

Asuhan Gizi Pada Kasus Kanker *Caput Pancreas Metastasis Hepar* Disertai *Cholectatis Jaundice* dan *Anastomosis Cholesisjejunostomy Side to End*: Studi Kasus di RSUD

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ABSTRAK

Latar Belakang: Kanker pankreas dikenal sebagai salah satu jenis kanker dengan tingkat kematian yang sangat tinggi secara global. Asuhan gizi yang tepat menjadi komponen penting dalam penanganan kasus ini, untuk mendukung proses penyembuhan, mencegah komplikasi lebih lanjut, dan memperbaiki status gizi pasien

Tujuan: Mampu melakukan penatalaksanaan diet dan pelayanan gizi pada pasien kasus kanker caput pancreas metastasis hepar disertai cholectatis dan anastomosis cholesisjejunostomy side to end di RSUD Prof. Dr. Margono Soekarjo Purwokerto

Metode: Penelitian dengan metode studi kasus dengan subjek kanker caput pankreas dilakukan dengan cara melakukan skrining gizi, assessment gizi/pengkajian gizi, diagnosis gizi, intervensi gizi dan monitoring evaluasi gizi. Penelitian dianalisis secara deskriptif disajikan dalam bentuk narasi, tabel, dan grafik.

Hasil: Hasil menunjukkan skrining gizi beresiko malnutrisi dengan keluhan nyeri ulu hati, badan kuning, urin kecoklatan, nafsu makan menurun. Pemberian diet tinggi kalori tinggi protein, dan rendah lemak bentuk cair peroral.

Simpulan: Hasil monitoring dan evaluasi terhadap Asupan Makan menunjukkan hasil yang cukup baik dan terdapat peningkatan asupan selama masa pelaksanaan intervensi

Kata kunci: kanker caput pankreas, cholestasis jaundice, rendah lemak, makanan cair, malnutrisi

Nutritional Care in Cases of Pancreatic Head Cancer, Liver Metastasis Accompanied by Cholelectasis Jaundice and Anastomosis Cholesisjejunostomy Side to End: A Case Study at RSUD Prof. Dr. Margono Soekarjo Purwokerto

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ABSTRACT

Background: Pancreatic cancer is known as one of the cancers with a very high mortality rate globally. Appropriate nutritional care is a crucial component in the management of this case, to support the healing process, prevent further complications, and improve the patient's nutritional status.

Objective: To provide dietary management and nutritional services to patients with pancreatic head cancer with liver metastasis accompanied by cholestatic jaundice following exploratory laparotomy and side-to-end cholelisis-jejunostomy at Prof. Dr. Margono Soekarjo Purwokerto Regional General Hospital.

Methods: This case study study, involving pancreatic head cancer subjects, included nutritional screening, nutritional assessment, nutritional diagnosis, nutritional intervention, and nutritional monitoring. The study was analyzed descriptively and presented in narrative form, tables, and graphs.

Result: The results showed that the nutritional screening identified patients at risk of malnutrition with complaints of heartburn, jaundice, brownish urine, and decreased appetite. A high-calorie, high-protein, and low-calorie liquid diet was administered orally.

Conclusion: The results of monitoring and evaluation of dietary intake showed quite good results and there was an increase in intake during the intervention period.

Keywords: pancreatic head cancer, cholestatic jaundice, low-fat diet, liquid diet, malnutrition