

**POLITEKNIK KESEHATAN TANJUNGPUR**  
**JURUSAN GIZI**  
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Gambaran Asupan Gizi, Status Gizi dan Kadar Asam Urat Pada Penderita Hiperurisemia di Puskesmas Wilayah Kerja Bulok Tahun 2023

xiii + 93 halaman + 22 tabel + 3 gambar, 9 lampiran

**ABSTRAK**

Perkembangan penyakit penyebab kematian utama di negara berkembang telah bergeser dari penyakit menular ke penyakit tidak menular. Penyakit asam urat atau biasa dikenal sebagai gout arthritis sebagai salah satu penyakit degeneratif merupakan suatu penyakit yang diakibatkan karena penimbunan kristal monosodium urat didalam tubuh. Asam urat merupakan hasil metabolisme akhir dari purin yaitu salah satu komponen asam nukleat yang terdapat dalam inti sel tubuh. Bahan pangan yang tinggi kandungan purinnya dapat meningkatkan kadar asam urat dalam darah antara 0,5 – 0,75 g/ml purin yang dikonsumsi. Penelitian ini bertujuan untuk mengetahui gambaran asupan gizi, status gizi dan kadar asam urat pada penderita Hiperurisemia di wilayah kerja Puskesmas Bulok.

Metode penelitian yang digunakan penelitian deskriptif dengan pendekatan *cross sectional*. Sampel yang digunakan adalah penderita Hiperurisemia di wilayah kerja Puskesmas Bulok sebanyak 54 orang. Teknik pengambilan data menggunakan teknik *simple random sampling*. Pengolahan data yang dikumpulkan dianalisa secara univariat untuk mengetahui distribusi frekuensi dari variabel yang diamati sehingga dapat mengetahui karakteristik dari variabel yang dianalisis, kemudian data tersebut disajikan dalam bentuk persen (%).

Hasil penelitian diketahui bahwa penderita hiperurisemia di wilayah kerja Puskesmas Bulok memiliki kadar asam urat tinggi sebanyak 61,1%, status gizi normal sebanyak 51,9%, asupan energi lebih 48,2%, asupan protein normal sebanyak 35,2%, asupan lemak lebih sebanyak 85,2%, dan asupan purin tidak berisiko sebanyak 51,9 %.

Responden disarankan rutin melakukan pengecekan kadar asam urat dan patuh menjalani diet rendah purin sehingga tidak menyebabkan tingginya kadar asam urat demi mencegah terjadinya komplikasi. Dan pihak puskesmas diharapkan dapat meningkatkan pemberian edukasi gizi mengenai diet rendah purin dan bahaya apabila tidak melakukan pengecekan kadar asam urat darah secara rutin dan tidak patuh minum obat terhadap penderita hiperurisemia untuk mencegah terjadinya komplikasi.

Kata Kunci : Status gizi, kadar asam urat, asupan purin  
Daftar Bacaan : 44 (2003-2022)

**TANJUNGPURAN HEALTH POLYTECHNIC  
DEPARTMENT OF NUTRITION  
Final Project, June 2023**

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Overview of Nutritional Intake, Nutritional Status and Levels of Uric Acid in Sufferers Hyperuricemia in the Bulok Working Area Health Center in 2023

xiii + 93 pages + 22 tables + 3 pictures, 9 attachments

## **ABSTRACT**

The development of diseases causing major mortality in developing countries has shifted from infectious diseases to non-communicable diseases. Uric acid disease, also known as gout arthritis, is one of the degenerative diseases caused by the accumulation of monosodium urate crystals in the body. Uric acid is the end product of purine metabolism, which is one of the components of nucleic acids found in the cell nucleus. Foods high in purine content can increase the level of uric acid in the blood, with a consumption of purine between 0.5 and 0.75 g/ml. This study aims to determine the nutritional intake, nutritional status, and uric acid levels in patients with hyperuricemia in the Bulok Primary Health Care Center area.

The research method used is descriptive research with a cross-sectional approach. The sample used consists of 54 patients with hyperuricemia in the Bulok Primary Health Care Center area. The data collection technique used is simple random sampling. The collected data are processed and analyzed univariately to determine the frequency distribution of the observed variables and to understand the characteristics of the analyzed variables. The data are then presented in percentages (%).

The research results indicate that patients with hyperuricemia in the Bulok Primary Health Care Center area have high uric acid levels, accounting for 61.1%. The nutritional status of these patients is normal in 51.9% of cases, while 48.2% have excessive energy intake. In 35.2% of cases, protein intake is normal, while 85.2% have excessive fat intake. Furthermore, 51.9% have a non-risky purine intake.

Respondents are advised to regularly check their uric acid levels and adhere to a low-purine diet to prevent complications caused by high levels of uric acid. It is also recommended for the health center to improve nutritional education regarding low-purine diets and the risks associated with not regularly checking uric acid levels in the blood or not adhering to medication for hyperuricemia patients in order to prevent complications.

Keywords : Nutritional status, uric acid levels, intake of purines

Reference : 44 (2003-2022)