

ABSTRAK

PROSES ASUHAN GIZI PASIEN KANKER SQUAMOUS CELL CARCINOMA OF THE LARYNX (SCC LARYNX) DI RSUD Dr. H. ABDUL MOELOEK BANDAR LAMPUNG

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ABSTRAK

Kanker adalah sel yang tumbuh secara terus-menerus secara tidak terkendali, tidak terbatas, dan tidak normal (abnormal). Kanker merupakan penyakit yang menyebabkan kematian paling banyak di dunia dengan angka kejadian kanker mencapai 12 juta jiwa dan sebanyak 7,6 juta meninggal dunia. Kanker Squamous Cell Carcinoma Of The Larynx (SCC larynx) adalah salah satu penyakit kanker dengan kematian cukup tinggi. Tujuan penelitian ini adalah bagaimana proses asuhan gizi pasien kanker squamous cell carcinoma of the larynx (SCC larynx) Di RSUD Dr. H. Abdul Moeloek Bandar Lampung. Penelitian menggunakan desain deskriptif observasional dengan pendekatan studi kasus. Subjek penelitian adalah seorang pasien laki-laki usia 65 tahun yang menjalani perawatan inap dengan diagnosis medis kanker squamous cell carcinoma of the larynx (SCC larynx). Hasil asesmen menunjukkan status gizi kurang (LILA 73,3%), asupan energi dan protein masih di bawah kebutuhan, serta adanya risiko malnutrisi (LLA < 23,5 cm), berdasarkan NRS-2002. Intervensi yang diberikan berupa diet Tinggi Energi Tinggi Protein (TETP) dengan modifikasi sesuai daya terima pasien, disertai edukasi gizi. Hasil monitoring dan evaluasi asupan energi 1.201 kkal (54.7%), protein 67,6 g (90.7%), lemak 30.8 g (84.2%), dan karbohidrat 167,7 g (42.7%). Tingkat kecukupan asupan energi dan karbohidrat defisit berat, sedangkan Tingkat kecukupan asupan protein baik/normal. Pemberian asuhan gizi menunjukkan adanya perbaikan daya terima makanan serta stabilitas status klinis pasien. Kesimpulannya, penerapan proses asuhan gizi dapat membantu memperbaiki asupan gizi dan mendukung pemulihan pasien kanker squamous cell carcinoma of the larynx (SCC larynx).

Kata Kunci: Kanker, SCC larynx, Proses Asuhan Gizi

ABSTRACT

NUTRITIONAL CARE PROCESS FOR PATIENTS WITH SQUAMOUS CELL CARCINOMA OF THE LARYNX (SCC OF THE LARYNX) AT Dr. H. ABDUL MOELOEK GENERAL HOSPITAL BANDAR LAMPUNG

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ABSTRACK

Cancer consists of cells that grow continuously in an uncontrolled, unlimited, and abnormal manner. Cancer is the leading cause of death worldwide, with incidence reaching 12 million cases and 7.6 million deaths. Squamous cell carcinoma of the larynx (SCC larynx) is one cancer with a relatively high mortality rate. The aim of this study is to describe the nutrition care process for a patient with squamous cell carcinoma of the larynx (SCC larynx) at RSUD Dr. H. Abdul Moeloek, Bandar Lampung. The study used a descriptive observational design with a case study approach. The subject was a 65-year-old male inpatient diagnosed with squamous cell carcinoma of the larynx (SCC larynx). Assessment results indicated undernutrition (mid-upper arm circumference 73.3%), energy and protein intake below requirements, and a risk of malnutrition (MUAC < 23.5 cm) based on NRS-2002. The intervention consisted of a high-energy, high-protein diet (HEHP) modified according to the patient's food tolerance, accompanied by nutrition education. Monitoring and evaluation showed energy intake of 1,201 kcal (54.7%), protein 67.6 g (90.7%), fat 30.8 g (84.2%), and carbohydrates 167.7 g (42.7%). Energy and carbohydrate adequacy were severely deficient, while protein adequacy was acceptable/normal. Provision of nutrition care resulted in improved food acceptance and stabilization of the patient's clinical status. In conclusion, implementation of the nutrition care process helped improve nutrient intake and support recovery in this patient with squamous cell carcinoma of the larynx (SCC larynx).

Keywords: cancer, scc larynx, nutrition care process