

## ABSTRAK

### STUDI KASUS ASUHAN GIZI LANSIA PADA PENDERITA *MULTIPLE MYELOMA* DISERTAI ANEMIA DAN MALNUTRISI DI WILAYAH KERJA PUSKESMAS MINGGIR

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#### **Latar Belakang:**

*Multiple myeloma* adalah jenis kanker yang menyerang sel plasma, menyebabkan komplikasi seperti anemia, malnutrisi, penurunan nafsu makan, dan gangguan metabolisme gizi. Lansia yang menderita penyakit ini berisiko lebih tinggi mengalami malnutrisi, yang dapat menurunkan kualitas hidupnya dan mengganggu efektivitas pengobatan. Data yang dikumpulkan menunjukkan bahwa individu yang menderita *Multiple myeloma* mengalami berbagai masalah gizi, seperti penurunan asupan makanan, anemia, dan perubahan metabolisme.

#### **Tujuan:**

Penelitian ini bertujuan untuk menerapkan dan menganalisis studi kasus asuhan gizi lansia pada penderita *multiple myeloma* disertai anemia dan malnutrisi di wilayah kerja Puskesmas Minggir.

#### **Metode:**

Penelitian ini didasarkan pada metodologi deskriptif, kombinasi dengan perspektif kualitatif dan analisis kasus. Informasi dikumpulkan melalui wawancara, pengukuran antropometri, biokimia, pengamatan fisik atau klinis, serta evaluasi asupan makanan melalui ingatan 24 jam dan kuesioner SQFFQ.

#### **Hasil:**

Skrining menggunakan MNA-LF menunjukkan bahwa pasien berisiko mengalami malnutrisi dengan skor 21,5. Status gizi tergolong normal (IMT 19,3 kg/m<sup>2</sup>), terjadi penurunan berat badan sebesar 2,3% dalam sebulan. Asupan energi, protein, dan lemak tidak mencukupi, sementara asupan karbohidrat memadai. Pemeriksaan biokimia menunjukkan anemia dan infeksi. Diagnosis gizi menunjukkan asupan yang tidak memadai, kebutuhan protein dan zat besi yang meningkat, serta malnutrisi. Intervensi dengan diet TETP dan edukasi gizi berhasil meningkatkan konsumsi >80% dalam waktu tiga hari, disertai dengan pemahaman yang lebih baik tentang diet oleh pasien dan keluarganya.

#### **Kesimpulan:**

Asuhan gizi terstandar efektif memperbaiki asupan dan mendukung stabilisasi kondisi pasien. Edukasi yang tepat dan dukungan keluarga berperan penting dalam keberhasilan intervensi gizi.

**Kata Kunci:** Multiple Myeloma, anemia, malnutrisi, lansia, asuhan gizi, diet TETP.

## ***ABSTRACT***

### **CASE STUDY OF NUTRITION CARE FOR ELDERLY PEOPLE WITH MULTIPLE MYELOMA ACCOMPANIED BY ANEMIA AND MALNUTRITION IN THE WORKING AREA OF THE MINGGIR COMMUNITY HEALTH CENTER**

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**BACKGROUND** : Multiple myeloma is a type of cancer that attacks plasma cells, causing complications such as anemia, malnutrition, loss of appetite, and nutritional metabolism disorders. Elderly people suffering from this disease are at higher risk of malnutrition, which can reduce their quality of life and interfere with the effectiveness of treatment. The data collected shows that individuals suffering from multiple myeloma experience various nutritional problems, such as decreased food intake, anemia, and metabolic changes.

**OBJECTIVE** : This study aims to apply and analyze a case study of nutritional care for elderly people with multiple myeloma accompanied by anemia and malnutrition in the working area of the Minggir Community Health Center.

**METHOD** : This study was based on descriptive methodology, combined with qualitative perspectives and case analysis. Information was collected through interviews, anthropometric measurements, biochemistry, physical or clinical observations, and evaluation of food intake through 24-hour recall and SQFFQ questionnaires.

**RESULT** : Screening using MNA-LF showed that the patient was at risk of malnutrition with a score of 21.5. Nutritional status was classified as normal (BMI 21.7 kg/m<sup>2</sup>), with a 2.3% weight loss in one month. Energy, protein, and fat intake were inadequate, while carbohydrate intake was adequate. Biochemical examination showed anemia and infection. Nutritional diagnosis indicated inadequate intake, increased protein and iron requirements, and malnutrition. Intervention with a TETP diet and nutritional education successfully increased consumption by >80% within three days, accompanied by a better understanding of the diet by the patient and their family.

**CONCLUSION** : Standardized nutritional care effectively improves intake and supports stabilization of the patient's condition. Appropriate education and family support play an important role in the success of nutritional interventions.

**Keyword** : Multiple myeloma, anemia, malnutrition, elderly, nutritional care, TETP diet.