

HUBUNGAN ASUPAN ENERGI DAN PROTEIN DENGAN PERUBAHAN STATUS GIZI BERDASARKAN PG-SGA PADA PASIEN KANKER RAWAT JALAN YANG MENJALANI RADIOTERAPI DI RSUP DR. SARDJITO

Meika Mergian Raharjo¹, Susetyowati², Aviria Ermamilia²

INTISARI

Latar Belakang: 1 dari 5 pria dan 1 dari 6 wanita di seluruh dunia menderita penyakit kanker. Radioterapi yang dijalani oleh pasien tidak terlepas dari berbagai efek samping yang berdampak pada munculnya berbagai gejala terkait gizi sehingga pasien mengalami penurunan asupan yang mana menyebabkan malnutrisi. Kondisi malnutrisi dapat mempengaruhi respon terapi dan menurunkan kualitas hidup pasien.

Tujuan: Mengetahui hubungan antara asupan energi dan asupan protein dengan perubahan status gizi berdasarkan PG-SGA pada pasien kanker rawat jalan yang menjalani radioterapi di RSUP Dr. Sardjito

Metode: Penelitian ini merupakan penelitian observasional dengan rancangan *nested case control*. Penelitian melibatkan 70 orang pasien kanker rawat jalan yang menjalani radioterapi minimal 25 kali di RSUP Dr. Sardjito. Dalam 4 minggu pemantauan, penilaian PG-SGA dilakukan di minggu ke 1 dan ke 4, dan penilaian asupan dilakukan satu minggu sekali sebanyak 4 kali menggunakan *food recall*. Perubahan status gizi berdasarkan PG-SGA kemudian dijadikan sebagai dasar pengelompokan kasus dan kontrol. Uji statistik yang digunakan untuk melihat hubungan yaitu Chi Square.

Hasil: Tidak terdapat hubungan yang bermakna antara asupan energi dan asupan protein terhadap perubahan status gizi berdasarkan PG-SGA, asupan energi dan asupan protein pada kelompok kasus lebih rendah dibandingkan dengan kelompok kontrol, status gizi dan kondisi pasien cenderung menurun selama 4 minggu menjalani radioterapi yang dibuktikan dengan rata-rata skor PG-SGA di minggu ke 4 signifikan lebih tinggi dibandingkan minggu ke 1 dengan poin gejala sebagai kontributor terbesar terhadap total skor PG-SGA.

Kesimpulan: Tidak terdapat hubungan yang bermakna antara asupan energi ($p=0,061$) maupun asupan protein ($p=0,492$) terhadap perubahan status gizi berdasarkan PG-SGA.

Kata Kunci: Asupan Energi, Asupan Protein, Status Gizi, PG-SGA, Radioterapi, Kanker

¹Mahasiswa Program Studi Gizi Kesehatan, Fakultas Kedokteran, Kesehatan Masyarakat, dan Keperawatan Universitas Gadjah Mada

²Dosen Program Studi Gizi Kesehatan, Fakultas Kedokteran, Kesehatan Masyarakat, dan Keperawatan Universitas Gadjah Mada



THE RELATIONSHIP BETWEEN ENERGY-PROTEIN INTAKE AND NUTRITIONAL STATUS ALTERATION BASED ON PG-SGA IN OUTPATIENT CANCER UNDERGOING RADIOTHERAPY AT DR. SARDJITO HOSPITAL

Meika Mergian Raharjo¹, Susetyowati², Aviria Ermamilia²

ABSTRACT

Background: 1 of 5 men and 1 of 6 women worldwide has cancer. Radiotherapy undertaken by patients can't be separated from various side effects that have impacts on the appearance of various nutritional-related symptoms so that patients experience food intake decrease which causes malnutrition. Malnutrition can affect the response to therapy and reduce the patient's quality of life.

Objective: To determine the relationship between energy intake and protein intake with nutritional status alteration based on PG-SGA in outpatient cancer patients undergoing radiotherapy at Dr. Sardjito Hospital

Method: This research is an observational study using nested case control design. The study involved 70 outpatient cancer patients who underwent radiotherapy at least 25 times at Dr. Sardjito Hospital. In 4 weeks of monitoring, the PG-SGA assessment was carried out at weeks 1 and 4, and the food intake assessment was carried out once a week 4 times using food recall. Nutritional status alteration based on PG-SGA were then used as the basis for grouping cases and controls. The statistical test used to analyze relationship is Chi Square.

Results: There was no significant relationship between energy intake and protein intake on nutritional status alteration based on PG-SGA, the average energy intake and protein intake in the case group was lower than the control group, nutritional status and patient condition tend to decrease for 4 weeks undergoing radiotherapy as evidenced by the average PG-SGA score at week 4 was significantly higher than week 1 with symptom points as the largest contributor to the total PG-SGA score.

Conclusion: There is no significant relationship between energy intake ($p=0,061$) and protein intake ($p=0,492$) on nutritional status alteration based on PG-SGA

Keywords: Energy Intake, Protein Intake, Nutritional Status, PG-SGA, Radiotherapy, Cancer

¹Undergraduate Student of Nutrition and Health Department, Faculty of Medicine, Public Health and Nursing Universitas Gadjah Mada

²Lecturer of Nutrition and Health Department, Faculty of Medicine, Public Health and Nursing Universitas Gadjah Mada