

ABSTRAK

ASUHAN GIZI *HOME CARE* PADA PASIEN KANKER PAYUDARA (*CARCINOMA MAMMAE*) DI WILAYAH KERJA PUSKESMAS PLERET KABUPATEN BANTUL

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ABSTRAK

Latar Belakang: Kanker berada pada urutan ketiga sebagai salah satu penyebab utama kematian di Indonesia. Selama ini, pemantauan gizi pada pasien kanker lebih banyak difokuskan di rumah sakit. Padahal, sebagian besar waktu pasien dihabiskan di rumah setelah terapi selesai. Oleh karena itu, pemantauan gizi secara berkelanjutan terutama melalui pendekatan *home care* menjadi sangat relevan. **Tujuan:** Melakukan dan menganalisis proses pelaksanaan asuhan gizi *home care* pada pasien dengan kanker payudara (*Carcinoma Mammae*) di wilayah kerja Puskesmas Pleret Kabupaten Bantul. **Metode:** Studi kasus dengan pengumpulan data primer melalui wawancara, pengukuran antropometri, dan observasi, serta data sekunder dari hasil pemeriksaan medis. Analisis dilakukan secara deskriptif. **Hasil:** Pasien berada pada risiko rendah malnutrisi. Hasil asesmen gizi menunjukkan pasien mengalami obesitas II, inflamasi, hipertensi *stage 2*, dan asupan zat gizi yang tidak optimal. Diagnosis gizi meliputi asupan oral inadekuat, peningkatan kebutuhan protein, serta kenaikan berat badan yang tidak diinginkan. Intervensi selama tiga hari melalui pengaturan diet, edukasi, dan konseling menunjukkan perbaikan gejala klinis, tercapainya target energi dan karbohidrat, tetapi asupan lemak berlebih dan protein belum sesuai kebutuhan. Peran Puskesmas Pleret dalam penanganan kanker payudara masih terbatas pada rujukan dan perawatan luka. **Kesimpulan:** Asuhan gizi *home care* memberikan dampak positif terhadap tekanan darah, keluhan nyeri, dan kualitas asupan harian. Namun, masih diperlukan perbaikan asupan protein dan lemak. Puskesmas Pleret perlu mengembangkan program pendampingan gizi yang lebih komprehensif bagi pasien kanker payudara.

Kata Kunci: kanker payudara; asuhan gizi; *home care*; intervensi gizi; asupan gizi

ABSTRACT

HEMOCARE NUTRITION CARE PROCESS FOR BREAST CANCER (CARCINOMA MAMMAE) IN THE WORKING AREA OF PLERET PUBLIC HEALTH CENTER, BANTUL REGENCY

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ABSTRACT

Background: Cancer ranks third as one of the leading causes of death in Indonesia. Nutritional monitoring for cancer patients has so far been more focused within hospital settings, even though most of the patients' time is spent at home after completing therapy. Therefore, continuous nutritional monitoring, particularly through a home-care approach, is highly relevant. **Objective:** To conduct and analyze the implementation process of home-care nutrition care process for a patient with breast cancer (Carcinoma Mammae) within the working area of Pleret Public Health Center, Bantul Regency. **Methods:** A case study utilizing primary data collected through interviews, anthropometric measurements, and observations, as well as secondary data from medical examinations. The analysis was conducted descriptively. **Results:** The patient was classified as having a low risk of malnutrition. Nutritional assessment indicated obesity II, inflammation, stage 2 hypertension, and suboptimal nutrient intake. Nutrition diagnoses included inadequate oral intake, increased protein requirements, and undesired weight gain. A three-day intervention involving dietary modification, education, and counseling resulted in improvements in clinical symptoms, achievement of energy and carbohydrate targets, although fat intake remained excessive and protein intake had yet to meet requirements. The role of Pleret Public Health Center in managing breast cancer is still limited to referrals and wound care. **Conclusion:** Home-care nutrition services provided positive effects on blood pressure, pain complaints, and daily dietary quality. However, improvements in protein and fat intake are still necessary. Pleret Public Health Center needs to develop a more comprehensive nutritional support program for breast cancer patients.

Keywords: breast cancer; nutrition care; home care; nutrition intervention; nutrition intake