

Faktor Determinan Status Nutrisi pada Pasien Kanker yang Menerima Kemoterapi Emetogenik Tinggi = Determinant Factors of Nutritional Status in Cancer Patients Receiving Highly Emetogenic Chemotherapy

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Abstrak

Latar belakang. Kemoterapi yang dilakukan secara berulang dapat menyebabkan berbagai efek samping, diantaranya mual muntah karena agen obat kemoterapi emetogenik tinggi. Frekuensi mual muntah yang tinggi pada pasien kemoterapi dapat menyebabkan perubahan status nutrisi yang berdampak pada seluruh aspek kehidupan pasien. Metode. Penelitian ini menggunakan metode kuantitatif dengan pendekatan cross sectional. Menggunakan kuesioner data demografi, Hospital Anxiety and Depression Scale (HADS), Index Nausea Vomiting and Retching (INVR) dan Patient-Generated-Subjective Global Assessment (PG-SGA). Hasil. Data dari 120 responden menunjukkan bahwa faktor yang berhubungan dengan status nutrisi pasien kanker yang menerima kemoterapi emetogenik tinggi adalah jenis kanker, kecemasan, mual muntah, diare, mucositis, dan intake nutrisi. Hasil uji regresi logistik berganda didapatkan bahwa diare merupakan faktor yang paling berpengaruh pada status nutrisi pasien kanker yang menerima kemoterapi emetogenik tinggi. Kesimpulan. Pasien kanker yang menerima kemoterapi emetogenik tinggi disertai diare lebih beresiko mengalami malnutrisi setelah dikontrol oleh jenis kanker, kecemasan, dan intake nutrisi serta faktor perancu mual muntah.

.....Background. Repeated chemotherapy can cause various side effects, including nausea and vomiting due to highly emetogenic chemotherapy drugs. The high frequency of nausea and vomiting in chemotherapy patients can cause changes in nutritional status that impact all aspects of the patient's life. Method. This research uses quantitative methods with a cross sectional approach. Using demographic data questionnaires, Hospital Anxiety and Depression Scale (HADS), Nausea Vomiting and Retching Index (INVR) and Patient Generated Subjective Global Assessment (PG-SGA). Results. Data from 120 respondents showed that factors related to the nutritional status of cancer patients who received highly emetogenic chemotherapy were the type of cancer, anxiety, nausea, vomiting, diarrhea, mucositis, and nutritional intake. The results of the multiple logistic regression test showed that diarrhea was the most influential factor on the nutritional status of cancer patients receiving highly emetogenic chemotherapy. Conclusion. Cancer patients who receive highly emetogenic chemotherapy accompanied by diarrhea are more at risk of experiencing malnutrition after controlling for the type of cancer, anxiety, and nutritional intake as well as the confounding factor of nausea and vomiting.