

GAMBARAN KADAR ASAM URAT PADA LANJUT USIA DI PANTI WREDHA DHARMA BHAKTI KASIH KOTA SURAKARTA

Triyani Rosida Wati
Dosen Pembimbing : dr. RM Narindro Karsanto, M.M
Fakultas Ilmu Kesehatan, Universitas Setia Budi Surakarta

INTISARI

Lanjut usia adalah seseorang yang telah mencapai usia lebih dari 60 tahun. Pada lanjut usia terjadi kemunduran sel – sel karena proses penurunan yang berakibat dengan kelemahan organ, kemunduran fisik, peningkatan berbagai macam penyakit, diantaranya adalah asam urat. Asam urat adalah asam yang terbentuk akibat metabolisme purin di dalam tubuh. Jika zat purin di dalam tubuh berlebihan, ginjal tidak mampu mengeluarkannya dan inilah yang memicu penumpukan zat purin dalam tubuh yang berubah menjadi asam urat. Tujuan penelitian ini untuk mengetahui gambaran kadar asam urat pada lanjut usia di Panti Wredha Dharma Bhakti Kasih Kota Surakarta.

Pemeriksaan kadar asam urat dilakukan di Laboratorium Klinik Universitas Setia Budi Surakarta terhadap 30 sampel serum pada lanjut usia di Panti Wredha Dharma Bakti Kasih Kota Surakarta yang diambil berdasarkan purposive sampling. Pemeriksaan gambaran kadar asam urat menggunakan metode *Uricase Enzimatic – colorimetric. End point*. Dengan menggunakan monoreagen Asam Urat, Standart Asam Urat, kemudian dibaca kadarnya dengan fotometer.

Hasil pemeriksaan 30 sampel lansia 30% sampel mengalami peningkatan kadar asam urat disebabkan oleh beberapa faktor seperti terganggunya metabolisme asam urat atau asupan purin dalam makanan. Sedangkan 70% sampel tidak mengalami peningkatan asam urat karena menerapkan pola hidup sehat.

Kata kunci: kadar asam urat, lanjut usia

DESCRIPTION OF URIC ACID LEVELS IN THE ELDERLY AT THE DHARMA BHAKTI KASIH NURSING HOME IN SURAKARTA CITY

Triyani Rosida Wati
Dosen Pembimbing : dr. RM Narindro Karsanto, M.M
Fakultas Ilmu Kesehatan, Universitas Setia Budi Surakarta

ABSTRACT

Elderly is someone who has reached more than 60 years of age. In the elderly cell decline – due to a process of decline resulting in organ weakness, physical deterioration, an increase in various diseases, including uric acid . uric acid is an acid formed by the metabolism of purines in the body. If the purine substance in the body is excessive, the kidneys are unable to remove it and this is what triggers the buildup of purine in the body which turns into uric acid. The purpose of this study was to determine the description of uric acid levels in the elderly at the Dharma Bhakti Kasih Nursing Home in Surakarta City.

Examination of uric acid levels was carried out at the Clinical Laboratory of the University of Setia Budi Surakarta of 30 serum samples in the elderly at the Dharma Bhakti Kasih Surakarta City, which was taken based on purposive sampling. Examination of the picture of uric acid levels using the method of Uricase Enzymatic – Colorimetric. End Point. Using monoreagen Uric Acid, Standard Uric Acid, then read the levels with a photometer.

The results of examination of 30 elderly samples 30% of the sample experienced an increase in uric acid levels due to several factors such as disruption of gout metabolism or intake of purines in food. While 70% of the samples did not experience an increase in uric acid due to applying a healthy lifestyle.

Keywords: uric acid level, elderly