

ABSTRAK
ASUHAN GIZI TERSTANDAR PADA PASIEN
***ACUTE MYELOID LEUKEMIA* DENGAN KEMOTERAPI DAN**
***CEPHALGIA CUM* TANPA *LATERALISASI* DI BANGSAL**
DAHLIA 2 RSUP DR. SARDJITO

Dini Puspita Sari¹, Weni Kurdanti², Nugraheni Tri Lestari³
Jurusan Gizi Poltekkes Kemenkes Yogyakarta
Jl. Tatabumi No.3 Banyuraden, Gamping, Sleman
Email: pusspita11@gmail.com

ABSTRAK

Latar Belakang: *Acute Myeloid Leukemia* (AML) merupakan keganasan hematologi akibat proliferasi abnormal sel mieloid imatur di sumsum tulang yang menghambat pembentukan sel darah normal. Kondisi ini sering disertai komplikasi seperti anemia normositik normokromik, trombositopenia, dan neutropenia yang berdampak pada status gizi serta metabolisme pasien. Gejala seperti lemas, perdarahan, dan infeksi akibat imunitas rendah sering diperberat oleh efek kemoterapi, seperti mual, muntah, dan penurunan nafsu makan, yang menurunkan asupan energi dan protein. Malnutrisi pada pasien AML berhubungan dengan peningkatan komplikasi, penurunan respons terapi, serta lamanya masa rawat. Dengan demikian, intervensi gizi terstandar menjadi bagian penting dalam manajemen pasien leukemia.

Tujuan: Mengetahui asuhan gizi secara terstandar terhadap pasien dengan *AML* dengan kemoterapi dan *cephalgia cum* tanpa *lateralisasi*.

Metode: Penelitian ini menggunakan desain studi kasus. Penatalaksanaan asuhan gizi yang dilakukan selama delapan hari pemantauan pada tanggal 02 – 11 Juni 2025 terhadap seorang pasien AML dengan *anemia normositik normokromik* trombositopenia berat dengan perdarahan, *afebril neutropenitis ods* perdarahan retina *cephalgia cum* tanpa *lateralisasi*. Proses pengambilan data dilakukan dengan wawancara, pengukuran antropometri, pencatatan hasil pemeriksaan rekam medis dan survey konsumsi menggunakan metode *food recall* 24 jam.

Hasil : Intervensi diet TETP bentuk lunak lauk cincang meningkatkan pemenuhan kebutuhan gizi hingga $\geq 80\%$ dan diikuti perbaikan hemoglobin, hematokrit, serta kondisi klinis pasien selama pemantauan.

Kesimpulan: Diet TETP yang diberikan secara terarah dan berkelanjutan berkontribusi penting dalam stabilisasi kondisi pasien AML dan mendukung kesiapan pasien dalam menjalani terapi medis lanjutan.

Kata Kunci: kanker darah, anemia, status gizi, malnutrisi, diet tinggi energi tinggi protein

ABSTRACT
**STANDARDIZED NUTRITION CARE PROCESS IN A PATIENT WITH
ACUTE MYELOID LEUKEMIA UNDERGOING CHEMOTHERAPY AND
CEPHALGIA CUM WITHOUT LATERALIZATION IN DAHLIA 2 UNIT
DR. SARDJITO GENERAL HOSPITAL**

Dini Puspita Sari¹, Weni Kurdanti², Nugraheni Tri Lestari³
Jurusan Gizi Poltekkes Kemenkes Yogyakarta
Jl. Tatabumi No.3 Banyuraden, Gamping, Sleman
Email: pusspita11@gmail.com

ABSTRACT

Background: Acute Myeloid Leukemia (AML) is a hematologic malignancy caused by abnormal proliferation of immature myeloid cells in the bone marrow, inhibiting normal blood cell formation. This condition is frequently accompanied by normocytic normochromic anemia, thrombocytopenia, and neutropenia, which negatively affect nutritional status and metabolism. Symptoms such as fatigue, bleeding, and infection due to low immunity are often worsened by chemotherapy side effects, including nausea, vomiting, and decreased appetite, leading to reduced energy and protein intake. Malnutrition in AML patients is associated with increased complications, decreased therapy response, and longer hospital stays. Therefore, standardized nutritional care plays an essential role in patient management.

Objective: To evaluate standardized nutrition care in a patient with AML undergoing chemotherapy and presenting with cephalgia without lateralization.

Methods: This case study was conducted over eight days (02–11 June 2025) in an AML patient with normocytic normochromic anemia, severe thrombocytopenia with bleeding, afebrile neutropenia, suspected retinal hemorrhage, and cephalgia without lateralization. Data collection included interviews, anthropometric measurements, medical record reviews, and dietary assessment using a 24-hour food recall method.

Results: The provision of a High-Energy High-Protein (HEHP) soft diet with minced side dishes enabled the patient to achieve $\geq 80\%$ of nutritional requirements, accompanied by improvements in hemoglobin, hematocrit, and overall clinical condition.

Conclusion: Targeted and consistent HEHP diet intervention contributed to stabilizing the patient's clinical and nutritional status and enhanced readiness for continued medical therapy.

Keywords: leukemia, anemia, nutritional status, malnutrition, high energy high protein diet