

## PENGARUH PEMBERIAN EDUKASI GIZI TERHADAP ASUPAN ZAT GIZI PADA PASIEN KANKER GINEKOLOGI SELAMA *CONCURRENT CHEMORADIATION THERAPY* (CCRT) DI RSUP DR. SARDJITO

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### INTISARI

**Latar Belakang:** Kanker ginekologi merupakan kanker tertinggi yang diderita oleh wanita diseluruh dunia. Salah satu pengobatan kanker ginekologi adalah CCRT, yang merupakan gabungan dari kemoterapi dan radioterapi. Efek dari kemoterapi dapat menyebabkan mual, muntah, diare, dan gangguan penyerapan zat gizi yang dapat menyebabkan terjadinya malnutrisi. Pemberian edukasi gizi diharapkan dapat meningkatkan asupan zat gizi dan membantu proses penyembuhan.

**Tujuan:** Mengetahui pengaruh edukasi gizi terhadap perilaku makan, asupan energi, protein, lemak, dan karbohidrat pada pasien kanker ginekologi selama CCRT di RSUP Dr. Sardjito.

**Metode:** Penelitian ini merupakan penelitian pre eksperimental dengan jenis desain *one group pre post test*. Penelitian dilakukan untuk melihat pengaruh pemberian edukasi gizi pada asupan zat gizi pasien kanker ginekologi saat CCRT di RSUP Dr. Sardjito. Subjek dalam penelitian ini adalah pasien kanker ginekologi yang menjalani CCRT di RSUP Dr. Sardjito dan telah memenuhi kriteria inklusi, yaitu sebanyak 14 orang. Perilaku makan, asupan energi, asupan protein, asupan lemak, dan asupan karbohidrat diuji statistik dengan uji *Paired Samples T-Test*.

**Hasil:** Rata-rata perilaku makan pre test adalah 4.243 dan untuk perilaku makan post test dengan intervensi edukasi gizi adalah 4.429. berdasarkan uji statistik diperoleh hasil yang signifikan dengan  $p=0.038$ .

Asupan zat gizi pada minggu ke-2 mengalami penurunan rata-rata pada asupan energi dan lemak, untuk asupan protein dan karbohidrat mengalami peningkatan. Pada minggu ke-3 seluruh asupan zat gizi mengalami peningkatan. Namun, pada minggu ke-4 seluruh asupan zat gizi mengalami penurunan dan meningkat kembali pada minggu ke-5. Asupan zat gizi paling tinggi pada saat minggu ke-5. Berdasarkan rata-rata, terdapat perbedaan asupan zat gizi pre test (minggu ke-1) dan post test (rata-rata minggu ke-2 hingga minggu ke-5) dengan intervensi edukasi gizi. Namun, menurut uji statistik diperoleh hasil yang tidak signifikan dengan nilai  $p>0.05$  ( $p=0.593$  untuk asupan energi,  $p=0.283$  untuk asupan protein,  $p=0.486$  untuk asupan lemak, dan  $p=0.288$  untuk asupan karbohidrat).

**Kesimpulan:** Skor perilaku makan mengalami peningkatan setelah dilakukan intervensi edukasi gizi, terdapat perbedaan yang signifikan pada skor perilaku makan setelah dilakukan intervensi. Terdapat peningkatan asupan energi, protein, karbohidrat dan penurunan asupan lemak. Namun tidak ada perbedaan asupan energi, protein, lemak, dan karbohidrat yang signifikan secara statistik.

**Kata Kunci:** Edukasi Gizi, Asupan Zat Gizi, Concurrent Chemoradiation Therapy (CCRT), Kanker Ginekologi

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## THE IMPACT OF NUTRITION EDUCATION ON NUTRITION INTAKE IN GYNECOLOGICAL CANCER PATIENTS DURING CONCURRENT CHEMORADIATION THERAPY (CCRT) IN RSUP DR. SARDJITO

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### ABSTRACT

**Background:** Gynecological cancer is the highest cancer affecting women in worldwide. One of the gynecological cancer treatments is CCRT, which is a combination of chemotherapy and radiotherapy. The effects of chemotherapy can cause nausea, vomiting, diarrhea, and impaired absorption of nutrients which can lead to malnutrition. The provision of nutrition education is expected to increase nutrient intake and assist the healing process.

**Objective:** To determine the effect of nutrition education on eating behavior, energy intake, protein intake, fat intake, and carbohydrate intake in gynecological cancer patients during CCRT at RSUP Dr. Sardjito.

**Method:** This research was a pre-experimental research with one group pre post test design. The study was conducted to see the effect of nutrition education on the nutritional intake of gynecological cancer patients during CCRT at RSUP Dr. Sardjito. The subjects in this study were gynecological cancer patients who undergone CCRT at RSUP Dr. Sardjito and had met the inclusion criteria, with the total of 14 subjects. Eating behavior, energy intake, protein intake, fat intake and carbohydrate intake will be statistically tested with the Paired Samples T-Test.

**Results:** The mean of eating behavior pre test was 4.243 and for the post test with nutrition education intervention was 4.429. Based on statistic test obtained significant results ( $p=0.038$ ).

The mean of the nutrition intake at the 2<sup>nd</sup> week has decreased in aspect of energy and fat, in other hand, in aspect of protein and carbohydrate has increased. At the 3<sup>rd</sup> week, all of the nutrition intake has increased. However, at 4<sup>th</sup> week all nutrition intake decreased and at 5<sup>th</sup> week increased. The highest mean of nutrition intake is at the 5<sup>th</sup> week. Based on mean, there are differences in mean nutrition intake between the pre test (1<sup>st</sup> week) and the post test (mean from 2<sup>nd</sup> week to 5<sup>th</sup> week) with nutrition education intervention. However, according to statistic test, the result were not significant with  $p$  value  $> 0.05$  ( $p=0.593$  for energy intake,  $p=0.283$  for protein intake,  $p=0.486$  for fat intake, and  $p=0.288$  for carbohydrate intake).

**Conclusion:** The eating behavior score increased after the nutrition education intervention was carried out, there was a significant change in the eating behavior score after the intervention. There was an increase in energy intake, protein, carbohydrates and a decrease in fat intake. However, there were no significant changes in energy intake, protein intake, fat intake, and carbohydrate intake.

**Keywords:** Nutrition Education, Nutritional Intake, Concurrent Chemoradiation Therapy (CCRT), Gynecological Cancer

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