

ABSTRAK
MODIFIKASI FORMULA ENTERAL KANKER TINGGI KALORI TINGGI PROTEIN
“EKATITIPRO” DENGAN PENAMBAHAN TEPUNG KACANG HIJAU, BLOKOLI &
JERUK, DIRSUD AHMAD TABIB KEPULAUAN RIAU

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ABSTRAK

Latar Belakang : Salah satu masalah gizi yang erat kaitannya dengan kanker adalah malnutrisi. Malnutrisi pada pasien kanker dapat berdampak pada peningkatan lama rawat, biaya rawat, dan memperparah keadaan klinis misalnya terdapat komplikasi (infeksi, imunitas menurun). Pada pasien kanker dapat diberikan diet TKTP. Diet ini bertujuan memenuhi kebutuhan energi dan protein yang meningkat dalam rangka mencegah dan mengurangi kerusakan jaringan tubuh. Pemberian makan pasien kanker perlu diperhatikan terutama pada pasien yang menghadapi hambatan asupan seperti mual, muntah, anoreksia. Pada pasien kanker asupan alternatif yang dapat diberikan yaitu formula enteral. Formula enteral merupakan makanan cair penuh yang diberikan pada pasien yang mengalami kesulitan mengunyah dan menelan, diantaranya pada kondisi penurunan kesadaran atau bedah mulut. Formula enteral untuk penyakit kanker yang dikembangkan diberikan nama “Ekatitipro” (FE dengan kandungan vitamin C).

Tujuan : Memperoleh formula enteral Ekatitipro dengan komposisi tinggi kalori tinggi protein, serta mengandung antioksidan untuk pasien kanker dengan kandungan gizi, sifat fisik, biaya, dan daya terimanya.

Metode : Penelitian dengan quasy experiment dengan desain Posttes Only Control Group Design, subjek penelitian sebanyak 10 panelis

Hasil : Formula enteral modifikasi "EKATITIPRO" memiliki kandungan gizi per saji yaitu 250 ml pada energi 301,6 kkal, protein 14,57 gram, lemak 8.36 gram, dan karbohidrat 41,70 gram dengan kepadatan kalori 1,2 kkal/ml. viskositas 2 cP dan Osmolaritas 395 mOsm/L. hasil uji organoleptik 70% panelis menyukai warna, 60% panelis menyukai aroma, 70% panelis menyukai rasa dan 90% panelis menyatakan menyukai tekstur dengan biaya per 250 ml Rp. 8,198.

Kesimpulan : Formula enteral modifikasi ini dapat digunakan sebagai formula enteral alternatif untuk pasien kanker.

Kata Kunci : Modifikasi Formula Enteral Kanker, Tinggi kalori Tinggi Protein, Tepung Kacang Hijau, Brokoli, Jeruk.

ABSTRACT
***MODIFICATION OF THE HIGH-CALORIE, HIGH-PROTEIN ENTERAL
FORMULA FOR CANCER "EKATITIPRO" WITH THE ADDITION OF
GREEN BEAN, BROCCOLI, AND ORANGE AT HOSPITAL AHMAD TABIB
KEPULAUAN RIAU***

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ABSTRAK

Background : Malnutrition is one nutritional problem closely related to cancer. Malnutrition in cancer patients can lead to longer hospital stays, higher treatment costs, and worse clinical conditions, such as infections and decreased immunity. TKTP diet can be given to cancer patients. The goal of this diet is to meet increased energy and protein requirements in order to prevent and reduce tissue damage. Feeding cancer patients requires special attention, especially those experiencing intake barriers such as nausea, vomiting, and anorexia. One alternative is enteral formula, which can be given to cancer patients. This complete liquid food is given to patients who have difficulty chewing and swallowing, including those with decreased consciousness or who have undergone oral surgery. The enteral formula developed for cancer patients is named "Ekatitipro" (a formula enriched with vitamin C).

Methods : To develop a high-calorie, high-protein Ekatitipro enteral formula with antioxidants for cancer patients that considers its nutritional content, physical properties, cost, and acceptability.

The results : The modified enteral formula, "EKATITIPRO," possesses a nutritional content per serving of 250 ml, comprising 301.6 kilocalories of energy, 14.57 grams of protein, 8.36 grams of fat, and 41.70 grams of carbohydrates, with a calorie density of 1.2 kilocalories per milliliter. The viscosity of the solution is 2 cP, and its osmolarity is 395 mOsm/L. The results of the organoleptic test indicate that 70% of the panelists found the color appealing, 60% appreciated the aroma, 70% liked the taste, and 90% stated that they liked the texture. The cost per 250 milliliters was Rp. 8,198.

Conclusion : This modified enteral formula has been posited as a potential alternative for patients diagnosed with cancer.

Keywords : The modified cancer enteral formula is composed of high-calorie, high-protein ingredients, including green bean flour, broccoli, and orange.