

**HUBUNGAN FAKTOR RISIKO DENGAN DERAJAT MUAL MUNTAH
AKUT PADA PASIEN KANKER YANG MENDAPAT KEMOTERAPI
GOLONGAN *HIGH EMETOGENIC CHEMOTHERAPY*
(Studi di RSD K.R.M.T. Wongsonegoro Semarang)**

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ABSTRAK

Latar Belakang: Mual dan muntah adalah efek samping yang sering dialami pasien kanker yang menerima HEC. Meski premedikasi dengan antiemetik telah terbukti efektif mengurangi gejala ini, banyak pasien tetap mengalami derajat mual muntah yang signifikan. Faktor-faktor seperti jenis kelamin, usia, jumlah siklus terapi, riwayat konsumsi alkohol, aspek psikologis pasien, sejarah mabuk perjalanan dapat mempengaruhi respons terhadap pengobatan.

Tujuan: Mengetahui gambaran mual muntah, faktor risiko, dan hubungan antara faktor risiko dengan derajat mual muntah akut pada pasien kanker yang mendapat kemoterapi golongan HEC.

Metode: Penelitian ini merupakan penelitian observasional analitik dengan rancangan *cross-sectional*. Subjek penelitian adalah 64 pasien kanker yang mendapat kemoterapi golongan HEC. Variabel bebas adalah faktor risiko mual muntah, variabel terikat adalah derajat mual muntah akut (diukur menggunakan kuesioner Rhodes INVR).

Hasil: Gambaran faktor risiko pada pasien kanker yang mendapat kemoterapi HEC yaitu responden mayoritas berjenis kelamin perempuan, berusia <60 tahun, siklus kemoterapi sedang menjalani <4 siklus, tidak memiliki sejarah mabuk perjalanan, serta responden tidak ada riwayat mengonsumsi alkohol dan tidak ada kecemasan.

Kesimpulan: Terdapat hubungan antara siklus kemoterapi dengan derajat mual muntah akut. Tidak terdapat hubungan antara faktor risiko jenis kelamin, usia, dan sejarah mabuk perjalanan dengan derajat mual muntah akut.

Kata kunci: *faktor risiko, mual muntah, CINV, HEC.*

**THE RELATIONSHIP BETWEEN RISK FACTORS AND THE
DEGREE OF ACUTE NAUSEA AND VOMITING IN CANCER
PATIENTS RECEIVING HIGH EMETOGENIC CHEMOTHERAPY
(Study at K.R.M.T. Wongsonegoro Hospital, Semarang)**

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ABSTRACT

Background: Nausea and vomiting are common side effects experienced by cancer patients receiving HEC. Although premedication with antiemetics has been shown to effectively reduce these symptoms, many patients still experience significant nausea and vomiting. Factors such as gender, age, number of therapy cycles, history of alcohol consumption, patient psychological factors, and history of motion sickness can influence response to treatment.

Aim: To determine the characteristics of nausea and vomiting, risk factors, and the relationship between risk factors and the degree of acute nausea and vomiting in cancer patients receiving high-emetogenic chemotherapy.

Methods: This study was an observational analytical study with a cross-sectional design. Subjects were 64 cancer patients receiving HEC chemotherapy. The independent variables were risk factors for nausea and vomiting, and the dependent variable was the severity of acute nausea and vomiting (measured using the Rhodes INVR questionnaire).

Results: The description of risk factors in cancer patients receiving HEC chemotherapy included the majority of respondents were female, aged <60 years, undergoing <4 cycles of chemotherapy, no history of motion sickness, no history of alcohol consumption, and no anxiety.

Conclusion: There was a correlation between chemotherapy cycles and the degree of acute nausea and vomiting. There was no correlation between the risk factors of gender, age, and history of motion sickness and the degree of acute nausea and vomiting.

Keyword: risk factors, nausea and vomiting, CINV, HEC.