

PROGRAM DIPLOMA TIGA PRODI TEKNOLOGI LABORATORIUM MEDIS

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Petrus Adi Pratama

Gambaran Kadar Asam Urat Pada Pasien Usia Produktif Di RSUD Kabupaten
Pringsewu Tahun 2019-2020

Xiii + 20 halaman, 4 tabel, 5 Lampiran

ABSTRAK

Penyakit asam urat bisa terjadi pada usia berapapun, tidak sedikit masyarakat dengan usia produktif sudah mengalami penyakit asam urat. Penyakit asam urat terjadi karena peningkatan kadar asam urat dalam darah yang melebihi kadar normalnya, jika asam urat dalam darah melebihi ambang batas normal maka akan mengendap menjadi kristal urat kemudian masuk ke dalam sendi dan menyebabkan gangguan pada struktur sendi seperti timbulnya tofus dan kerusakan pada sendi. Penelitian ini bertujuan untuk mengetahui kadar asam urat pada pasien usia produktif di RSUD Kabupaten Pringsewu tahun 2019-2020. Jenis penelitian bersifat deskriptif. Sampel berjumlah 419. Hasil penelitian didapatkan rata-rata kadar asam urat 5,1 mg/dl, kadar asam urat tertinggi 15,8 mg/dl dan kadar asam urat terendah 0,5 mg/dl. Kadar asam urat berdasarkan kelompok usia di dapatkan kadar asam urat tertinggi 15,8 mg/dl pada kelompok usia 35-44 tahun dan kadar asam urat terendah 0,5 mg/dl pada kelompok usia 25-34 tahun. Persentase pasien usia produktif yang memiliki kadar asam urat tinggi terdapat pada kelompok usia 45-54 tahun yaitu 19,6 %. Disarankan bagi penderita asam urat agar mengurangi makanan tinggi purin dan melakukan pemeriksaan asam urat secara rutin.

Kata Kunci : Asam urat, Usia Produktif

Daftar Bacaan : 26 (2007-2019)

**DIPLOMA PROGRAM THREE MEDICAL LABORATORY
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Petrus Adi Pratama

Overview of Uric Acid Levels in Patients of Productive Age at the Pringsewu District Hospital in 2019-2020

Xiii + 20 pages, 4 tables, 5 Appendices

ABSTRACT

Gout can occur at any age, not a few people of productive age have experienced gout. Gout occurs due to increased levels of uric acid in the blood that exceed normal levels, if uric acid in the blood exceeds the normal threshold, it will precipitate into urate crystals and then enter the joints and cause disturbances in the joint structure such as tofus and joint damage. This study aims to determine uric acid levels in patients of productive age at the Pringsewu District Hospital in 2019-2020. This type of research is descriptive. There were 419 samples. The results showed that the average uric acid level was 5.1 mg/dl, the highest uric acid level was 15.8 mg/dl and the lowest uric acid level was 0.5 mg/dl. Uric acid levels based on age group, the highest uric acid level was 15.8 mg/dl in the 35-44 year age group and the lowest uric acid level was 0.5 mg/dl in the 25-34 year age group. The percentage of productive age patients who have high uric acid levels is in the 45-54 year age group, which is 19.6%. It is recommended for gout sufferers to reduce foods high in purines and do regular uric acid checks.

Keywords: Gout, Productive Age
Reading List : 26 (2007-2019)