

Hubungan Asupan Zat Gizi dan Nafsu Makan dengan Status Gizi Pasien Kanker Lansia di RSUP Dr. Sardjito

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INTISARI

Latar Belakang: Pasien kanker lansia berisiko tinggi mengalami malnutrisi. Salah satu faktor utama yang menyebabkan malnutrisi adalah kehilangan nafsu makan dan/atau penurunan asupan makan pada lansia yang disebut dengan istilah anoreksia penuaan. Hingga saat ini, penelitian terkait dengan asupan dan nafsu makan, serta status gizi pada pasien kanker lansia masih terbatas.

Metode: Penelitian ini adalah penelitian observasional dengan rancangan cross-sectional. Subjek penelitian ini adalah 58 pasien kanker lansia rawat jalan Instalasi Kanker Terpadu “Tulip” RSUP Dr Sardjito yang memenuhi kriteria inklusi. Data asupan energi dan protein dikumpulkan menggunakan metode *food recall* 24 jam, nafsu makan menggunakan formulir VAS (Visual Analog Scale), dan status gizi menggunakan formulir PG-SGA (Patient-Generated Subjective Global Assessment). Data dianalisis menggunakan uji *Independent Samples T-Test*, *Mann-Whitney*, *One-Way ANOVA*, *Kruskal Wallis*, dan *Pearson Correlation*.

Hasil: Terdapat tren penurunan rata-rata asupan energi dan protein serta rata-rata skor VAS nafsu makan seiring dengan bertambahnya skor PG-SGA tetapi tidak berkorelasi secara signifikan ($p=0,577$, $p=0,599$, dan $p=0,205$).

Kesimpulan: Tidak terdapat hubungan antara asupan zat gizi (energi dan protein) dengan status gizi pasien kanker lansia di RSUP Dr Sardjito Yogyakarta.

Kata Kunci: Asupan Energi, Asupan Protein, Nafsu Makan, Status Gizi, Pasien Kanker Lansia

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Association of Nutrient Intake and Appetite with Nutritional Status in Older Patients with Cancer at Sardjito Hospital

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ABSTRACT

Introduction: Older patients with cancer are at high risk of malnutrition. One of the main factors that cause malnutrition is loss of appetite and/or decreased food intake in older adults, which is known as anorexia of aging. Research related to food intake and appetite, as well as nutritional status in older patients with cancer is still limited.

Methods: A cross-sectional study was conducted among 58 older outpatients with cancer at Tulip Integrated Cancer Installation of Dr Sardjito General Hospital. Data were collected by using 24-hour food recall for energy and protein intake, Visual Analog Scale (VAS) for appetite, and Patient-Generated Subjective Global Assessment (PG-SGA) for nutritional status. Data were analyzed using Independent Samples T-Test, Mann-Whitney, One-Way ANOVA, Kruskal Wallis, and Pearson Correlation.

Result: There was a trend toward inverse associations of nutrient intake and VAS score with PG-SGA score but not significantly associated ($p=0.577$, $p=0.599$ and $p=0.205$ respectively).

Conclusion: There was no association of nutrient intake and appetite with nutritional status in older patients with cancer at Sardjito Hospital Yogyakarta.

Keywords: Energy Intake, Protein Intake, Appetite, Nutritional Status, Older Patients with Cancer

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