

ABSTRAK

ASUHAN GIZI TERSTANDAR PADA PASIEN *ILEUS* DAN *MALIGNANT NEOPLASM RECTOSIGMOID JUNCTION* DENGAN RIWAYAT *POST COLOSTOMY* DI RUANG RAWAT INAP BEDAH

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ABSTRAK

Malignant neoplasm rectosigmoid junction adalah pertumbuhan sel abnormal di usus besar persimpangan antara bagian terakhir dari usus besar, yaitu kolon sigmoid dan rektum. PAGT penting karena asupan gizi yang tidak adekuat dapat memperpanjang rawat inap, meningkatkan komplikasi pasca operasi, dan menurunkan kualitas hidup pasien. Tujuan dari penelitian ini untuk mengetahui PAGT pada pasien dengan *ileus* dan *malignant neoplasm rectosigmoid junction* dengan riwayat *post colostomy* di ruang rawat inap bedah. Penelitian ini merupakan penelitian deskriptif dengan rancangan penelitian kualitatif dalam bentuk studi kasus. Subjek dalam penelitian ini adalah pasien dengan *ileus* dan *malignant neoplasm rectosigmoid junction* dengan riwayat *post colostomy*. Proses asuhan gizi terstandar dilakukan selama 3 hari berturut-turut. Skrining gizi pasien menggunakan MST, didapatkan pasien beresiko malnutrisi dan termasuk kondisi khusus dikarenakan kondisi bedah mayor digestif. Status gizi pasien kurang berdasarkan %LILA. Hasil pemeriksaan biokimia menunjukkan eosinofil dan hematokrit rendah, serta prokalsitonin (PCT) dan neutrofil tinggi. Keluhan pasien selama monitoring adalah nyeri operasi dan tekanan darah tinggi (hipertensi). Asupan pasien mengalami peningkatan pada hari pertama hingga ketiga pemantauan. Diagnosa yang diangkat berdasarkan problem adalah NI-5.1 Peningkatan kebutuhan energi-protein, NI-5.3 Penurunan kebutuhan natrium, NC-1.4 Gangguan gastrointestinal. Selama monitoring dan evaluasi terdapat problem gizi yang berubah yaitu NI-2.1 Asupan per oral tidak adekuat. Edukasi yang diberikan mengenai diet pasca operasi laparotomy eksplorasi dan kolostomi. Asuhan gizi terstandar memberikan kontribusi positif terhadap pemulihan pasien *ileus* dan *malignant neoplasm rectosigmoid junction* dengan riwayat *post colostomy* melalui pendekatan pola makan yang disesuaikan dan edukasi.

Kata Kunci: Asuhan Gizi, *Ileus*, Kanker Kolon, *Colostomy*

ABSTRACT

NUTRITION CARE FOR PATIENTS WITH ILEUS AND MALIGNANT NEOPLASM OF THE RECTOSIGMOID JUNCTION WITH A HISTORY OF POST-COLOSTOMY IN THE SURGICAL INPATIENT WARD

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ABSTRACT

Malignant neoplasm of the rectosigmoid junction is an abnormal cell growth in the large intestine at the junction between the last part of the large intestine, namely the sigmoid colon and rectum. PAGT is important because inadequate nutritional intake can prolong hospitalization, increase postoperative complications, and reduce the quality of life of patients. The purpose of this study was to determine PAGT in patients with ileus and malignant neoplasms of the rectosigmoid junction with a history of post-colostomy in the surgical ward. This study was a descriptive study with a qualitative research design in the form of a case study. The subjects in this study were patients with ileus and malignant neoplasms of the rectosigmoid junction with a history of post-colostomy. Standardized nutritional care was provided for 3 consecutive days. Nutritional screening of patients using MST showed that patients were at risk of malnutrition and had special conditions due to major digestive surgery. The patients' nutritional status was poor based on %LILA. Biochemical examination results showed low eosinophils and hematocrit, as well as high procalcitonin (PCT) and neutrophils. The patients' complaints during monitoring were surgical pain and high blood pressure (hypertension). The patients' intake increased on the first to third days of monitoring. The diagnoses based on the problems are NI-5.1 Increased energy-protein needs, NI-5.3 Decreased sodium needs, NC-1.4 Altered gastrointestinal function. During monitoring and evaluation, there were changes in nutritional problems, namely NI-2.1 Inadequate oral intake. Education was provided regarding diet after exploratory laparotomy and colostomy. Standardized nutritional care contributed positively to the recovery of patients with ileus and malignant neoplasm of the rectosigmoid junction with a history of post-colostomy through an approach of adjusted diet and education.

Keywords: Nutritional Care, Ileus, Colon Cancer, Colostomy