

## INTISARI

**Purpose:** Penelitian ini bertujuan untuk mengetahui sarkopenia sebagai indikator status gizi dan prediktor mortalitas dari pasien kanker gastrointestinal bagian atas di RSUP Dr. Sardjito

**Patients and methods:** Penelitian ini merupakan penelitian cross sectional menggunakan data sekunder berupa rekam medis yang dilakukan pada bulan April-Mei 2023 di RSUP Dr. Sardjito Yogyakarta. Sampel terdiri dari 32 pasien yang telah memenuhi kriteria inklusi & eksklusi. Data yang diperoleh kemudian dianalisis dengan analisis bivariat dengan metode uji chi square.

**Results:** Dari 32 sampel penelitian yang didapatkan, 81,3% memiliki sarkopenia sedangkan 18,8% sisanya tidak memiliki sarkopenia; 31,3% pasien termasuk kategori underweight, 50% pasien normal, dan 18,8% pasien mengalami overweight; serta 59,4% pasien meninggal dan 40,6% sisanya hidup. Tidak terdapat hubungan yang signifikan antara sarkopenia dengan status gizi ( $p=0,169$ ) namun terdapat hubungan yang signifikan antara sarkopenia dengan mortalitas ( $p=0,029$ ) dengan odds ratio 0,089.

**Conclusion:** Sarkopenia tidak dapat dijadikan indikator status gizi pasien kanker gastrointestinal bagian atas, namun dapat dijadikan prediktor mortalitas dari penyakit ini.

**Keywords:** Sarkopenia, Status Gizi, Mortalitas

**Fundings:** This research used independent funds

**Abstract:**

**Purpose:** This objective of this study is to determine sarcopenia as an indicator of nutritional status and predictor of outcomes of upper gastrointestinal cancer patients at Dr. Sardjito Hospital

**Patients and methods:** This study applies cross sectional study using secondary data in the form of medical records conducted in April-May 2023 at Dr. Sardjito Hospital Yogyakarta. The sample consisted of 32 patients who reached the inclusion & exclusion criteria. The data were subsequently analyzed through bivariate analysis, including the chi-square test and Mann-Whitney test.

**Results:** From the 32 study samples obtained, 81.3% had sarcopenia while the remaining 18.8% did not have sarcopenia; 31.3% of patients were categorized as underweight, 50% of patients were normal, and 18.8% of patients were overweight; and 59.4% of patients died while the remaining 40.6% lived. There was no significant relationship between sarcopenia and nutritional status ( $p=0.169$ ) and length of stay ( $p=0.224$ ), but there was a significant relationship between sarcopenia and mortality ( $p=0.029$ ) with an odds ratio of 0.089.

**Conclusion:** Sarcopenia cannot be used as an indicator of nutritional status and a predictor of length of stay as an outcome of upper gastrointestinal cancer patients, but it can be applied as a predictor of mortality which is also an outcome of this disease.

**Keywords:** Sarcopenia, Nutritional Status, Mortality, Length of Stay

**Fundings:** This research used independent funds