

**ASUHAN GIZI PADA PASIEN DENGAN DIAGNOSIS CA MAMMAE
STADIUM III METASTASIS KELENJAR GETAH BENING, PRO
KEMOTERAPI KE-8, HIPERTENSI**

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ABSTRAK

Kanker payudara merupakan tumor ganas yang berkembang pada jaringan payudara dan paling banyak terjadi pada kelompok usia 40–49 tahun, sementara insidens pada usia di bawah 35 tahun kurang dari 5%. Asuhan gizi memiliki peran penting dalam perawatan pasien kanker, terutama pada kondisi pasca operasi, pasca kemoterapi, maupun ketika kanker telah menyebar, dengan tujuan mempertahankan atau mengoptimalkan status gizi, meningkatkan kualitas hidup, serta mendukung efektivitas terapi medis. Studi ini bertujuan melaksanakan asuhan gizi terstandar pada pasien dengan diagnosis Ca mammae stadium III metastasis kelenjar getah bening, pro kemoterapi ke-8, dan hipertensi. Penelitian menggunakan metode deskriptif dengan pendekatan kualitatif melalui studi kasus pada pasien yang memenuhi kriteria inklusi. Hasil skrining menunjukkan pasien berisiko malnutrisi, dengan diagnosis gizi berupa asupan oral tidak adekuat, peningkatan kebutuhan energi dan protein, penurunan kebutuhan natrium, serta ketidakpatuhan terhadap rekomendasi diet. Intervensi yang diberikan adalah diet TETPRG. Monitoring dan evaluasi menunjukkan status gizi berdasarkan antropometri tetap baik dengan adanya peningkatan berat badan, tanda vital stabil, keluhan mual dan penurunan nafsu makan berangsur membaik, serta asupan makan meningkat, meskipun tidak terdapat data biokimia terbaru. Secara keseluruhan, penerapan asuhan gizi terstandar pada pasien menunjukkan hasil positif, di mana diet TETPRG berkontribusi terhadap peningkatan asupan, perbaikan kondisi klinis, serta pemeliharaan status gizi pasien.

Kata Kunci: PAGT, Kanker Payudara, Kemoterapi, Diet TETPRG

NUTRITIONAL CARE FOR PATIENTS DIAGNOSED WITH STAGE III BREAST CANCER WITH LYMPH NODE METASTASIS, UNDERGOING 8TH CHEMOTHERAPY, HYPERTENSION

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ABSTRACT

Breast cancer is a malignant tumor that develops in breast tissue and most commonly occurs in the 40–49 age group, while the incidence in those under 35 years of age is less than 5%. Nutrition care plays an important role in the treatment of cancer patients, especially in the post-operative period, after chemotherapy, or when the cancer has spread, with the aim of maintaining or optimizing nutritional status, improving quality of life, and supporting the effectiveness of medical therapy. This study aims to implement standardized nutrition care in patients diagnosed with stage III breast cancer with lymph node metastasis, prior to the 8th chemotherapy, and hypertension. The study used a descriptive method with a qualitative approach through case studies of patients who met the inclusion criteria. Screening results showed that patients were at risk of malnutrition, with nutritional diagnoses of inadequate oral intake, increased energy and protein requirements, decreased sodium requirements, and non-compliance with dietary recommendations. The intervention provided was the TETPRG diet. Monitoring and evaluation showed that nutritional status based on anthropometry remained good with increased weight, stable vital signs, gradual improvement in nausea and decreased appetite, and increased food intake, although there were no recent biochemical data. Overall, the implementation of standardized nutritional care in patients showed positive results, where the TETPRG diet contributed to increased intake, improved clinical condition, and maintenance of the patient's nutritional status.

Keywords: PAGT, Breast Cancer, Chemotherapy, TETPRG Diet