

ASUHAN GIZI DENGAN METODE *INTERNATIONAL DIETETICS NUTRITION TERMINOLOGY* (IDNT) KASUS PASIEN PASCA OPERASI *CANCER MAMAE*, *CORONARY ARTERY DISEASE* (CAD), *GASTROESOPHAGEAL REFLUX DISEASE* (GERD) DI RSUD RAJA AHMAD TABIB TANJUNG PINANG KEPULAUAN RIAU TAHUN 2025

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ABSTRAK

Kanker payudara (Ca mammae) merupakan salah satu kanker dengan angka kejadian tinggi pada perempuan dan seringkali disertai penyakit penyerta yang dapat memperumit penatalaksanaan. Penatalaksanaan gizi menjadi faktor penting dalam mendukung proses pemulihan melalui *International Dietetics Nutrition Terminology* (IDNT) yang mencakup asesmen, diagnosis, intervensi, serta monitoring dan evaluasi gizi. Studi kasus ini bertujuan untuk mengetahui implementasi IDNT pada pasien Ca mammae dengan penyakit jantung koroner (CAD) dan *gastroesophageal reflux disease* (GERD) di RSUD Raja Ahmad Tabib Tanjung Pinang. Penelitian menggunakan desain deskriptif observasional dengan pendekatan studi kasus. Subjek adalah seorang pasien perempuan usia 52 tahun yang menjalani perawatan pasca operasi. Hasil asesmen menunjukkan status gizi normal (IMT 22,51 kg/m²), risiko tinggi malnutrisi (MUST skor 2), dislipidemia (kolesterol total 280 mg/dL, LDL 140 mg/dL, HDL 35 mg/dL), serta defisit energi dan protein berdasarkan recall 24 jam. Intervensi gizi berupa modifikasi Diet Jantung dan Diet Lambung dengan penyesuaian kebutuhan energi-protein serta edukasi gizi kepada keluarga. Hasil monitoring menunjukkan perbaikan asupan energi, protein, dan makronutrien mendekati kebutuhan. Kesimpulannya, penerapan IDNT membantu memperbaiki asupan nutrisi dan mendukung pemulihan pasien kanker payudara dengan komorbiditas, serta memberikan panduan untuk penatalaksanaan gizi yang komprehensif.

Kata kunci: Ca mammae, Asuhan Gizi, IDNT, CAD, GERD

**NUTRITIONAL CARE USING THE INTERNATIONAL DIETETICS
NUTRITION TERMINOLOGY (IDNT) METHOD IN A CASE OF PATIENTS
AFTER BREAST CANCER SURGERY, CORONARY ARTERY DISEASE
(CAD), GASTROESOPHAGEAL REFLUX DISEASE (GERD) AT RAJA
AHMAD TABIB HOSPITAL, TANJUNG PINANG, RIAU ISLANDS IN 2025**

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ABSTRACT

Breast cancer (Ca mammae) is one of the cancers with a high incidence rate in women and is often accompanied by comorbidities that can complicate management. Nutritional management is an important factor in supporting the recovery process through the International Dietetics Nutrition Terminology (IDNT), which includes assessment, diagnosis, intervention, and nutritional monitoring and evaluation. This case study aims to determine the implementation of IDNT in Ca mammae patients with coronary heart disease (CAD) and gastroesophageal reflux disease (GERD) at Raja Ahmad Tabib Tanjung Pinang Regional General Hospital. The study used a descriptive observational design with a case study approach. The subject was a 52-year-old female patient undergoing post-operative care. The assessment results showed normal nutritional status (BMI 22.51 kg/m²), high risk of malnutrition (MUST score 2), dyslipidemia (total cholesterol 280 mg/dL, LDL 140 mg/dL, HDL 35 mg/dL), and energy and protein deficits based on a 24-hour recall. Nutritional interventions included modifications to the Heart Diet and Gastric Diet with adjustments to energy-protein needs and nutrition education for the family. Monitoring results showed improvements in energy, protein, and macronutrient intake approaching needs. In conclusion, the implementation of IDNT helps improve nutritional intake and supports the recovery of breast cancer patients with comorbidities, as well as providing guidance for comprehensive nutritional management..

Keywords: Breast cancer, Nutritional Care, IDNT, CAD, GERD