepsia, Status Gizi

ABSTRACT

STANDARDIZED NUTRITION CARE PROCESS IN A PATIENT WITH PRIMARY BONE TUMOR EC OSTEOSARCOMA POST EXCISION SURGERY WITH DYSPEPSIA AT PROF DR R SOEHARSO ORTHOPEDIC HOSPITAL SURAKARTA

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ABSTRACT

Osteosarcoma is a primary malignant bone tumor commonly found in adolescents and may cause severe complications after surgery. Nutritional management plays an important role in supporting recovery through the Nutrition Care Process (NCP), which consists of assessment, diagnosis, intervention, and monitoring and evaluation. This case study aims to describe the implementation of NCP in a patient with primary bone tumor due to osteosarcoma post excision surgery with dyspepsia at Prof. Dr. R. Soeharso Orthopedic Hospital, Surakarta. The research used a descriptive observational design with a case study approach. The subject was an 18-year-old female inpatient diagnosed with primary bone tumor ec. osteosarcoma post excision surgery with dyspepsia. Assessment revealed underweight nutritional status (BMI 14.27 kg/m²), inadequate energy and protein intake, and risk of malnutrition based on NRS-2002. The intervention provided was a Gastric Diet III High Energy High Protein (DL III HEHP), modified according to the patient's tolerance, accompanied by nutrition education. Monitoring results showed improved food tolerance and stable clinical status. In conclusion, the implementation of NCP helps improve nutritional intake and supports recovery of post-operative osteosarcoma patients with dyspepsia.

Keywords: Osteosarcoma, Nutrition Care Process (NCP), Dyspepsia, Nutritional Status