

Pengaruh pemberian suplementasi makanan cair terhadap kadar albumin serum dan berat badan pasien kanker nasofaring yang menjalani kemoradioterapi = Influence of liquid food supplementation on serum albumin level and body weight in nasopharynx cancer patients undergoing Chemoradiotherapy

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Abstrak

Tujuan penelitian adalah diketahuinya pengaruh pemberian suplementasi makanan cair 500 kalori per hari berturut-turut dari awal radiasi sampai radiasi ke 20 terhadap kadar albumin serum dan berat badan pasien kanker nasofaring yang menjalani kemoradioterapi. Penelitian ini merupakan uji klinis paralel, membandingkan kelompok yang mendapat suplementasi makanan cair disertai penyuluhan gizi dan diet sehari-hari (P) dengan kelompok yang hanya mendapat penyuluhan gizi dan diet sehari-hari saja (K). Sebanyak 18 pasien kanker nasofaring yang menjalani kemoradioterapi yang memenuhi kriteria dibagi dalam dua kelompok secara randomisasi blok. Data yang diambil meliputi usia, jenis kelamin, indeks massa tubuh, stadium penyakit, asupan energi dan protein dengan food recall 1 x 24 jam Serta kebutuhan energi dan protein dengan rumus Harris- Benedict. Pemeriksaan kadar albumin serum Serta berat badan dilalukan pada awal dan akhir perlakuan. Analisis data menggunakan uji t tidak berpasangan dan berpasangan Serta uji Mann Whitney dengan batas kemaknaan 5%. Diperoleh 8 orang di kelompok P dan 8 orang di kelompok K dengan usia 18-59 tahun yang mengikuti penelitian secara lengkap. Tidak ada perbedaan data awal yang bermakna antara kelompok P dan kelompok K. Penurunan kadar albumin serum pada kelompok P lebih rendah daripada kelompok K. Diperoleh rerata persentase penurunan berat badan pada kelompok P yang kurang 2,24 % dari kelompok K, namun secara statistik tidak bermakna. Pemberian suplementasi makanan cair 500 kalori per hari berturut-turut dari awal radiasi sampai radiasi ke 20 tidak dapat mempertahankan kadar albumin serum dan mengurangi rerata persentase penurunan berat badan pada kelompok perlakuan.The aims of this study were to investigate the influence of 500 calorie per day liquid food supplementation from the first day of chemoradiotherapy until twenty times radiation therapy on serum albumin level and body weight in nasopharynx cancer patients undergoing chemoradiotherapy. The study was a parallel randomized clinical trial. Eighteen subjects of nasopharynx cancer patients treated with a targeted chemoradiotherapy were selected using certain criteria. The randomly (block randomization) eighteen subject were divided into two group. The treatment group received 500 calorie per day liquid food supplementation from the first day of treatment until twenty times radiation therapy, nutrition counseling and daily diet; the control group received nutrition counseling and daily diet alone. This study was conducted at Dr. Cipto Mangunkusumo Hospital Department of Radiotherapy. Data collected included age, gender, body weight and tall, body mass index, intake of energy and protein, and using 1 x 24 hours food recall. Laboratory findings (serum albumin levels) were done before and after intervention. For statistical analysis, impaired t-test, paired t-test and Mann Whitney were used with the level of significance was 5%. Eight subjects in the treatment group and Eight subjects in the control group completed the study and analyzed. The characteristic data of the two groups at baseline were not significantly different, therefore they were closely matched at baseline. There were decrease of serum albumin in both group, but it was

lower in the treatment group than the control group, although it is not statistically significant ($p > 0,05$). There were a 23,24 % relative reduction in weight loss in the treatment group but it is not statistically significant. In conclusions, the influence of 500 calorie per day liquid -food supplementation from the first day of chemo radiotherapy until twenty times radiation' did not preserve serum albumin level and were not reduction in weight loss in the treatment group.