Tatalaksana nutrisi pada pasien kanker kepala dan leher dalam terapi radiasi = Nutrition management in head and neck cancer on radiation therapy

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Abstrak

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Latar belakang: Kanker kepala dan leher merupakan salah satu keganasan yang dapat menyebabkan malnutrisi. Radioterapi dan kemoterapi merupakan bagian dari terapi pasien yang dapat menimbulkan berbagai efek samping sehingga dapat memperburuk status gizi pasien. Tujuan tatalaksana nutrisi adalahmeningkatkan asupan pasien, mempertahankan berat badan dan meminimalkan penurunan berat badan selama radiasi dan kemoterapi, meningkatkan kualitas hidup, menurunkan angka mortalitas pasien KKL pasca radioterapi dan kemoterapi. Tatalaksana nutrisi yang diberikan meliputi pemberian makronutrien, mikronutrien, nutrien spesifik serta konseling dan edukasi.
Metode: Pasien pada serial kasus ini berjumlah empat orang dan berusia antara 41 hingga 57 tahun. Ketiga pasien menjalani kemoradiasi dan hanya satu pasien yang menjalani radioterapi. Hasil skrining pada semua pasien dengan menggunakan malnutrition screening tool (MST) mendapatkan nilai ≥2. Kebutuhan energi pasien dihitung dengan menggunakan rumus Harris Benedict selanjutnya dihitung kebutuhan energi total dengan faktor stres 1,5. Pemantauan yang dilakukan pada pasien meliputi keluhan subyektif, kondisi klinis, tanda vital, antropometri, kapasitas fungsional, dan analisis asupan. Monitoring dan evaluasi dilakukan secara teratur untuk memantau pencapaian target nutrisi.
Hasil: Dukungan nutrisi yang diberikan pada keempat pasien dapat meningkatkan asupan dan menaikkan berat badan pasien ketiga, mempertahahankan berat badan pasien pertama dan keempat, serta meminimalkan penurunan berat badan pasien kedua. Kapasitas fungsional pasien tidak mengalami penurunan.
Kesimpulan: Dukungan nutrisi yang diberikan pada pasien kanker kepala dan leher dalam terapi radiasi dapat meminimalkan, mempertahankan, dan meningkatkan berat badan, serta mempertahankan kapasitas fungsional pasien.
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ABSTRACT
Introduction: Head and Neck Cancer is malignant disease associated with malnutrition. Radiotherapy and Chemotherapy will give side effect which can worsen nutritional status. The goal of nutritional management are to maintain or increase nutritional status, improve quality of life, and prolong survival of patients. Nutrition management include provide macronutrient, micronutrient, specific nutrients, counseling, and education.
Methode: Patient in this case series were between 41 to 57 years old. Three of patients undergoing chemoradiation and one of patients on radiation therapy. All patients had a screening score ≥2 using a Malnutrition Screening Tool (MST). Nutritional status of patients were obese, normoweight with risk of malnutrition, and normoweight. Basal energy requirement were calculated using Harris Benedict Formula then calculated with stress factor 1.5 for total energy requirement. Monitoring included subjective

complaints, clinical condition, vital signs, anthropometric, functional capacity and nutrition analysis. Monitoring and evaluation were done for accomplishment of nutritional targets.
Results : Nutritional support could increase intake and weight gain in third patients, weight maintaining in first and fourth patients, and for second patients were minimizing weight loss. There was no decrease in functional capacity.
Conclusion: Nutritional support in head and neck cancer with radiotherapy could minimizing, maintaining, and increasing body weight also maintaining functional capacity., Introduction: Head and Neck Cancer is malignant disease associated with
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