

**STANDARDIZED NUTRITION CARE PROCESS IN P2A1 CERVICAL
CANCER PATIENT STAGE IIA2 WITH MALNUTRITION AT TERATAI
WARD RSUD PROF. DR. MARGONO SOEKARJO**

Nilna Deva Azkiya¹, Weni Kurdanti², Idi Setiyobroto³
Department of Nutrition, Poltekkes Kemenkes Yogyakarta
Jalan Tata Bumi No.3, Banyuraden, Gamping, Sleman
Email: devaazkiya10@gmail.com

ABSTRACT

Background: Cervical cancer is one of the leading causes of death among women in Indonesia, with a high incidence rate in advanced stages due to delayed diagnosis and treatment. Patients with stage IIA2 cervical cancer often experience malnutrition caused by decreased food intake, inflammatory responses, and increased metabolic demands, which can worsen the prognosis.

Objective: This study aimed to implement the Standardized Nutrition Care Process in a P2A1 patient with stage IIA2 cervical cancer and malnutrition to improve nutritional status and support the recovery process.

Method: This study used a descriptive qualitative design in the form of a case study. Both primary and secondary data were collected. The data were presented in narrative form, tables, and graphs.

Results: The screening results showed that the patient was at high risk of malnutrition with a MUST score of 5 and an arm circumference percentage (%LiLA) of 61.37%. Initial energy and protein intake were in the severe deficit category (energy 23.3%; protein 22.9%). Biochemical examination revealed anemia (Hb 9.7 g/dL), hypoalbuminemia (2.16 g/dL), hyponatremia (128 mmol/L), and leukocytosis (19,070/mm³). After a three-day High Energy High Protein (HEHP) diet intervention, there was an improvement in oral tolerance, dietary intake, and stabilization of vital signs and clinical status.

Conclusion: The implementation of the SNCP in a stage IIA2 cervical cancer patient with malnutrition improved nutrient intake, enhanced clinical response, and supported postoperative recovery. Nutritional intervention plays an essential role in the comprehensive management of cancer patients with a high risk of malnutrition.

Keywords: Cervical cancer, malnutrition

**ASUHAN GIZI TERSTANDAR PADA PASIEN P2A1 KANKER
SERVIKS UTERI STADIUM IIA2 DENGAN MALNUTRISI DI
BANGSAL TERATAI RSUD Prof. Dr. MARGONO SOEKARJO**

Nilna Deva Azkiya¹, Weni Kurdanti², Idi Setiyobroto³
Jurusan Gizi Poltekkes Kemenkes Yogyakarta
Jalan Tata Bumi No.3 Banyuraden, Gamping, Sleman
Email : devaazkiya10@gmail.com

ABSTRAK

Latar Belakang : Kanker serviks uteri merupakan penyebab kematian tersering pada perempuan di Indonesia, dengan angka kejadian tinggi pada stadium lanjut akibat keterlambatan diagnosis dan terapi. Pasien kanker serviks stadium IIA2 sering mengalami malnutrisi karena penurunan asupan, efek inflamasi, dan peningkatan kebutuhan metabolik, yang dapat memperburuk prognosis.

Tujuan : Penelitian ini bertujuan untuk menerapkan proses Asuhan Gizi Terstandar (PAGT) pada pasien P2A1 kanker serviks uteri stadium IIA2 dengan malnutrisi guna memperbaiki status gizi dan mendukung proses pemulihan.

Metode : Penelitian ini menggunakan rancangan penelitian kualitatif deskriptif dalam bentuk studi kasus. Penelitian menggunakan data primer dan sekunder. Penyajian data pada penelitian ini dalam bentuk narasi, tabel dan grafik.

Hasil : Hasil skrining menunjukkan pasien berisiko tinggi mengalami malnutrisi dengan skor MUST 5 dan %LiLA 61,37%. Asupan energi dan protein pada awal pemeriksaan berada pada kategori defisit berat (energi 23,3%; protein 22,9%). Pemeriksaan biokimia menunjukkan anemia (Hb 9,7 g/dL), hipoalbuminemia (2,16 g/dL), hiponatremia (128 mmol/L), dan leukositosis (19.070/mm³). Setelah dilakukan intervensi diet TETP selama tiga hari, terjadi peningkatan toleransi oral, perbaikan asupan makan, serta stabilisasi tanda vital dan status klinis pasien.

Kesimpulan : Penerapan PAGT pada pasien kanker serviks uteri stadium IIA2 dengan malnutrisi mampu memperbaiki asupan zat gizi, meningkatkan respon klinis, serta mendukung proses pemulihan pasien pascaoperasi. Intervensi gizi berperan penting dalam manajemen komprehensif pasien kanker dengan risiko malnutrisi tinggi.

Kata Kunci : Kanker serviks uteri, malnutrisi