

PENGEMBANGAN DAN UJI COBA LEMBAR SKRINING RISIKO MALNUTRISI PADA PASIEN KANKER DI RSUD PANEMBAHAN SENOPATI BANTUL

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ABSTRAK

Latar Belakang : Malnutrisi merupakan komplikasi yang sering terjadi pada pasien kanker dengan prevalensi 20-70%. Alat skrining yang ada seperti PG-SGA memiliki keterbatasan berupa waktu pengisian yang lama dan memerlukan keterampilan khusus, sehingga diperlukan instrumen skrining yang lebih sederhana namun tetap valid.

Tujuan : Mengembangkan dan menguji lembar skrining risiko malnutrisi pada pasien kanker serta mengetahui validitas, reliabilitas, sensitivitas, dan spesifisitasnya dibandingkan PG-SGA.

Metode: Penelitian potong lintang dengan pendekatan *Research and Development* model Borg dan Gall yang dimodifikasi menjadi dua tahap. Subjek penelitian adalah 45 pasien kanker di RSUD Panembahan Senopati Bantul yang diambil dengan teknik purposive sampling. Instrumen baru dikembangkan melalui kajian literatur dan diuji validitas isi, validitas konstruk, reliabilitas, sensitivitas, dan spesifisitasnya menggunakan PG-SGA sebagai baku emas.

Hasil : Lembar skrining baru terdiri dari 6 indikator: IMT, penurunan berat badan, asupan makan, gejala klinis, aktivitas dan fungsi, serta kekuatan genggam. Hasil uji validitas menunjukkan seluruh item valid ($r\text{-hitung} > 0,05$) dengan reliabilitas Cronbach's Alpha 0,658. Uji validitas konstruk menunjukkan 9 dari 13 item berkorelasi signifikan dengan PG-SGA. Nilai cut-off optimal ≥ 3 menghasilkan sensitivitas 92,3%, spesifisitas 83,3%, akurasi 91,1%, dan AUC 0,962. Reliabilitas inter-rater menunjukkan kesepakatan substansial ($\kappa=0,663$; $p<0,001$).

Kesimpulan : Lembar skrining baru yang dikembangkan memiliki validitas, reliabilitas, sensitivitas, dan spesifisitas yang baik sehingga dapat digunakan sebagai alternatif instrumen skrining risiko malnutrisi pada pasien kanker.

Kata Kunci : Kanker, malnutrisi, skrining gizi, PG-SGA, validasi instrument.

**DEVELOPMENT AND TESTING OF MALNUTRITION RISK SCREENING
FORMS FOR CANCER PATIENTS AT PANEMBAHAN SENOPATI
REGIONAL GENERAL HOSPITAL, BANTUL**

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ABSTRACT

Background: Malnutrition is a common complication in cancer patients with a prevalence of 20-70%. Existing screening tools such as PG-SGA have limitations including lengthy administration time and the need for specialized skills, thus a simpler yet valid screening instrument is required.

Objective: To develop and test a malnutrition risk screening form for cancer patients and to determine its validity, reliability, sensitivity, and specificity compared to PG-SGA.

Methods: This was a cross-sectional study using a Research and Development approach with the Borg and Gall model modified into two stages. The study subjects were 45 cancer patients at Panembahan Senopati Regional General Hospital, Bantul, selected through purposive sampling. The new instrument was developed through literature review and tested for content validity, construct validity, reliability, sensitivity, and specificity using PG-SGA as the gold standard.

Results: The new screening form consisted of 6 indicators: BMI, weight loss, food intake, clinical symptoms, activity and function, and grip strength. Validity testing showed all items were valid (r -calculated > 0.05) with a Cronbach's Alpha reliability of 0.658. Construct validity testing showed 9 out of 13 items correlated significantly with PG-SGA. The optimal cut-off value of ≥ 3 yielded a sensitivity of 92.3%, specificity of 83.3%, accuracy of 91.1%, and AUC of 0.962. Inter-rater reliability showed substantial agreement ($\kappa=0.663$; $p<0.001$).

Conclusion: The newly developed screening form demonstrated good validity, reliability, sensitivity, and specificity, making it a viable alternative instrument for malnutrition risk screening in cancer patients.

Keywords: Cancer, malnutrition, nutritional screening, PG-SGA, instrument validation