

## PENGARUH PEMBERIAN *SNACK BAR* DALAM DIET TINGGI ENERGI TINGGI PROTEIN (TETP) TERHADAP STATUS GIZI PASIEN KEMOTERAPI DI RSUP SANGLAH DENPASAR

### ABSTRAK

**Latar Belakang :** Kemoterapi merupakan tata laksana penanganan kanker dengan proporsi tertinggi setelah pembedahan di Indonesia. Hasil studi menunjukkan bahwa 30-80% pasien kemoterapi mengalami penurunan status gizi. *Nutrimat bar* merupakan *snack bar* yang dirancang khusus untuk pasien kemoterapi memiliki ukuran kecil namun tinggi kandungan energi dan protein. Penelitian bertujuan mengetahui pengaruh pemberian *snack nutrimat bar* terhadap status gizi, meliputi BMI, kadar albumin dan kadar hemoglobin.

**Metode :** Desain penelitian eksperimen semu *pre and post test with control group design*, dilakukan di RSUP Sanglah Denpasar mulai bulan Maret-Mei 2021 pada 31 pasien kemoterapi rawat inap dengan perbaikan kondisi, menggunakan teknik *purposive sampling*. Subjek penelitian dibagi menjadi kelompok intervensi mendapatkan *snack nutrimat bar* dan kelompok kontrol mendapatkan *snack* standar rumah sakit selama 14 hari. Status gizi diukur sebelum dan sesudah perlakuan. Data status gizi dianalisis dengan uji normalitas *saphiro wilk*, *paired t-test* dan *independent t-test* menggunakan STATA 14.

**Hasil :** Terdapat peningkatan signifikan status gizi pada kelompok intervensi, yaitu sebesar BMI 0,65 kg/m<sup>2</sup> (95% CI:0,59-0,72), kadar albumin 0,53 g/dl (95% CI:0,45-0,61) dan kadar hemoglobin 2,09 g/dl (95% CI:1,74-2,46). Terdapat perbedaan signifikan peningkatan status gizi antara kedua kelompok, meliputi BMI 0,57 kg/m<sup>2</sup> (95% CI:0,46-0,67), kadar albumin 0,52 g/dl (95% CI:0,44-0,59) dan kadar hemoglobin 1,97 g/dl (95% CI:1,61-2,34).

**Kesimpulan :** Pemberian *snack nutrimat bar* sebanyak 2 kali sehari selama 14 hari dalam diet TETP berpengaruh terhadap peningkatan status gizi, meliputi BMI, kadar albumin dan kadar hemoglobin pasien kemoterapi di RSUP Sanglah Denpasar.

**Kata kunci :** *snack bar*, kemoterapi, BMI, albumin, hemoglobin.

***THE EFFECT OF HIGH PROTEIN AND CALORIE SNACK BAR  
ON THE NUTRITIONAL STATUS OF CHEMOTHERAPY PATIENTS  
AT SANGLAH GENERAL HOSPITAL***

**ABSTRACT**

**Background :** *Chemotherapy is the treatment for cancer with the highest proportion after surgery in Indonesia. The study results showed that 30-80% of chemotherapy patients have decreased nutritional status. Nutrimat bar is a snack bar specially designed for chemotherapy patients. It is small in size but high in energy and protein. This study aims to determine the effect of nutrimat bars on nutritional status, including: BMI, albumin levels and haemoglobin levels.*

**Method :** *Quasi-experimental research by pre and post test with control group design, was conducted at Sanglah Hospital Denpasar from March-May 2021 on 31 chemotherapy patients with improved conditions. The sample size was collected using purposive sampling technique. The research subjects were divided into the intervention group getting nutrimat bars and the control group getting standard hospital snacks for 14 days. Nutritional status was measured before and after intervention. Nutritional status data were analyzed with the saphiro wilk normality test, paired t-test and independent t-test using STATA 14.*

**Results :** *There were significant increase nutritional status in the intervention group, namely BMI 0,65 kg/m<sup>2</sup> (95%CI:0,59-0,72), albumin levels 0,53 g/dl (95%CI:0,45-0,61) and haemoglobin levels 2,09 g/dl (95%CI:1,74-2,46). There were significant differences in the improvement of nutritional status between the two groups, including BMI 0,57 kg/m<sup>2</sup> (95%CI:0,46-0,67), albumin levels 0,52 g/dl (95%CI:0,44-0,59) and haemoglobin levels 1,97 g/dl (95%CI:1,61-2,34).*

**Conclusion :** *Giving nutrimat bars 2 times a day for 14 days in a high-energy, high-protein diet affects improving nutritional status, including: BMI, albumin levels and haemoglobin levels of chemotherapy patients in General Hospital of Sanglah Denpasar.*

**Keywords :** *snack bar, chemotherapy, BMI, albumin, haemoglobin.*