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IMPLEMENTASI ASUHAN GIZI HOMECARE PADA LANSIA DENGAN CANCER MAMMAE ON KEMOTERAPI DI WILAYAH KERJA PUSKESMAS DLINGO II

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ABSTRAK

Latar Belakang: Kanker payudara (Carcinoma mammae) merupakan jenis keganasan yang menyerang kelenjar air susu, saluran kelenjar dan jaringan penunjang payudara. Berdasarkan data *Global Cancer Observatory* (GLOBOCAN) pada tahun 2022, dengan perkiraan 2,3 juta kasus baru, terhitung 11,5% dari seluruh kasus kanker. Indonesia diperkirakan jumlah kasus kanker payudara mencapai sekitar 65.858 kasus baru setiap tahunnya dari total jumlah penduduk 273 juta jiwa dan Daerah Istimewa Yogyakarta dengan angka 2,4% (sekitar 4.325 kasus). Penelitian ini perlu dilakukan karena asuhan gizi yang merupakan salah satu metode pemecahan masalah yang sistematis dalam menangani masalah gizi terutama pada pasien kanker. **Tujuan:** Mengetahui, melakukan, dan menganalisis kegiatan asuhan gizi terstandar pada lansia dengan Cancer Mammae on Kemoterapi di wilayah kerja Puskesmas Dlingo II. **Metode:** Jenis penelitian menggunakan rancangan yang, yaitu kualitatif dalam bentuk studi kasus (case study). **Hasil:** Hasil skrining gizi diperoleh bahwa subjek beresiko malnutrisi. Subjek tidak ada penurunan berat badan setelah intervensi dengan status gizi normal. Hasil pemeriksaan biokimia diketahui bahwa nilai laboratorium tergolong normal. Hasil pemeriksaan fisik/klinis dalam keadaan composmentis, tidak ada gangguan gastrointestinal, dan vital-sign normal. Intervensi gizi yang diberikan, yaitu diet Tinggi Energi dan Tinggi Protein (TETP) secara oral dengan frekuensi 3x makan utama dan 2x selingan untuk kebutuhan energi sebesar 1.395,94 kkal, protein sebesar 73,8 gram, lemak sebesar 31 gram, dan karbohidrat sebesar 205,41 gram. Hasil monitoring asupan makan subjek selama tiga hari intervensi menunjukkan kenaikan dan penurunan. Pada vital sign subjek selama monitoring selama 3 hari termasuk dalam kategori normal. Evaluasi edukasi subjek setelah 3 bulan intervensi menunjukkan bahwa terdapat perubahan dan kepatuhan dengan diet yang dijalani. **Kesimpulan:** Hasil monitoring dan evaluasi intervensi menunjukkan bahwa adanya keberhasilan dalam pemberian intervensi gizi.

Kata Kunci: Ca Mammae, Kemoterapi, PAGT, Lansia

**IMPLEMENTATION OF HOMECARE NUTRITION CARE FOR
ELDERLY PEOPLE WITH CANCER MAMAE ON CHEMOTHERAPY IN
THE DLINGO II COMMUNITY HEALTH CENTER WORK AREA**

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ABSTRACT

Background: Breast cancer (Carcinoma mammae) is a type of malignancy that attacks the milk glands, gland ducts and supporting breast tissue. Based on Global Cancer Observatory (GLOBOCAN) data in 2022, with an estimated 2.3 million new cases, accounting for 11.5% of all cancer cases. It is estimated that the number of breast cancer cases in Indonesia reaches around 65,858 new cases every year from a total population of 273 million people and the Special Region of Yogyakarta with a figure of 2.4% (around 4,325 cases). This research needs to be carried out because nutritional care is one method of systematic problem solving in dealing with nutritional problems, especially in cancer patients. **Objective:** Knowing, doing and analyze standardized nutritional care activities for elderly people with mammary cancer on chemotherapy in the Dlingo II Community Health Center working area. **Method:** This type of research uses a qualitative design in the form of a case study. **Results:** The results of the nutritional screening showed that the subject was at risk of malnutrition. Subjects did not lose weight after the intervention with normal nutritional status. The results of the biochemical examination showed that the laboratory values were classified as normal. The results of the physical/clinical examination were in a satisfactory condition, there were no gastrointestinal disorders, and vital signs were normal. The nutritional intervention provided is an oral High Energy and High Protein (TETP) diet with a frequency of 3 main meals and 2 snacks for energy requirements of 1,395.94 kcal, 73.8 grams of protein, 31 grams of fat, and 205.41 grams of carbohydrates. The results of monitoring the subject's food intake during the three intervention days showed an increase and decrease. The subject's vital signs during monitoring for 3 days were in the normal category. Evaluation of subject education after 3 months of intervention showed that there were changes and compliance with the diet. **Conclusion:** The results of intervention monitoring and evaluation show that there is success in providing nutritional interventions.

Keywords: Breast Cancer, Chemotherapy, PAGT, Elderly