

FAKTOR-FAKTOR YANG BERHUBUNGAN TERHADAP PERUBAHAN RISIKO MALNUTRISI DENGAN METODE *NUTRISCORE* PADA PASIEN KANKER RAWAT INAP DI RSUP DR SARDJITO

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INTISARI

Latar belakang : Pasien kanker memiliki kecenderungan lebih besar mengalami malnutrisi dibanding dengan pasien dengan penyakit lain. Sebanyak 20%-70% pasien kanker dengan beragam usia, jenis dan stadium kanker mengalami malnutrisi. Prevalensi malnutrisi lebih banyak terjadi pada pasien kanker rawat inap yaitu sebesar 44,1% dibanding 27,7% pada pasien rawat jalan. *Nutriscore* merupakan alat skrining yang dirancang spesifik untuk pasien kanker.

Tujuan : Penelitian ini bertujuan untuk mengetahui faktor-faktor apa saja yang berhubungan dengan perubahan risiko malnutrisi dengan alat skrining *Nutriscore* pada pasien kanker rawat inap di rumah sakit dr Sardjito.

Metode : Penelitian ini merupakan jenis penelitian observasional dengan rancangan *nested case control*. Subjek penelitian yakni pasien kanker rawat inap yang diskriming menggunakan alat skrining malnutrisi *Nutriscore* pada 1x24 jam pertama kemudian diikuti selama minimal 3 hari dan dilakukan skrining ulang. Data karakteristik subyek, jenis pengobatan, dan lokasi tumor diperoleh melalui wawancara dan rekam medis. Data asupan diperoleh melalui penilaian dengan *food recall* dan *visual comstock*. Uji statistik yang digunakan untuk melihat hubungan menggunakan *Chi-Square*.

Hasil : hasil yang diperoleh menunjukkan tidak terdapat hubungan signifikan antara usia, jenis pengobatan kanker, asupan energi dan protein dengan perubahan risiko malnutrisi pada pasien kanker rawat inap. Hal tersebut dibuktikan dengan nilai p masing-masing adalah 0,789; 0,422; 0,608; 0,361. Sedangkan hasil analisa terhadap hubungan lokasi tumor dengan perubahan risiko malnutrisi diperoleh nilai $p=0,044$ yang berarti terdapat hubungan bermakna antara lokasi tumor dengan perubahan risiko malnutrisi pasien kanker rawat inap.

Kesimpulan : tidak terdapat hubungan signifikan antara usia, jenis pengobatan kanker, asupan energi dan protein dengan perubahan risiko malnutrisi pada pasien kanker rawat inap. Sedangkan terdapat hubungan antara lokasi tumor dengan perubahan risiko malnutrisi pasien kanker rawat inap.

Kata Kunci : Risiko malnutrisi, *Nutriscore*, Jenis pengobatan, Lokasi tumor, Asupan energi dan protein

FACTORS ARE ASSOCIATED WITH CHANGES IN THE RISK OF MALNUTRITION WITH A NUTRISCORE SCREENING TOOL IN HOSPITALIZED CANCER PATIENTS AT THE DR. SARDJITO HOSPITAL

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ABSTRACT

Background: Cancer patients have a greater tendency to experience malnutrition compared to patients with other diseases. As many as 20% -70% of cancer patients with various ages, types and stages of cancer are malnourished. The prevalence of malnutrition is more prevalent in hospitalized cancer patients that is equal to 44.1% compared to 27.7% in outpatients. Nutriscore is a screening tool specifically designed for cancer patients.

Objective: This study aims to determine what factors are associated with changes in the risk of malnutrition with a Nutriscore screening tool in hospitalized cancer patients at the Dr. Sardjito hospital.

Method: This research is an observational study using nested case control design. The research subjects are inpatient cancer patients who were screened using Nutriscore malnutrition screening tools at the first 1x24 hours then followed for a minimum of 3 days then repeat screening. Data on subject characteristics, types of treatment, and location of tumors were obtained through interviews and medical records. The intake data is obtained through assessment with food recall and visual comstock. Statistical test used to analyze relationships using Chi-Square

Results: the results obtained showed no significant relationship between age, type of cancer treatment, energy and protein intake with changes in the risk of malnutrition in hospitalized cancer patients. This is evidenced by the value of p each being 0, 789; 0.422; 0.608; 0.361. While the results of the analysis of the relationship of tumor location with changes in risk of malnutrition obtained p value = 0.044, which means that there is a significant relationship between the location of the tumor with changes in the risk of malnutrition in hospitalized cancer patients.

Conclusion: there is no significant relationship between age, type of cancer treatment, energy and protein intake with changes in the risk of malnutrition in hospitalized cancer patients. Whereas there is a relationship between the location of the tumor and changes in the risk of malnutrition in hospitalized cancer patients.

Keywords: Risk of malnutrition, Nutriscore, type of treatment, tumor location, Energy and protein intake