

NUTRITIONAL CARE FOR POST OP UTERINE MYOMA PATIENTS WITH ANEMIA AT KANJURUHAN HOSPITAL MALANG DISTRICT

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ABSTRACT

Background: Uterine myoma is defined as a benign tumor originating from smooth muscle and connective tissue in the uterus, which forms within the uterine wall. Risk factors for the development of uterine myoma include age, parity, race and genetics, ovarian function, and dietary factors. **Research Objective:** To determine the nutrition care process in post-operative uterine myoma patients with anemia at Kanjuruhan Regional Hospital, Malang Regency. **Research Method:** This research is a descriptive observational study with a case study design conducted from September 3–9, 2024. Data were collected through interviews, medical record review, and vital sign logbooks, including anthropometric data, biochemical data, clinical data, as well as monitoring and evaluation results. **Research Results:** Anthropometric measurement showed the patient was in the undernourished category. Hemoglobin and hematocrit levels were in the low category. Physical/clinical examination showed the patient was in fair condition, experienced nausea, paleness, dry surgical wound with clean wound edges, and normal vital signs. The patient's dietary intake fluctuated during the observation period, with energy, protein, and carbohydrate intake in the moderate category, while fat and iron intake were in the good category. **Conclusion:** After three days of monitoring, the patient was at risk of malnutrition. Biochemical results showed hemoglobin and hematocrit levels in the normal category. The patient's physical/clinical condition showed signs of wound healing and normal vital signs. Dietary intake fluctuated during the observation, with energy, protein, and carbohydrate intake in the moderate category, and fat and iron intake in the good category.

Keywords: Anemia, Nutritional Care, Post Op, Uterine Fibroids