

HUBUNGAN ANTARA STATUS GIZI AWAL DAN AKTIVITAS FISIK SELAMA TERAPI DENGAN KEJADIAN KAHEKSIA PADA PASIEN KANKER YANG MENJALANI RADIOTERAPI DI RSUP DR. SARDJITO

Nisrina Amini¹, Susetyowati², Aviria Ermamalia³

INTISARI

Latar Belakang: Kaheksia terjadi pada sebagian besar pasien kanker dan merupakan penyebab kematian 22% pasien kanker. Radioterapi pada pasien kanker dapat mempengaruhi status gizi akibat efek samping terapi seperti kelelahan, mual, muntah, penurunan nafsu makan dan reflux esofagus, serta adanya pengurangan aktivitas fisik akibat dampak radioterapi. Sejauh ini, masih belum ada yang membuktikan pengaruh aktivitas fisik terhadap kejadian kaheksia itu sendiri serta antara status gizi pada saat awal terapi dengan kejadian kaheksia.

Tujuan: Mengetahui hubungan antara status gizi saat awal terapi dan aktivitas fisik selama menjalani terapi dengan kejadian kaheksia pada pasien kanker yang menjalani radioterapi di RSUP Dr. Sardjito.

Metode: Penelitian ini merupakan penelitian observasional dengan rancangan *nested case control*. Subjek dalam penelitian ini adalah pasien kanker yang menjalani radioterapi di ICC Tulip RSUP Dr. Sardjito serta memenuhi kriteria inklusi sebesar 78 responden dengan 32 responden dalam kelompok kasus (kaheksia) dan 46 responden dalam kelompok kontrol (tidak kaheksia). Status kaheksia berupa berat badan, indeks massa tubuh, dan indeks otot rangka apendikular diukur setiap seminggu sekali selama 3 minggu, status gizi diukur menggunakan PG-SGA dilakukan pada saat minggu 1, dan tingkat aktivitas fisik diukur menggunakan kuesioner Baecke pada minggu 2 atau 3. Analisis hubungan antara status gizi awal dan aktivitas fisik selama terapi dengan kejadian kaheksia dianalisis menggunakan *Chi Square*.

Hasil: Jumlah responden yang tergolong kaheksia sebanyak 41% dengan jumlah penyebab terbanyak adalah memenuhi ketiga kriteria berdasarkan konsensus internasional. Terdapat hubungan yang bermakna antara status gizi awal dengan kejadian kaheksia ($p=0,004$). Namun, tidak terdapat hubungan yang bermakna antara aktivitas fisik selama menjalani terapi dengan kaheksia ($p=0,266$)

Kesimpulan: Terdapat hubungan yang bermakna antara status gizi awal saat menjalani terapi dengan kejadian kaheksia. Tidak terdapat hubungan yang bermakna antara aktivitas fisik selama terapi dengan kejadian kaheksia.

Kata Kunci: status gizi, aktivitas fisik, kaheksia, kanker, radioterapi

¹Program Studi Gizi Kesehatan, Fakultas Kedokteran, Kesehatan Masyarakat, dan Keperawatan Universitas Gadjah Mada

²Program Studi Gizi Kesehatan, Fakultas Kedokteran, Kesehatan Masyarakat, dan Keperawatan Universitas Gadjah Mada

³Program Studi Gizi Kesehatan, Fakultas Kedokteran, Kesehatan Masyarakat, dan Keperawatan Universitas Gadjah Mada

THE RELATIONSHIP BETWEEN INITIAL NUTRITIONAL STATUS AND PHYSICAL ACTIVITY DURING THERAPY WITH THE INCIDENCE OF KAHEKSIA IN CANCER PATIENTS UNDERGOING RADIOTHERAPY AT RSUP DR. SARDJITO

Nisrina Amini¹, Susetyowati², Aviria Ermamilia³

ABSTRACT

Background: Cachexia occurs in most cancer patients and is the cause of death of 22% of cancer patients. Radiotherapy in cancer patients can affect nutritional status due to side effects of therapy such as fatigue, nausea, vomiting, decreased appetite and reflux of the esophagus, as well as a reduction in physical activity due to the impact of radiotherapy. So far, there is still nothing to prove the effect of physical activity on the incidence of cachexia itself as well as between the nutritional status at the beginning of therapy and the incidence of cachexia.

Objective: To determine the relationship between nutritional status at the beginning of therapy and physical activity during therapy with the incidence of cachexia in cancer patients undergoing radiotherapy at Dr. Sardjito Hospital.

Method: This study is an observational study with a *nested case control* design. The subjects in this study were cancer patients who underwent radiotherapy at ICC Tulip RSUP Dr. Sardjito and met the inclusion criteria of 78 respondents with 32 respondents in the case group (kaheksia) and 46 respondents in the control group (not kaheksia). The status of kaheksia in the form of body weight, body mass index, and appendicular skeletal muscle index was measured once a week for 3 weeks, nutritional status was measured using PG-SGA at the time of week 1, and physical activity levels were measured using the Baecke questionnaire at week 2 or 3. Analysis of the relationship between initial nutritional status and physical activity during therapy with the incidence of kaheksia was analyzed using *Chi Square*.

Result: The number of respondents classified as 41% with the highest number of causes meeting all three criteria based on international consensus. There is a meaningful relationship between the initial nutritional status and the incidence of kaheksia ($p=0,004$). However, there was no meaningful relationship between physical activity during therapy and kaheksia ($p=0,266$)

Conclusion: There is a meaningful relationship between the initial nutritional status of the therapy and the incidence of cachexia. There was no meaningful relationship between physical activity during therapy and the incidence of cachexia.

Keywords: nutritional status, physical activity, cachexia, cancer, radiotherapy

¹ Nutrition and Health Department, Faculty of Medicine, Public Health, and Nursing, Gadjah Mada University

² Nutrition and Health Department, Faculty of Medicine, Public Health, and Nursing, Gadjah Mada University

³ Nutrition and Health Department, Faculty of Medicine, Public Health, and Nursing, Gadjah Mada University