

ASUHAN GIZI TERSTANDAR PADA PASIEN ADENOKARSINOMA SALIVARY GLAND POST KEMOTERAPI DAN POST RADIOTERAPI DI RSUD PASAR MINGGU

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ABSTRAK

Latar Belakang: *Adenokarsinoma Salivary Gland* merupakan jenis kanker kelenjar ludah ganas yang dapat mengakibatkan masalah gizi. Masalah gizi yang muncul dapat berasal dari manifestasi klinis kanker maupun dampak dari pengobatan kanker. Gejalanya seperti mulut kering, mual, muntah, kesulitan menelan, dan tidak nafsu makan yang nantinya akan berdampak pada kondisi malnutrisi. Peningkatan kebutuhan energi dan protein dibutuhkan untuk memenuhi asupan gizi pasien akibat hipermetabolisme kanker dan asupan gizi yang tidak adekuat.

Tujuan: Menganalisa proses asuhan gizi pada pasien *adenokarsinoma salivary gland* post kemoterapi dan post radioterapi di RSUD Pasar Minggu.

Metode : Penelitian ini merupakan penelitian kualitatif dengan bentuk studi kasus dengan subyek penelitian satu pasien yang menjalani rawat inap 3x24 jam di RSUD Pasar Minggu.

Hasil : Hasil pengkajian menunjukkan pasien lemas, mual, muntah, tidak nafsu makan, batuk dan sesak, tekanan darah tinggi, dan hasil biokimia menunjukkan pasien kesan anemia, infeksi dan hipokalium. Riwayat asupan makan dari SQFFQ dan recall 24 jam sebelum masuk rumah sakit menunjukkan asupan gizi kurang dan status gizi berat badan kurang. Skrining gizi dengan NRS-2002 menunjukkan pasien berisiko malnutrisi. Diagnosis gizinya meliputi domain asupan, klinis dan perilaku dengan intervensi gizi berupa diet tinggi kalori tinggi protein. Monitoring dan evaluasi selama 3 hari menunjukkan pasien mengalami perbaikan fisik/klinis dan peningkatan asupan makan namun belum mencapai target 80% dari kebutuhan total. Edukasi dan konseling gizi juga sudah diberikan kepada pasien dan keluarga agar dapat diterapkan di rumah untuk pemenuhan kebutuhan gizinya.

Kesimpulan : Asuhan gizi terstandar pada pasien kanker dengan intervensi yang tepat dapat membantu mengurangi dan mengatasi masalah gizi. Edukasi dan konseling gizi juga dapat meningkatkan keberhasilan asuhan gizi sehingga pasien dapat menjalankan rekomendasi diet yang tepat.

Kata Kunci : kanker, malnutrisi, tinggi energi tinggi protein, asuhan gizi

STANDARIZED NUTRITIONAL CARE FOR SALIVARY GLAND ADENOCARCINOMA PATIENT POST-CHEMOTHERAPY AND POST- RADIOTHERAPY AT PASAR MINGGU REGIONAL GENERAL HOSPITAL

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ABSTRACT

Background: Adenocarcinoma Salivary Gland is a type of malignant salivary gland cancer that can result in nutritional issues. Nutritional problems may arise from both the clinical manifestations of the cancer and the effects of cancer treatments. Symptoms such as dry mouth, nausea, vomiting, dysphagia, and loss of appetite can lead to malnutrition. Increased energy and protein requirements are necessary to meet the nutritional needs of patients due to the hypermetabolism associated with cancer and inadequate nutrient intake.

Objective: To analyze the process of nutritional care in patients with adenoid cystic carcinoma of the salivary gland post-chemotherapy and post-radiotherapy at RSUD Pasar Minggu.

Methods: This study is a qualitative research with a case study design, focusing on one patient who was admitted for 3x24 hours at RSUD Pasar Minggu.

Results: The assessment results showed the patient presented with weakness, nausea, vomiting, loss of appetite, cough, dyspnea, high blood pressure, and biochemical results indicating anemia, infection, and hypokalemia. The food intake history based on the SQFFQ and 24-hour recall prior to hospitalization indicated inadequate nutrient intake and a low nutritional status, with the patient being underweight. The Nutrition Risk Screening (NRS-2002) screening identified the patient as at risk of malnutrition. The nutritional diagnosis included domains of intake, clinical status, and behavior, with the nutritional intervention focusing on a high-calorie and high-protein diet. Monitoring and evaluation over 3 days showed physical/clinical improvement and increased food intake, although it had not yet reached 80% of total energy requirements. Nutritional education and counseling were provided to both the patient and family to ensure proper implementation of dietary recommendations at home.

Conclusion: Standardized nutritional care with appropriate interventions can help reduce and address nutritional problems in cancer patients. Nutritional education and counseling also play a significant role in improving the success of nutritional care, enabling patients to adhere to proper dietary recommendations.

Keywords: cancer, malnutrition, high-energy and high-protein diet, nutritional care