

# Korelasi asupan protein dengan indeks massa otot skelet pada pasien kanker kolorektal di RSUPN Dr. Cipto Mangunkusumo = Correlation between protein intake with skeletal muscle mass index in colorectal cancer patients of RSUPN Dr. Cipto Mangunkusumo

Karina Rahmah Ayu Anggrenani, author

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## Abstrak

Kanker kolorektal diketahui berhubungan dengan massa otot yang rendah. Massa otot yang rendah dihubungkan dengan luaran klinis yang buruk. Telah diketahui bahwa asupan protein adalah salah satu faktor yang berperan dalam mempertahankan massa otot. Namun, studi-studi yang ada mengenai efek pemberian protein tinggi pada pasien kanker kolorektal terhadap massa otot belum dapat disimpulkan karena kurangnya bukti dari penelitian berkualitas baik dan intervensi pada studi yang berbeda-beda. Tujuan dari penelitian ini adalah untuk mengetahui korelasi antara asupan protein dengan indeks massa otot skelet pada pasien kanker kolorektal yang dirawat inap di Rumah Sakit Umum Pusat Nasional Dr. Cipto Mangunkusumo (RSCM). Penelitian menggunakan desain potong lintang pada subjek dewasa kanker kolorektal yang dirawat inap di RSCM. Asupan protein dinilai menggunakan multiple 24 hour recall. Indeks massa otot skelet didapatkan dari pengukuran massa otot skelet dalam kilogram menggunakan BIA multifrequency, lalu dibagi dengan tinggi badan dalam meter yang dikuadratkan. Sebanyak 52,5% subjek berjenis kelamin perempuan dan 50% subjek berada pada stadium IV. Terapi yang paling banyak telah dijalani subjek adalah kombinasi pembedahan dan kemoterapi (n=16, 40%). Tidak ditemukan korelasi antara asupan protein dan indeks massa otot skelet ( $r = -0,04$ ,  $P=0,795$ ).

.....Colorectal cancer is known to be associated with low muscle mass. Low muscle mass is associated with poor clinical outcome. It is known that protein intake is one of the factors that play a role in maintaining muscle mass. However, the existing studies on the effect of administering high protein in colorectal cancer patients on muscle mass have not been definitively concluded due to the lack of evidence from good quality studies and differences of intervention in existing studies. The purpose of this study was to determine the correlation between protein intake and skeletal muscle mass index in colorectal cancer patients who were hospitalized at the RSUPN Dr. Cipto Mangunkusumo (RSCM). The study used a cross-sectional design on adult subjects with colorectal cancer who were hospitalized at RSCM. Protein intake was assessed using multiple 24 hour recalls. Skeletal muscle mass index was obtained from the measurement of skeletal muscle mass in kilograms using BIA multifrequency, then divided by height in meters squared. A total of 52.5% of the subjects were female and 50% of the subjects were in stage IV. The most common therapy that the subject had undergone was a combination of surgery and chemotherapy (n=16, 40%). No correlation was found between protein intake and skeletal muscle mass index ( $r = -0.04$ ,  $P=0.795$ ).