

**STANDARDIZED NUTRITION CARE PROCESS IN A STAGE IV BREAST
CANCER PATIENT WITH PULMONARY AND LYMPH NODE
METASTASES AT PANEMBAHAN SENOPATI HOSPITAL**

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ABSTRACT

Background: Breast cancer is a malignant disease with a high morbidity rate. In stage IV breast cancer accompanied by lung and lymph node metastases, patients often experience metabolic complications and progressive deterioration of nutritional status, which may worsen their quality of life. Therefore, appropriate nutritional intervention through a systematic nutrition care process is required to support treatment effectiveness.

Objective: Determine the implementation of the Standardized Nutrition Care Process (SNCP) in a patient with stage IV breast cancer and lung and lymph node metastases at Panembahan Senopati Hospital, Bantul.

Method: This study employed a descriptive case study design. The subject was a 44 year old female patient diagnosed with stage IV breast cancer with lung and lymph node metastases accompanied by anemia, neutropenia, Superior Vena Cava Syndrome (SVCS), and jugular vein Deep Vein Thrombosis (DVT). Nutritional assessment was conducted using anthropometric, biochemical, physical/clinical, dietary history, and medical therapy data. Interventions included a High-Energy High-Protein (HEHP) diet, nutrition education, counseling, monitoring, and evaluation.

Result: Nutritional screening indicated that the patient was at risk of malnutrition. Based on the mid-upper arm circumference percentage, the patient was classified as undernourished. Biochemical findings showed hematological abnormalities, while physical and clinical examinations revealed decreased appetite, pale sclera, and edema. Nutritional intervention was provided in the form of a High-Energy High-Protein (HEHP) diet based on cancer nutrition principles, accompanied by nutrition counseling and education. Monitoring and evaluation showed that the patient's clinical condition remained relatively stable during hospitalization; however, dietary intake tended to decline after discharge.

Conclusion: The implementation of the Standardized Nutrition Care Process in a stage IV breast cancer patient with lung and lymph node metastases included nutritional screening, assessment, diagnosis, intervention, monitoring, and evaluation. The nutritional intervention contributed to supporting improvements in the patient's clinical condition during the treatment period.

Keywords: Standardized Nutrition Care Process, Breast Cancer, Lung Metastasis, Lymph Node Metastasis.

PROSES ASUHAN GIZI TERSTANDAR PADA PASIEN CA MAMMAE STADIUM IV DENGAN METASTASIS PARU DAN LIMFONODI DI RSUD PANEMBAHAN SENOPATI BANTUL

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ABSTRAK

Latar belakang: Kanker payudara (Ca Mammae) merupakan penyakit keganasan dengan tingkat morbiditas yang tinggi. Pada kondisi stadium IV yang disertai metastasis ke organ paru dan limfonodi, pasien sering kali mengalami komplikasi metabolik serta penurunan status gizi secara progresif yang dapat memperburuk kualitas hidup. Oleh karena itu, diperlukan intervensi nutrisi yang tepat melalui pendekatan asuhan gizi yang sistematis untuk mendukung efektivitas pengobatan.

Tujuan: Mengetahui pelaksanaan Proses Asuhan Gizi Terstandar (PAGT) pada pasien Kanker Payudara (Ca Mammae) stadium IV dengan metastasis paru dan limfonodi di RSUD Panembahan Senopati Bantul.

Metode: Penelitian ini menggunakan jenis penelitian deskriptif dengan pendekatan studi kasus. Subjek penelitian adalah pasien perempuan usia 44 tahun dengan diagnosis medis Ca mammae stadium IV metastasis paru dan limfonodi disertai anemia, neutropenia, Superior Vena Cava Syndrome (SVCS), dan Deep Vein Thrombosis (DVT) vena jugularis. Pengkajian gizi dilakukan dengan menggunakan data antropometri, biokimia, fisik/klinis, riwayat makan, dan terapi medis. Intervensi berupa Diet Tinggi Energi dan Tinggi Protein (TETP), edukasi, konseling gizi, serta monitoring dan evaluasi.

Hasil: Berdasarkan skrining gizi menunjukkan pasien berisiko malnutrisi. Status gizi pasien berdasarkan persentil LILA termasuk dalam kategori gizi kurang. Pemeriksaan biokimia terdapat gangguan hematologis, sedangkan pemeriksaan fisik dan klinis adanya penurunan nafsu makan, sklera mata pucat dan adanya pembengkakan. Intervensi gizi diberikan dalam bentuk diet Tinggi Energi Tinggi Protein (TETP) sesuai prinsip diet kanker disertai konseling dan edukasi gizi. Hasil monitoring dan evaluasi menunjukkan kondisi klinis relatif stabil selama perawatan, namun asupan makan cenderung menurun setelah pasien pulang ke rumah.

Kesimpulan: Penerapan PAGT pada pasien Ca mammae stadium IV dengan metastasis paru dan limfonodi meliputi skrining, pengkajian, diagnosis, intervensi, serta monitoring dan evaluasi gizi yang terstruktur. Intervensi gizi yang diberikan membantu mendukung perbaikan kondisi klinis pasien selama masa perawatan.

Kata Kunci: Proses Asuhan Gizi Terstandar, Kanker Payudara, Metastasis Paru, Metastasis Limfonodi.