

**PERUBAHAN STATUS GIZI (INDEKS MASSA TUBUH, LINGKAR LENGAN ATAS,
DAN KADAR HEMOGLOBIN) PASIEN KANKER GINEKOLOGI SELAMA
MENJALANI *CONCURRENT CHEMORADIATION THERAPY* (CCRT)**

DI RSUP DR. SARDJITO

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INTISARI

Latar Belakang: Lebih dari 40% kanker yang terjadi pada wanita adalah kanker ginekologi. *Concurrent Chemoradiation Therapy* (CCRT) adalah salah satu pengobatan bagi pasien kanker ginekologi. Selama kemoterapi dan radioterapi, status gizi pasien kanker dapat mengalami perubahan yang disebabkan karena efek samping terapi dan penyakit kanker. Status gizi yang buruk dapat mempengaruhi respon terapi dan kualitas hidup pasien.

Tujuan: Untuk mengetahui perubahan status gizi pasien kanker ginekologi selama menjalani CCRT di RSUP Dr. Sardjito.

Metode: Penelitian ini merupakan penelitian observasional dengan rancangan prospektif longitudinal. Subjek dalam penelitian ini adalah pasien kanker ginekologi rawat jalan yang menjalani CCRT di ICC Tulip RSUP Dr. Sardjito serta telah memenuhi kriteria inklusi yaitu sebanyak 14 orang. Berat badan, Indeks Massa Tubuh (IMT), Lingkar Lengan Atas (LILA) dan kadar hemoglobin diukur setiap seminggu sekali selama 5 minggu CCRT. Perubahan status gizi selama CCRT dianalisis dengan uji *Repeated-Measure Anova*.

Hasil: Status gizi subjek berdasarkan rata-rata IMT dari minggu pertama sampai ke-5 CCRT tergolong *overweight*. Status gizi subjek berdasarkan rata-rata LILA dari minggu pertama sampai ke-5 tergolong gizi baik. Status gizi subjek berdasarkan rata-rata hemoglobin minggu pertama dan ke-2 tergolong normal serta minggu ke-3 sampai ke-5 tergolong anemia tingkat ringan. Rata-rata berat badan, IMT, dan LILA subjek turun dari minggu pertama sampai minggu ke-3 lalu naik sampai minggu ke-5. Rata-rata kadar hemoglobin subjek turun dari minggu pertama sampai ke-5. Terdapat perubahan berat badan ($p=0,028$), IMT ($p=0,018$), dan panjang LILA ($p=0,026$) yang signifikan selama CCRT. Tidak terdapat perubahan kadar hemoglobin ($p=0,072$) selama CCRT.

Kesimpulan: Terdapat perubahan berat badan, IMT, dan panjang LILA yang signifikan selama menjalani CCRT. Tidak terdapat perubahan kadar hemoglobin selama menjalani CCRT.

Kata Kunci: Status Gizi, Concurrent Chemoradiation Therapy (CCRT), Kanker Ginekologi

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NUTRITIONAL STATUS CHANGES (BODY MASS INDEX, MID UPPER ARM CIRCUMFERENCE, AND HEMOGLOBIN LEVELS) OF GYNECOLOGICAL CANCER PATIENTS DURING CONCURRENT CHEMORADIATION THERAPY (CCRT) IN RSUP DR. SARDJITO

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ABSTRACT

Background: More than 40% of female malignancies are gynecological cancers. Concurrent Chemoradiation Therapy (CCRT) is a treatment for gynecological cancer patients. During chemotherapy and radiotherapy, nutritional status of cancer patients may change due to side effects of therapy and cancer. Malnutrition can affect the response to therapy and the patient's quality of life.

Objective: To determine changes in nutritional status of gynecological cancer patients during CCRT at RSUP Dr. Sardjito.

Method: This research was an observational with longitudinal prospective design. Research subjects are gynecological cancer outpatient who undergone CCRT in ICC Tulip RSUP Dr. Sardjito. All included patients have been sorted to meet inclusion criteria, with the total of 14 subjects. Body weight, Body Mass Index (BMI), Mid Upper Arm Circumference (MUAC), and hemoglobin levels were measured once a week during 5 weeks of CCRT. Nutritional status changes during CCRT was analysed with Repeated-Measure Anova Test.

Results: The nutritional status of the subjects based on the BMI mean from the first to the 5th week of CCRT were classified as overweight. The nutritional status of the subjects based on the mean MUAC from the first to the 5th week of CCRT were classified as well nourished. The nutritional status of the subjects based on the mean hemoglobin in the first and second weeks were classified as normal and the 3rd to 5th weeks were classified as mild anemia. The mean of body weight, BMI, and MUAC were declined from the first week to 3rd week, then increased to the 5th week. The mean of hemoglobin was declined from the 1st week to 5th week. There were significant changes in body weight (p value=0,028), BMI (p value=0,018), and MUAC (p value=0,026) during CCRT. There was no change (p=0,072) in hemoglobin levels during CCRT.

Conclusion: There were significant changes in body weight, BMI, and MUAC during CCRT. There was no change in hemoglobin levels during CCRT.

Keywords: Nutritional Status, Concurrent Chemoradiation Therapy (CCRT), Gynecological Cancer

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