

# GAMBARAN STATUS NUTRISI PASIEN KANKER YANG MENJALANI KEMOTERAPI DI RSUD PANEMBAHAN SENOPATI BANTUL DAERAH ISTIMEWA YOGYAKARTA

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## INTISARI

**Latar Belakang:** Kemoterapi merupakan salah satu metode pengobatan yang umum digunakan untuk pasien kanker, namun dapat menyebabkan dampak negatif seperti penurunan nafsu makan dan gangguan sistem pencernaan. Status nutrisi yang baik pada pasien kanker sangat penting untuk mendukung keberhasilan pengobatan dan meningkatkan kualitas hidup.

**Tujuan:** Penelitian ini bertujuan untuk mengetahui gambaran status nutrisi pasien kanker yang menjalani kemoterapi di RSUD Panembahan Senopati Bantul.

**Metode:** Penelitian ini menggunakan rancangan penelitian *non eksperimental* dengan menggunakan metode deskriptif kuantitatif melalui pendekatan *cross sectionall*. Pengambilan data dilakukan pada tanggal 12 – 27 Juni 2023. Sampel penelitian menggunakan teknik *purposive sampling* yaitu sebanyak 53 responden. Dalam penelitian ini instrument yang digunakan yaitu kuesioner *Malnutrtion Screening Tool* (MST) yang sudah valid dan reliabel

**Hasil:** Pasien kanker yang menjalani kemoterapi di RSUD Panembahan Senopati Bantul mayoritas rata – rata berusia  $56,98 \pm 12,62$  tahun, dengan pasien perempuan lebih banyak dibandingkan pasien laki-laki. Mayoritas pasien menikah, memiliki tingkat pendidikan SD, dan mayoritas responden bekerja sebagai buruh. Mayoritas pasien memiliki penghasilan di bawah atau setara dengan Upah Minimum Regional (UMR). Sebanyak 35 pasien kanker (66%) menjalani kemoterapi di RSUD Panembahan Senopati Bantul menghadapi risiko malnutrisi

**Kesimpulan:** Dengan melihat hasil penelitian ini yaitu sebanyak 66% pasien kanker yang menjalani kemoterapi berisiko malnutrisi maka pasien diharapkan untuk lebih memperhatikan status nutrisinya terutama pada asupan makan agar menunjang proses pengobatan selanjutnya.

**Kata Kunci:** Kanker, kemoterapi, status gizi, malnutrisi, RSUD Panembahan Senopati.

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# AN OVERVIEW OF NUTRITIONAL STATUS OF PATIENTS WITH CANCER UNDERGOING CHEMOTHERAPY AT RSUD PANEMBAHAN SENOPATI IN BANTUL YOGYAKARTA SPECIAL REGION

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## ABSTRACT

**Background:** Chemotherapy is one of the commonly used treatment methods for patients with cancer, but it can cause negative effects such as decreased appetite and digestive system disorders. Good nutritional status in patients with cancer is essential to support successful treatment and improve quality of life.

**Objective:** This research aims to discover the nutritional status of patients with cancer undergoing chemotherapy at RSUD Panembahan Senopati Bantul.

**Method:** This study used a non-experimental research design using quantitative descriptive method through a cross-sectional approach. Data collection was carried out on June 12 - 27, 2023. The research sample used purposive sampling technique, which was 53 respondents. In this study, the instrument used was a valid and reliable Malnutrition Screening Tool (MST) questionnaire

**Results:** Most of the patients with cancer undergoing chemotherapy at RSUD Panembahan Senopati Bantul were 56.98 + 12.62 years old on average, with more female patients than male patients. The majority of patients were married, had an elementary level of education, and the majority of respondents worked as laborers. The majority of patients had incomes below or equivalent to the Regional Minimum Wage (UMR). A total of 35 patients with cancer (66%) undergoing chemotherapy at RSUD Panembahan Senopati Bantul faced the risk of malnutrition.

**Conclusion:** By looking at the results of this study, as many as 66% of cancer patients undergoing chemotherapy are at risk of malnutrition, so the patients are expected to pay more attention to their nutritional status, especially in food intake to support the next treatment process.

**Keywords:** Cancer, chemotherapy, nutritional status, malnutrition, RSUD Panembahan Senopati.

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