

## ABSTRAK

Purwitasari, Dyah K. 2014. *Pengaruh Kemoterapi terhadap Status Nutrisi Pasien Non Hodgkin Lymphoma di RSUD dr. Saiful Anwar Malang*. Tugas Akhir. Program Studi Pendidikan Dokter Fakultas Kedokteran Universitas Brawijaya. Pembimbing: (1) dr. Shinta Oktya Wardhani, Sp.PD (2) Fajar Ari Nugroho, S.Gz., M.Kes.

Non-Hodgkin Lymphoma (NHL) merupakan sekelompok keganasan primer limfosit yang dapat berasal dari limfosit B, limfosit T, dan kadang berasal dari sel NK (*natural killer*) yang berada dalam sistem limfe. Hingga saat ini, kemoterapi dengan regimen CHOP masih menjadi terapi standar pada NHL. Efek samping kemoterapi antara lain mual, muntah, diare, perubahan pengecap, tidak nafsu makan, serta malabsorpsi zat gizi. Berbagai efek samping ini tentu akan mempengaruhi status nutrisi penderita yang menyebabkan terjadinya penurunan status nutrisi. Penelitian ini bertujuan untuk mengetahui pengaruh kemoterapi terhadap status nutrisi pasien Non-Hodgkin Lymphoma berdasarkan pengukuran Indeks Massa Tubuh (IMT) dan *total lymphocyte count* (TLC). Suatu penelitian *cohort prospective* dilakukan terhadap 12 pasien NHL yang menjalani kemoterapi di Poli Hematologi-Onkologi RSUD dr. Saiful Anwar Malang pada Juni-September 2013. Hasil uji statistik *paired t-test* menunjukkan tidak terdapat perbedaan yang berarti antara IMT sebelum dan sesudah kemoterapi ( $p=0,122$ ), namun terdapat perbedaan berarti antara TLC sebelum dan sesudah kemoterapi ( $p=0,046$ ). Dari sini dapat disimpulkan bahwa kemoterapi tidak menyebabkan perubahan IMT yang bermakna antara sebelum dan sesudah kemoterapi, namun menyebabkan penurunan TLC bermakna antara sebelum dan sesudah kemoterapi.

Kata kunci: NHL, Kemoterapi, IMT, TLC

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Purwitasari, Dyah K. 2014. *Effect of Chemotherapy to Nutritional Status on Non Hodgkin Lymphoma Patient at RSUD dr. Saiful Anwar Malang*. Final Project, Medical Program, Faculty of Medicine, Brawijaya University. Supervisors: (1) dr. Shinta Oktya Wardhani, Sp.PD (2) Fajar Ari Nugroho, S.Gz., M.Kes.

Non-Hodgkin Lymphoma (NHL) is a group of primary malignancy of lymphocytes that can be derived from B lymphocytes, T lymphocytes, and sometimes (very rare) originate from NK (natural killer) cells that are in the lymphatic system. Twenty-one days CHOP regimen chemotherapy has been the standard treatment for patients with NHL. There are so many side effect of chemotherapy including nausea, vomiting, diarrhea, taste changes, loss of appetite, and malabsorption of nutrients which causes a decrease in a patient's nutritional status. This study aims to determine the effect of chemotherapy on the patient's nutritional status Non - Hodgkin Lymphoma by measuring the Body Mass Index (BMI) and total lymphocyte count (TLC). A prospective cohort study conducted on 12 patients who receive chemotherapy at NHL Hematology - Oncology Clinic of RSUD dr. Saiful Anwar Malang. Statistical paired t-test results showed no significant difference between BMI before and after chemotherapy ( $p = 0.122$ ), but there is a significant difference between TLC before and after chemotherapy ( $p = 0.046$ ). It can be concluded that chemotherapy does not cause a significant change in BMI between before and after chemotherapy, however, led to a significant decrease in TLC between before and after chemotherapy.

Keywords: NHL, Chemotherapy, BMI, TLC

