

Hubungan Status Gizi, Asupan Zat Besi, dan Asupan Folat dengan Anemia pada Pasien Kanker yang Menjalani Kemoterapi di RSUP Dr Sardjito

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ABSTRAK

Latar Belakang: Prevalensi kanker tertinggi di Indonesia berada di provinsi Daerah Istimewa Yogyakarta. Anemia merupakan abnormalitas hematologi yang umum terjadi pada pasien kanker. Malnutrisi dan defisiensi mikronutrien seperti zat besi dan folat dapat menyebabkan terjadinya anemia pada pasien kanker. Namun, masih terdapat inkonsistensi mengenai hubungan status gizi, asupan zat besi, dan asupan folat dengan anemia pada pasien kanker.

Metode: Penelitian ini merupakan penelitian observasional dengan desain cross sectional. Subjek penelitian ini adalah 54 pasien kanker yang menjalani kemoterapi di RSUP Dr Sardjito yang memenuhi kriteria inklusi dan eksklusi. Data status gizi didapatkan menggunakan kriteria GLIM (*Global Leadership Initiative on Malnutrition*), sedangkan asupan zat besi dan folat dikumpulkan menggunakan metode SQ-FFQ (*Semi Quantitative Food Frequency Questionnaire*). Data dianalisis menggunakan *Spearman Rank Correlation Test*, *Fisher-Freeman-Halton Exact Test* dengan *Monte Carlo*, dan Uji Regresi Logistik Ordinal.

Hasil: Terdapat 53,7% subjek penelitian mengalami malnutrisi. Asupan zat besi dan folat subjek penelitian masuk dalam kategori kurang, namun subjek penelitian dengan status gizi normal memiliki asupan lebih tinggi daripada subjek penelitian malnutrisi. Sebagian besar subjek penelitian mengalami anemia ringan (66,7%) dan menderita kanker <1 tahun dengan stadium lanjut. Tidak terdapat hubungan yang signifikan ($p > 0,05$) antara status gizi, asupan zat besi, dan asupan folat dengan anemia. Jenis kanker berpotensi memengaruhi hubungan antara status gizi, asupan zat besi, dan asupan folat dengan anemia. Penderita kanker *gastrointestinal* cenderung memiliki kemungkinan lebih rendah mengalami anemia.

Kesimpulan: Tidak terdapat hubungan antara status gizi, asupan zat besi, dan asupan folat dengan anemia pada pasien kanker yang menjalani kemoterapi di RSUP Dr Sardjito.

Kata Kunci: Status Gizi; Asupan Zat Besi; Asupan Folat; Anemia; Kanker; Kemoterapi

The Relationship between Nutritional Status, Iron Intake, and Folate Intake with Anemia in Cancer Patients Undergoing Chemotherapy at RSUP Dr Sardjito

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ABSTRACT

Introduction: The highest prevalence of cancer in Indonesia is in the province of Yogyakarta Special Region. Anemia is a hematological disorder that is often found in cancer patients. Malnutrition and micronutrient deficiencies such as iron and folate can cause anemia in cancer patients. However, there are still inconsistencies regarding the relationship between nutritional status, iron intake, and folate intake with anemia in cancer patients.

Methods: This study was an observational study with a cross-sectional design. The subjects were 54 cancer patients undergoing chemotherapy at RSUP Dr Sardjito who met the inclusion and exclusion criteria. Nutritional status data were obtained using GLIM (Global Leadership Initiative on Malnutrition) criteria, while iron and folate intake were obtained using the SQ-FFQ (Semi Quantitative Food Frequency Questionnaire) method. Data were analyzed using Spearman Rank Correlation Test, Fisher-Freeman-Halton Exact Test with Monte Carlo, and Ordinal Logistic Regression Test.

Results: There were 53,7% of research subjects who were malnourished. The iron and folate intake of the study subjects was in the deficient category, but the study subjects with normal nutritional status had a higher intake than the malnourished study subjects. Most of the study subjects had mild anemia (66,7%) and had cancer <1 year with advanced stage. There was no significant association ($p>0.05$) between nutritional status, iron intake, and folate intake with anemia. The type of cancer could potentially affect the relationship between nutritional status, iron intake, and folate intake with anemia. Patients with gastrointestinal cancer tend to have a lower likelihood of anemia.

Conclusion: There is no relationship between nutritional status, iron intake, and folate intake with anemia in cancer patients undergoing chemotherapy at RSUP Dr Sardjito.

Keywords: Nutritional Status; Iron Intake; Folate Intake; Anemia; Cancer; Chemotherapy