

ABSTRAK

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HUBUNGAN EFEK KEMOTERAPI DAN ASUPAN ZAT GIZI MAKRO DENGAN STATUS GIZI PADA PASIEN KANKER DI RUANG RAWAT INAP HEMATO ONKOLOGI ANAK RSUD ULIN BANJARMASIN

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Pengobatan pasien kanker secara umum adalah dengan kemoterapi. Kemoterapi memiliki efek samping berupa mual dan muntah yang hebat pada 24 jam pertama setelah pengobatan. Keadaan ini akan memengaruhi asupan zat gizi dan status gizi. Penelitian ini bertujuan menganalisis hubungan efek kemoterapi dan asupan zat gizi makro dengan status gizi pada pasien kanker di RSUD Ulin Banjarmasin. Penelitian ini merupakan penelitian secara observasional analitik dengan desain *cross sectional*. Penelitian ini menggunakan instrumen kuesioner efek kemoterapi, *form food recall* 2x 24 jam dengan jumlah responden sebanyak 50 responden, kemudian hasilnya diuji melalui analisis korelasi *spearman rank* pada probabilitas $\alpha < 0,05$. Hasil penelitian menunjukkan sebagian besar responden dengan efek kemoterapi bersifat maladaptif sebanyak 28 orang (56%), asupan protein inadekuat sebanyak 30 orang (60%), asupan lemak inadekuat sebanyak 30 orang (60%), asupan karbohidrat inadekuat sebanyak 29 orang (58%) dan status gizi baik sebanyak 33 orang (66%). Dapat disimpulkan terdapat hubungan efek kemoterapi dengan asupan protein ($p=0,001$), asupan lemak ($p=0,001$), asupan karbohidrat ($p=0,001$) dan status gizi ($p=0,001$), serta terdapat hubungan asupan protein ($p=0,005$), asupan lemak ($p=0,026$), asupan karbohidrat ($p=0,003$) dengan status gizi pada pasien kanker di ruang rawat inap Hemato Onkologi Anak RSUD Ulin Banjarmasin. Diharapkan dapat memberikan konsultasi gizi dan menggali informasi terkait asupan makan pasien bagi ahli gizi, meningkatkan asupan makan bagi responden, memperhatikan pola makan pasien dan memberikan dukungan informasi bagi keluarga responden.

Kata kunci: Asupan zat gizi makro, efek kemoterapi, kanker, status gizi.

ABSTRACT

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THE RELATIONSHIP OF THE EFFECTS OF CHEMOTHERAPY AND INTAKE OF MACRONUTRIENTS WITH NUTRITIONAL STATUS IN CANCER PATIENTS IN THE CHILDREN'S HEMATO ONCOLOGY AT RSUD ULIN BANJARMASIN

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Treatment for cancer patients in general is chemotherapy. Chemotherapy has side effects in the form of severe nausea and vomiting in the first 24 hours after treatment. This situation will influence nutritional intake and nutritional status. This study aims to analyze the relationship between the effects of chemotherapy and macronutrient intake with nutritional status in cancer patients at RSUD Ulin Banjarmasin. This research is an analytical observational study with a cross sectional design. The number of respondents in this study was 50 respondents, then the results were tested through Spearman rank correlation analysis at probability $\alpha=0,05$. The results of the study showed that the majority of respondents with chemotherapy effects were maladaptive as many as 28 people (56%), inadequate protein intake as many as 30 people (60%), inadequate fat intake as many as 30 people (60%), inadequate carbohydrate intake as many as 29 people (58%) and good nutritional status as many as 33 people (66%). It can be concluded that there is a relationship between the effects of chemotherapy and protein intake ($p=0,001$), fat intake ($p=0,001$), carbohydrate intake ($p=0,001$) and nutritional status ($p=0,001$), and there is a relationship between protein intake ($p=0,005$), fat intake ($p=0,026$), carbohydrate intake ($p=0,003$) and nutritional status in cancer patients in the Children's Hemato Oncology inpatient RSUD Ulin Banjarmasin. It is hoped that they can provide nutrition consultations and gather information regarding patient food intake for nutritionists, increase food intake for respondents, pay attention to patient eating patterns and provide information support for respondent families.

Keywords: Cancer, effects of chemotherapy, macronutrient intake, nutritional status.