

ABSTRACT

THE INFLUENCE OF NUTRITION COUNSELING USING BOOKLET MEDIA ON THE LEVEL OF KNOWLEDGE, CONSUMPTION LEVEL (PROTEIN, FAT, FIBER, VITAMIN C) IN BREAST CANCER PATIENTS AT POLY ONCOLOGY, BHAYANGKARA HOSPITAL KEDIRI

Ernawati

Dr.Nur Rahman, STP,MP

Endang Widajati, SST, M.Kes

Background : One of the problems in the cancer prevention program is the lack of public knowledge about cancer, including the prevention and early detection of cancer. One of the dietary therapies given to cancer patients is nutritional counseling which aims to help patients to recognize the nutritional and health problems they face and can choose ways to solve problems that suit the patient's condition. The purpose of the study was to determine the effect of nutritional counseling on the level of knowledge, consumption levels of protein, fat, fiber, vitamin C in breast cancer patients.

Research methods :

Quasi experimental research design in the form of pre test and post test. Extension research variables as treatment variables studied were before and after counseling on knowledge variables, consumption levels. The analysis to test the hypothesis was Wilcoxon using 0.05, with a population of 17 breast cancer patients who were treated at Bhayangkara Hospital, Kediri.

Research result :

The results showed that the knowledge of breast cancer patients before and after being given counseling p-value $0.015 < = 0.05$, there was a significant effect of counseling on knowledge, consumption levels before and after nutrition counseling p-value $0.006 < = 0.05$, there was a significant effect nutrition education on consumption level.

Keywords: Nutrition education, knowledge, consumption level