

## ABSTRAKSI

**Rizki Faricha Rahmayanti, 2019.** Asuhan Gizi pada Pasien Kanker Payudara dengan Terapi Kemoterapi di Rumah Sakit Lavalette Kota Malang (Studi Kasus), dibawah bimbingan Dr. Nur Rahman, STP., MP.

Secara nasional prevalensi penyakit kanker payudara pada tahun 2013 sebesar 0,5% atau diperkirakan sekitar 61.682 orang. Prevalensi kanker payudara di Jawa Timur, yaitu sebesar 0,5% atau diperkirakan sekitar 9.688 orang (Infodatin, 2016). Penderita yang menjalani kemoterapi mengalami malnutrisi disebabkan oleh dua faktor yaitu berkurangnya asupan makanan dan gangguan proses metabolisme. Tujuan dari penelitian ini untuk melakukan asuhan gizi pada pasien kanker payudara dengan kemoterapi di RS Lavalette.

Jenis penelitian ini merupakan observasional deskriptif dengan desain studi kasus. Pengumpulan data diperoleh dari hasil wawancara dan catatan rekam medik pasien. Pengolahan dan analisis data dengan cara dianalisis secara deskriptif. Sampel yang dibutuhkan yaitu seorang pasien dengan diagnosis kanker payudara yang menjalani kemoterapi di ruang Crystal RS Lavalette.

Hasil *assessment* status gizi berdasarkan IMT pasien dalam kategori obesitas. Asupan makan energi, protein, lemak, dan karbohidrat dalam kategori kurang. Diagnosis gizi meliputi kekurangan *intake* makanan dan minuman oral, peningkatan kebutuhan protein, dan kurangnya kemampuan memonitor diri sendiri. Intervensi yang diberikan meliputi terapi diet tinggi energi, tinggi protein, tinggi antioksidan dan terapi edukasi dengan materi makanan yang dianjurkan dan makanan yang tidak dianjurkan, serta cara mengatasi mual pasca kemoterapi. Monitoring antropometri mengalami penurunan berat badan sebanyak 1 kg. Monitoring biokimia kadar hemoglobin, eritrosit, leukosit, dan trombosit termasuk normal. Hasil monitoring asupan makan energi, protein, lemak, dan karbohidrat meningkat secara bertahap namun masih dibawah kebutuhan.

**Kata kunci:** kanker payudara, asuhan gizi

## ABSTRACT

**Rizki Faricha Rahmayanti, 2019.** Nutrition Care for Breast Cancer Patients with Chemotherapy Therapy at Lavalette Hospital in Malang City (Case Study), under the guidance of Dr. Nur Rahman, STP., MP.

Nationally, the prevalence of breast cancer in 2013 was 0.5% or an estimated 61,682 people. Breast cancer prevalence in East Java, which is equal to 0.5% or estimated at around 9,688 people (Infodatin, 2016). Patients who undergo chemotherapy experience malnutrition caused by two factors, namely reduced food intake and impaired metabolic processes. The purpose of this study was to carry out nutritional care for breast cancer patients with chemotherapy at Lavalette Hospital.

This type of research is observational descriptive with case study design. Data collection was obtained from interviews and patient medical records. Data processing and analysis by analyzing descriptively. The sample needed was a patient with a breast cancer diagnosis who underwent chemotherapy in the Lavalette Hospital Crystal room.

Results of nutritional status assessment based on BMI of patients in the obesity category. Intake of eating energy, protein, fat and carbohydrates in the less category. Nutritional diagnosis includes a lack of oral food and beverage intake, increased protein requirements, and a lack of self-monitoring ability. The interventions provided include the therapy of high-energy, high-protein, high-antioxidant diets and educational therapy with recommended food ingredients and non-recommended foods, as well as ways to treat nausea post chemotherapy. Anthropometric monitoring lost 1 kg of weight. Biochemical monitoring of hemoglobin, erythrocyte, leukocyte, and platelet levels is normal. The results of monitoring the intake of eating energy, protein, fat, and carbohydrates gradually increased but still below the need.

**Keywords:** breast cancer, nutritional care