

Studi perbandingan pengaruh suplementasi formula tempe dan susu terhadap kadar transferin serum penderita pra bedah kanker kolorektal dengan malnutrisi

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Abstrak

Ruang lingkup dan cara penelitian: Penderita kanker kolorektal sering mengalami malnutrisi. Untuk memperkecil komplikasi paska bedah, diperlukan tunjangan nutrisi bagi penderita pra bedah kanker kolorektal dengan malnutrisi. Sebagai tunjangan nutrisi, susu lazim digunakan di rumah sakit. Tetapi pemberian susu pada orang dewasa dan keadaan malnutrisi sering menimbulkan intoleransi, sehingga diperlukan bahan makanan lain sebagai pengganti susu. Tempe merupakan sumber gizi tradisional yang memiliki banyak kelebihan karakteristik, diharapkan dapat sebagai pengganti susu.

Tujuan penelitian ini adalah membandingkan pengaruh suplementasi formula tempe dan susu terhadap perubahan kadar transferin serum penderita kanker kolorektal dengan malnutrisi. Penelitian dilakukan di RSUPNKM, Jakarta. Penderita pra bedah kanker kolorektal yang memenuhi kriteria penerimaan di bagi dua kelompok secara acak. Pada kelompok tempe mendapat suplementasi formula tempe 100 g/hari dan kelompok susu diberikan suplementasi susu full cream 75 g/hari, selama 7hari. Pada awal dan akhir penelitian diperiksa kadar transferin serum sebagai parameter status protein.

Hasil: Terjadi peningkatan kadar transferin serum yaitu dari $(200,36 \pm 29,10)$ mg/dL menjadi $(250,36 \pm 91,00)$ mg/dL pada kelompok tempe dan dari $(195,33 \pm 29,70)$ mg/dL., menjadi $(276,13 \pm 134,15)$ mg/dL pada kelompok susu. Peningkatan ini secara statistik bermakna ($p < 0,05$). Bila dibandingkan kedua kelompok tersebut, kadar transferin serum sesudah suplementasi secara statistik tidak berbeda bermakna ($p > 0,05$).

Kesimpulan: Suplementasi formula tempe atau susu pada penderita pra bedah kanker kolorektal dengan malnutrisi, dapat meningkatkan kadar transferin serum yang setara. Formula tempe merupakan sumber protein nabati dapat digunakan sebagai pilihan alternatif pengganti susu.

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Comparison Study Of The Influence Of Tempe Formula And Milk Supplementation Towards The Transferrin Serum Content Of Pre Surgery Colorectal Cancer Patient With Malnutrition.Scope and Method of Study. A colorectal cancer victim often suffers of malnutrition. To reduce complications a colorectal cancer patient with malnutrition requires nutritional support before surgery. Generally in hospitals milk is used as nutritional support. However milk often causes intolerance to adults and cases of malnutrition, therefore other foodstuff is required to substitute for milk. Tempe represents a traditional source of nutrition with many characteristic advantages and expected useable as a substitute for milk.

The aim of this study is to compare the influence of tempe formula and milk supplementation towards the change of transferrin serum content in colorectal cancer patients with malnutrition. The study is conducted at the RSUPNKM in Jakarta. Pre surgery colorectal cancer patients fulfilling the criteria are divided at random into two groups. The tempe group receives a supplementation of 100 grams per day tempe formula, while the milk group is given supplementation of full cream milk powder of 75 grams per day for 7 days. At the beginning and conclusion of the study the transferrin serum content is examined as a parameter of the

protein status.

Result: An increase of the transferrin serum content has occurred, i.e. from $(100,36 \pm 29,10)$ mg/dL to $(250,36 \pm 91,00)$ mg/dL in the tempe group and from $(195,33 \pm 20,70)$ mg/dL to $(276,13 \pm 134,15)$ mg/dL in the milk group. Statistically the increase is significant ($p < 0,05$). When comparing the two groups the transferrin serum content supplementation does not differ significantly statistic-wise ($p > 0,05$).

Conclusions: The supplementation of either tempe formula or milk to pre surgery colorectal cancer patients with malnutrition equally increases the transferrin serum content. The tempe formula represents a vegetative source of protein and can be used as an alternative option of milk.