

**ASUHAN GIZI TERSTANDAR PADA PASIEN ADENOKARSINOMA
KOLOREKTAL, HEPATOMEGALI, MALNUTRISI BERAT,
HIPOALBUMIN, DAN ANEMIA DENGAN TINDAKAN LAPAROTOMI +
LOOP ILEOSTOMY DI RUANG RAJAWALI RSUP DR. KARIADI**

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ABSTRAK

Latar belakang : Kanker kolorektal merupakan suatu tumor ganas yang ditemukan di kolon dan rektum akibat pertumbuhan sel yang tidak terkontrol yang umumnya berasal dari mukosa normal yang berubah menjadi adenoma dan berkembang menjadi karsinoma. Menurut data dari *Global Cancer Observatory* (GLOBOCAN) tahun 2022, di Indonesia kanker kolorektal menduduki urutan ke-4 setelah kanker payudara, kanker prau-paru, dan kanker serviks.

Tujuan : Mengetahui asuhan gizi terstandar dan penatalaksanaan diet pada pasien adenokarsinoma kolorektal, hepatomegali, malnutrisi berat, hipoalbumin, dan anemia dengan tindakan laparotomi + *loop ileostomy* di ruang rajawali RSUP dr. Kariadi.

Metode : Jenis penelitian ini adalah deskriptif analitik menggunakan rancangan penelitian kualitatif dengan desain studi kasus.

Hasil : Berdasarkan skrining menggunakan NRS 2002 pasien berisiko malnutrisi. Status gizi pasien berdasarkan LILA masuk dalam kategori gizi buruk. Kebutuhan gizi pasien yaitu energi 1.527 kkal, protein 76,4 gr, lemak 41 gr, dan karbohidrat 210 gr. Hasil laboratorium menunjukkan kadar Hb, Ht, eritrosit, albumin, natrium, kalium, dan klorida rendah, sedangkan kadar leukosit dan SGOT tinggi. Intervensi gizi yang diberikan yaitu diet TETP dengan target pemenuhan kebutuhan pasien sebanyak 50%. Bentuk makanan yang diberikan dalam bentuk cair 1 yaitu sonde putih telur (PT) 6x125 ml.

Kesimpulan : Asupan makan pasien menunjukkan peningkatan persentase kecukupan asupan energi, protein, lemak, dan karbohidrat secara bertahap selama proses intervensi dengan target pemenuhan asupan makan pasien 50% kebutuhan. Pada hari ketiga intervensi pasien mulai mengalami penurunan kesadaran sehingga pemberian makan melalui *nasogastric tube* (NGT).

Kata kunci : Asuhan Gizi Terstandar, Adenokarsinoma kolorektal, Hepatomegali, Hipoalbumin, Malnutrisi Berat, Anemia, Laparatomi, *Loop Ileostomy*.

**STANDARDIZED NUTRITION CARE FOR PATIENTS WITH
COLORECTAL ADENOCARCINOMA, HEPATOMEGALY, SEVERE
MALNUTRITION, HYPOALBUMINEMIA, AND ANEMIA
UNDERGOING LAPAROTOMY + LOOP ILEOSTOMY IN THE
RAJAWALI WARD OF RSUP DR. KARIADI**

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ABSTRACT

Background : Colorectal cancer is a malignant tumor found in the colon and rectum due to uncontrolled cell growth, which generally originates from normal mucosa that turns into adenoma and develops into carcinoma. According to data from the Global Cancer Observatory (GLOBOCAN) in 2022, colorectal cancer ranks fourth in Indonesia after breast cancer, lung cancer, and cervical cancer.

Objective : To determine standardized nutritional care and dietary management in patients with colorectal adenocarcinoma, hepatomegaly, severe malnutrition, hypoalbuminemia, and anemia undergoing laparotomy + loop ileostomy in the Rajawali ward of RSUP Dr. Kariadi.

Methods : This study was a descriptive analytical study using a qualitative research design with a case study design.

Results : Based on screening using NRS 2002, patients were at risk of malnutrition. The nutritional status of patients based on LILA was in the category of poor nutrition. The nutritional requirements of patients were 1,527 kcal of energy, 76.4 g of protein, 41 g of fat, and 210 g of carbohydrates. Laboratory results showed low levels of Hb, Ht, erythrocytes, albumin, sodium, potassium, and chloride, while leukocyte and SGOT levels were high. The nutritional intervention provided was a TETP diet with a target of meeting 50% of the patient's needs. The food was provided in liquid form, specifically white egg (PT) 6x125 ml.

Conclusion : The patient's food intake showed a gradual increase in the percentage of energy, protein, fat, and carbohydrate intake during the intervention process with a target of meeting 50% of the patient's nutritional needs. On the third day of the intervention, the patient began to experience a decrease in consciousness, so feeding was administered through a nasogastric tube (NGT).

Keywords : Standardized Nutrition Care, Colorectal Adenocarcinoma, Hepatomegaly, Hypoalbuminemia, Severe Malnutrition, Anemia, Laparotomy, Loop Ileostomy.