

ASUHAN GIZI PADA PENDERITA *MALIGNANT NEOPLASM HEAD OF PANCREAS* POST OPERASI *BY PASS BILIODIGESTIVE* DI RSPAL DR. RAMELAN SURABAYA

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ABSTRAK

Latar Belakang: Kanker pankreas merupakan salah satu kanker dengan tingkat mortalitas tinggi. Pasien dengan *malignant neoplasm head of pancreas* pasca operasi *bypass biliodigestive* memiliki risiko tinggi mengalami malnutrisi akibat penurunan nafsu makan, gangguan metabolisme, dan peningkatan kebutuhan energi dan protein untuk menyembuhkan luka pasca operasi.

Tujuan: Penelitian ini bertujuan untuk menggambarkan proses asuhan gizi terstandar pada pasien kanker kepala pankreas pasca operasi *bypass biliodigestive*.

Metode: Penelitian ini menggunakan rancangan studi kasus deskriptif pada satu perempuan berusia 55 tahun yang dirawat sejak tanggal 21 Mei 2025. Data dikumpulkan melalui wawancara, pengukuran antropometri, pemeriksaan biokimia dan klinis, serta telaah dokumen. Analisis dilakukan secara deskriptif mengikuti tahapan *nutrition care process (NCP)*. Intervensi gizi yang diberikan adalah diet Tinggi Energi Tinggi Protein (TETP) secara bertahap sesuai dengan kondisi pasca operasi pasien.

Hasil: Diagnosis gizi yang ditegakkan adalah NI.5.1 Peningkatan kebutuhan zat gizi energi dan protein dan NC.1.4 Perubahan fungsi gastrointestinal. Pemberian intervensi secara bertahap sesuai dengan kondisi pasien. Pada awal asesmen asupan energi dan protein terbatas karena kondisi klinis pasien mual dan muntah serta puasa sebelum operasi. Pada akhir monitoring terjadi peningkatan asupan dan dapat memenuhi >80% kebutuhan, disertai adanya perbaikan klinis dan toleransi makan yang baik.

Kesimpulan: Asuhan gizi terstandar dengan pemberian diet TETP secara bertahap sesuai kondisi pasca operasi mampu meningkatkan asupan energi dan protein, memperbaiki kondisi fisik/klinis, dan membantu mempercepat proses penyembuhan.

Kata Kunci: Asuhan Gizi, Kanker Pankreas, *Bypass Biliodigestive*, TETP

Nutritional Management of a Patient with Pancreatic Head Malignancy Post Biliodigestive Bypass Surgery

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ABSTRACT

Background: *Pancreatic cancer is one of the malignancies with a highest mortality rates. Patients with malignant neoplasm of head of pancreas after biliodigestive bypass surgery are at high risk of malnutrition due to decreased appetite, metabolic disturbances, and increased energy and protein requirements for postoperative wound healing.*

Objective: *This study aims to describe the standardized nutrition care process for patient with pancreatic head cancer after biliodigestive bypass surgery.*

Method: *This research used a descriptive case study design involving a 55-year-old female patient admitted on May 21, 2025. Data were collected through interviews, anthropometric measurements, biochemical and clinical examinations, and document reviews. The analysis was conducted descriptively following the stages of the Nutrition Care Process (NCP). The nutritional interventions provided was a gradual High-Energy-High-Protein (HEHP) diet tailored to the patient's postoperative condition.*

Results: *The nutrition diagnoses established were NI.5.1 Increased nutrient needs (energy and protein) and NC.1.4 Altered gastrointestinal function. Nutritional interventions were delivered gradually according to the patient's condition. At the initial assessment, energy and protein intake were lower because the patient experienced nausea and vomiting in addition to preoperative fasting. By the end of monitoring, intake improved and exceeded 80% of requirements, accompanied by clinical improvement and good dietary tolerance.*

Conclusion: *Standardized nutrition care with gradual administration of a High-Energy-High-Protein (HEHP) diet tailored to the patient's postoperative condition can effectively increase energy and protein intake, improve physical and clinical status, and accelerate the recovery process.*

Keyword: *Pancreatic Head Cancer, Biliodigestive Bypass, Nutrition Care Process, High-Energy-High-Protein*