

ABSTRACT

Breast cancer is a disease caused by abnormal cell growth in the breast area and can spread to other areas. One of the medical treatments for breast cancer is chemotherapy. However, chemotherapy drugs cause side effects, one of which is related to appetite. This causes a decrease in nutrient intake, which is increasing the risk of malnutrition. This study aims to analyze the correlation of chemotherapy side effects related to appetite and adequacy of macro nutrients with nutritional status in breast cancer patients in Rumkital Dr. Ramelan Surabaya.

This study used a cross sectional design. The sample size was 50 breast cancer patients who underwent adjuvant chemotherapy and were selected using a purposive sampling. Data collection included assessment of nutritional status, nutrient intake using 24-hour food recall form, food preferences, cancer stage, consumption of antiemetic drugs, and side effects of chemotherapy related to appetite using the CASQ questionnaire. Data was analyzed by Pearson correlation test.

The results showed that most of them were 46-55 years. The results of the statistical analysis showed that there was a relationship between the side effects of chemotherapy related to appetite with energy ($p=0.000$), carbohydrates adequacy ($p = 0.025$), protein adequacy ($p = 0.000$), and fat adequacy ($p=0.000$). There was a relationship between the side effects of chemotherapy related to appetite with nutritional status ($p = 0.015$). There was no correlation between the side effects of chemotherapy related to appetite with energy ($p = 0.855$), carbohydrate ($p = 0.166$), protein ($p = 0.778$), and fat ($p = 0.084$).

The conclusion of this study is the side effects of chemotherapy can lead to a decrease adequacy of energy, carbohydrate, protein, and fat. However, the adequacy of energy, carbohydrate, protein, and fat when there was side effects of chemotherapy related to appetite have not been able to affect the nutritional status of respondent at this time.

Keywords: chemotherapy side effects related to appetite, breast cancer, adequacy of macro nutrients, nutritional status

ABSTRAK

Kanker payudara merupakan penyakit yang disebabkan oleh pertumbuhan sel yang tidak terkendali di area payudara dan dapat menyebar ke area lain. Salah satu penatalaksanaan medik yang dilakukan pada kanker payudara adalah kemoterapi. Akan tetapi obat kemoterapi menimbulkan efek samping salah satunya terkait nafsu makan. Hal tersebut menyebabkan penurunan asupan zat gizi sehingga meningkatkan risiko penurunan status gizi. Penelitian ini bertujuan untuk menganalisis hubungan efek samping kemoterapi terkait nafsu makan dan kecukupan zat gizi makro dengan status gizi pada pasien kanker payudara di Rumkital Dr. Ramelan Surabaya.

Penelitian ini menggunakan desain *cross sectional*. Besar sampel sebanyak 50 pasien kanker payudara yang menjalani kemoterapi ajuvan dan dipilih menggunakan metode *pusposif sampling*. Pengumpulan data meliputi penilaian status gizi, asupan zat gizi menggunakan form *24-hours food recall*, kesukaan makanan, stadium kanker, konsumsi obat antiemetik, dan efek samping kemoterapi terkait nafsu makan menggunakan kuesioner CASQ. Data dianalisis menggunakan uji korelasi *Pearson*.

Hasil penelitian menunjukkan bahwa sebagian besar merupakan kelompok usia lansia awal (46-55 tahun). Hasil analisis statistik menunjukkan ada hubungan antara efek samping kemoterapi terkait nafsu makan dengan kecukupan energi ($p=0,000$), karbohidrat ($p=0,025$), protein ($p=0,000$), lemak ($p=0,000$). Terdapat hubungan antara efek samping kemoterapi terkait nafsu makan dengan status gizi ($p=0,015$). Tidak terdapat hubungan antara efek samping kemoterapi terkait nafsu makan dengan kecukupan energi ($p=0,855$), karbohidrat ($p=0,166$), protein ($p=0,778$), dan lemak ($p=0,084$).

Kesimpulan penelitian ini adalah efek samping kemoterapi dapat mengakibatkan penurunan kecukupan energi, karbohidrat, protein, dan lemak. Akan tetapi kecukupan energi, karbohidrat, protein, dan lemak saat terjadinya efek samping kemoterapi terkait nafsu makan belum dapat berdampak bagi status gizi responden saat ini.

Kata kunci: efek samping kemoterapi terkait nafsu makan, kanker payudara, kecukupan zat gizi makro, status gizi