

**PROSES ASUHAN GIZI TERSTANDAR PADA PASIEN *CANCER OVARY*  
DAN *ASCITES MASIF* DENGAN TINDAKAN *TOTAL ABDOMINAL  
HYSTERECTOMY* DI RUANG RAJAWALI  
RSUP DR. KARIADI SEMARANG**

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**ABSTRAK**

**Latar Belakang:** Kanker ovarium merupakan kanker ginekologi paling mematikan karena sering terdiagnosis pada stadium lanjut. Penyakit ini ditandai dengan penyebaran tumor ke peritoneum dan terbentuknya asites ganas akibat peningkatan permeabilitas kapiler, penurunan tekanan onkotik dan hipoalbumin yang menyebabkan penumpukan cairan di rongga abdomen.

**Tujuan:** Mengetahui hasil proses asuhan gizi terstandar pada pasien kanker ovarium dan ascites masif dengan tindakan *Total Abdominal Hysterectomy*, *Bilateral Salpingo-Oophorectomy*, dan *Complete Surgical Staging* di Ruang Rajawali 4B RSUP Dr. Kariadi Semarang.

**Metode:** Studi kasus deskriptif kualitatif dilakukan pada pasien rawat inap dengan diagnosis *Cancer Ovary* pada 29 Juni hingga 3 Juli 2025. Data diperoleh melalui wawancara, observasi, pemeriksaan antropometri, biokimia, dan telaah rekam medis untuk menegakkan diagnosis serta menyusun proses asuhan gizi terstandar.

**Hasil:** Pasien mengalami malnutrisi berat (Stage C) berdasarkan PG-SGA dengan keluhan nyeri perut, nafsu makan menurun, dan status gizi kurang. Pemeriksaan biokimia menunjukkan Hb, eritrosit, albumin dan GDS rendah. Diagnosis gizi meliputi peningkatan kebutuhan energi-protein, malnutrisi, dan kurang pengetahuan gizi. Intervensi diberikan berupa diet tinggi energi-protein secara bertahap serta edukasi gizi. Setelah monitoring, kondisi klinis pasien membaik dan pemahaman gizi meningkat.

**Kesimpulan:** Asuhan gizi terstandar berperan penting dalam memperbaiki status gizi dan mendukung pemulihan pasien kanker ovarium pascaoperasi melalui intervensi yang komprehensif dan edukasi berkelanjutan.

**Kata Kunci:** Asuhan Gizi, Malnutrisi, Kanker Ovarium, Perioperati

**STANDARDIZED NUTRITION CARE PROCESS IN A PATIENT WITH  
OVARIAN CANCER AND MASSIVE ASCITES UNDERGOING TOTAL  
ABDOMINAL HYSTERECTOMY IN RAJAWALI WARD, DR. KARIADI  
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**ABSTRACT**

**Background:** Ovarian cancer is the most deadly gynecological cancer because it is often diagnosed at an advanced stage. This disease is characterized by the spread of tumors to the peritoneum and the formation of malignant ascites due to increased capillary permeability and decreased oncotic pressure, which causes fluid accumulation in the abdominal cavity.

**Objective:** To determine the results of standardized nutritional care in patients with ovarian cancer and massive ascites who underwent total abdominal hysterectomy, bilateral salpingo-oophorectomy, and complete surgical staging in Room Rajawali 4B at Dr. Kariadi General Hospital in Semarang.

**Methods:** A qualitative descriptive case study was conducted on inpatients diagnosed with ovarian cancer from June 29 to July 3, 2025. Data were obtained through interviews, observations, anthropometric and biochemical examinations, and medical record reviews to establish a diagnosis and develop standardized nutritional care.

**Results:** Patients experienced severe malnutrition (Stage C) based on PG-SGA with complaints of abdominal pain, decreased appetite, and poor nutritional status. Biochemical tests showed low Hb, erythrocytes, albumin, and GDS. Nutritional diagnoses included increased energy-protein requirements, malnutrition, and lack of nutritional knowledge. Interventions included a gradual high-energy-protein diet and nutrition education. After monitoring, the patient's clinical condition improved and her nutritional understanding increased.

**Conclusion:** Standardized nutritional care plays an important role in improving nutritional status and supporting the recovery of post-operative ovarian cancer patients through comprehensive interventions and ongoing education.

**Keywords:** Nutrition Care, Malnutrition, Cancer, Perioperati