**ABSTRAK**

Gambaran Kadar Asam Urat dan Pelaksanaan Diet Rendah Purin Pada Penderita Asam Urat Di Wilayah Kerja Puskesmas Kendal Kerep Kota Malang. Eva Krisdiana (2016). Karya Tulis ilmiah Deskriptif. Jurusan Keperawatan. Program studi Diploma III Keperawatan Malang. Pembimbing (Utama) Fiashriel L, SKep Ns. M.Kes, Pembimbing (Kedua) Dr. Tri Johan A.Y, SKp.M.Kep.

**Kata Kunci:** Kadar Asam Urat, Diet Rendah Purin

Peningkatan kadar asam urat dapat dipengaruhi oleh makanan tinggi purin. Diet rendah purin adalah pola makan dengan tidak mengkonsumsi makanan tinggi purin karena berkaitan dengan peningkatan kadar asam urat. Tujuan penelitian ini untuk mengidentifikasi kadar asam urat dan pelaksanaan diet rendah purin pada penderita asam urat di Wilayah kerja Puskesmas Kendal Kerep Kota Malang. Metode yang digunakan diskriptif survey, dengan teknik purposive sampling. Jumlah responden 30 orang. Pengambilan data dilakukan pada tangggal 8-26 Februari 2016 di wilayah kerja Puskesmas Kendal Kerep Kota Malang menggunakan pengukuran kadar asam urat dan wawancara tertutup untuk pelaksanaan dietnya. Hasil penelitian menunjukkan dari 30 responden lebih dari setengah yaitu 16 orang (53,3%) kadar asam uratnya masih tinggi dan 14 orang (46,7%) kadar asam uratnya normal. Untuk pelaksanan diet rendah purin pada makanan tinggi purin yang dilarang setengah responden yaitu 15 orang (50%) cukup dan 15 orang (50%) responden baik. Untuk makanan tinggi purin yang dibatasi sebagian besar yaitu 25 orang (83,3%) cukup, 3 orang (10%) baik, dan 2 orang (6,7%) kurang. Dari hasil penelitian ini, diharapkan kebisaan responden yang masih sering mengkonsumsi makanan tinggi purin yang dilarang dan dibatasi dapat dikurangi. Perawat Puskesmas juga dapat memberikan pendidikan kesehatan dan melakukan visit home care ke rumah penderita asam urat.

**ABSTRACT**

Description on Uric Acid and Performing Purin Low Diet On Uric Acid Patient in Puskesmas Kendal Kerep Malang City. Eva Krisdiana (2016). DescriptiveSurvey, D-III Study Program of Nursing, Nursing Derpartment, Health Polytechnic of Malang, The Supervisor 1 Fiashriel L, SKep Ns. M.Kes And Supervisor II Dr. Tri Johan A.Y, SKp. M.Kep.

**Key word:** Uric Acid Contents, Purin's Low Diet

Increasing uric acid contents can be regarded by purin's tall food. Purin's low diet is pattern to eat by not consume purin's tall food, because gets increasing uric acid contents. The Purpose of this research to identify uric acid contents and diet performing contemns purin on uric acid patient at Puskesmas Kendal Kerep Malang city. This study used a survey design. Purposive sampling was used and the sampling was 30 person. The research was done on 8th  until 26th February 2016 at Puskesmas Kendal Kerep Malang City. The data of this study was taken using measurement uric acid contents and closed interview. From the study, the results show that of the 30 respondent be more than a half which is 16 person (53,3%) tall uric acid contents and 14 person (46,7%) uric acid contents was normal. For its performing contemns purin on alimentary tall purin who prohibitted by respondent half which is 15 person (50%) adequately and 15 person (50%) good respondent. For food is purin high that is drawn the line a large part which is 25 person (83,3%) adequately, 3 person (10%) well, and 2 person (6,7%) insufficiently. Of this research result, expected by respondent one stills frequent consume purin's tall food that is prohibitted and is drawn the line gets to be reduced. Nurse Puskesmas can also give health education and does visit home care goes to patient house uric acid.