

ABSTRACT

NAZULATUL ASMAK, NIM : G2B013028, 2017. THE CORRELATION OF FOOD SOURCE OF PURIN, VITAMIN C, AND FLUID INTAKE WITH URIC ACID LEVELS OF IN HYPERURICEMIC OUTPATIENTS AT ROEMANI MUHAMMADIYAH HOSPITAL SEMARANG. Supervisor I : Sufiati Bintanah, Supervisor II : Yuliana Noor Setiawati Ulvie, Nutrition Sciences Program University of Muhammadiyah Semarang.

Introduction : Gout is a degenerative disease characterized by hyperuricemia (elevated levels of uric acid in the blood). One of the method to prevent elevated levels of uric acid in the blood is with a low purine diet, consuming food sources of vitamin C and non-alcohol liquid. This study aims to determine the correlation between dietary intake of purine sources, vitamin C, and fluids with uric acid levels in hyperuricemic outpatients at Roemani Muhammadiyah Hospital Semarang.

Method : Explanatory research type using cross-sectional approach. 26 samples using random sampling technique. Purine and vitamin C food intake data were obtained through food recall and food frequency questionnaire, fluid intake was obtained through food recall, and uric acid level was obtained from medical record. Statistical analysis using Shapiro-Whilks test and continued with Pearson Correlation test.

Result : The results of this study shows the sample characteristics of 69.2% were male and 42.3% were 56-65 years old. All samples 100% consumed dietary intake of purine source ≥ 150.0 mg / day, 46.2% (male) and 19.2% (women) consumed vitamin C < 90 mg / day (male) intake and < 75 mg / day (women), and more than 69.2% of the sample consumed fluid < 2000 ml. All samples had more uric acid levels. There was a significant association between dietary intake of purine food souce(p value=0,001), vitamin C (p value=0,036), and fluid (p value=0,000) with uric acid levels.

Conclusions : There is a significant relationship between intake of food material source of purine, vitamin C and fluid with uric acid levels in hyperurisemic patients.

Keywords : Intake of food material source of purine, vitamin C, fluids, uric acid levels.