

DIETARY PATTERN AND ARTHRITIS GOUT RECURRENCE IN PUSKESMAS KREMBANGAN SELATAN SURABAYA

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Arthritis Gout is joint inflammation as manifestation of monosodium crystal accumulation collected crystal in joint area. Recurrence level of Arthritis Gout in client is different sign symptoms in every individual. Main factor causing recurrence that are dietary pattern. The research aimed to identify description of dietary pattern and recurrence cause in client with Arthritis Gout treated in Puskesmas Krembangan Selatan Surabaya. This research uses descriptive method. The population in this study were client who visited arthritis Gout in the community health center south krembangan surabaya. Largest sample taken 25 respondents, with a sampling technique using a Purposive Sampling. Data collection instrument used questionnaire. This research variable of dietary pattern and sign symptoms arthritis gout recurrence. Research results of dietary pattern and sign symptoms of client with Arthritis Gout recurrence cause who visited health center south krembangan surabaya. Showed that as many as 25 respondent from dietary pattern to know after client consume seafood experience severe symptom sign (75%). While eat a kind of an animal in client experience had symptom sign (44%). And then eat a kind of nabati experience mild symptom sign (34%). Many this symptom sign is a had level (44%). To experience severe symptom sign of (20%). The higher consumption eat a kind contains high purin value more big at risk Arthritis Gout in client experience recurrence whether mild, intermediate and severe. Then client lose his/her self confidence concerning with the health condition. Based on the results of this research is expected to know must limit eat a kind for Arthritis Gout client, routine control. This health department expected make a leaflet eat a kind of food and purin value can be consumption Arthritis Gout client.

Keywords : Dietary Pattern, Arthritis Gout Recurrence

INTRODUCTION

Gout Arthritis is a disease caused by impaired purine metabolism characterized by hyperuricemia and acute attacks of acute synovitis. This abnormality is associated with the accumulation of monosodium monohydrate crystals at a later stage of joint cartilage degeneration (Rasjad, 1998). Gout Arthritis is a joint inflammation as a manifestation of the accumulation of crystalline deposits of

monosodium urate collected in the joint region as a result of elevated levels of uric acid in the blood and hyperuricemia. Uric acid itself is acid-shaped crystals that are the end result of purine metabolism (nucleoprotein derivatives), which is one component of nucleic acids contained in the body's nucleus. Naturally, purines are present in our bodies and are found in all foods from living cells, ie food from plants (vegetables, fruits and nuts) or animal (meat, offal, and sardines) (Saraswati,

2009).

It can be said that the relapse of Gout Arthritis more often attacks men aged over 30 years. The reason, in general men have high uric acid levels in the blood. While uric acid levels in women are generally low and only increased after menopause. This is because women have the hormone estrogen that helps urine acid discharge. While in men, uric acid tends to be higher than women because they do not have the hormone estrogen. So, as long as a woman has the hormone estrogen, the uric acid excretion is controlled. When it does not have the hormone estrogen, such as at menopause, then women exposed to uric acid. If elevated levels of uric acid cross the tolerable threshold, then the problems that will arise are the kidneys, joints and urinary tract (Muhammad, 2012).

Factors causing relapse Gout Arthritis is a factor of age, obesity, incorrect dietary factors, and excessive factors of excessive activity. Of these factors individual coping of each patient with uric acid is different, some are angry, some are annoyed, some consider it ordinary and some even can not move due to severe pain (Muhammad, 2012).

The prevalence of Gout Arthritis Clients in Indonesia is roughly between 1-15.3% which varies across different populations. The prevalence of Gout Arthritis Clients in Java showed that in the age group of 15-45 years of 0.8%; Covering men 1.7% and women 0.05%. In a study in East Java the incidence of uric acid was found in blood uric acid levels > 9 mg / dL of 4.9% of patients experiencing severe pain, at levels of 7-8.9 mg / dl as much as 0.5% of patients experiencing moderate pain, and at levels < 7 mg / dL as much as 0.1% of patients had mild pain (Mahyuliansyah, 2009). Data on the number of visits of uric acid patients in Krembangan Puskesmas in 2011 on average per month ranged from 259 people (23%) from 58,480. The details as many as 200 people (77%) are old visits, then 59 people (23%) new visits. Who experienced relapse Gout arthritis in

Puskesmas Krembangan population as much as 25 Clients.

Based on the results of interviews with 5 Gout Arthritis clients who experienced symptoms of recurrence, two people (40%) recurred from eating offal, 1 person (20%) recurrence occurred after consuming sea food, 1 person (20%) recurrence occurred after consuming duck, and 1 person (12%) recurrence occurred by eating spinach. Based on the description above, the researcher is interested to do research about "Diet and Symptoms of Recurrence Symptoms of Gout Arthritis Recurrence In Client at Health Center of South Krembangan Surabaya".

Aim

General purpose : Knowing the pattern of eating and recurrence of Gout Arthritis to clients at the Puskesmas Krembangan Selatan Surabaya.

Special purpose : Identify the eating patterns that cause recurrence of Gout Arthritis to clients in Puskesmas Krembangan Selatan Surabaya. Identify signs of relapse symptom of Gout Arthritis on client at Puskesmas Krembangan Selatan Surabaya.

Method

Based on research objectives, research design used descriptive with cross sectional approach. Descriptive research aims to describe (describe) an urgent event happening in the present. Description of events is done systemically and more emphasis on actual data than inference (Pariani, et al, 2001). In this study a large estimate of population of 25 people with Gout Arthritis in Puskesmas Krembangan Selatan Surabaya who have experienced relapse.

Sampling in this study using the method of Non Probability Sampling type Purposive

Sampling is the sample taken based on the decision of the researcher. Sample criteria in this study were clients who experienced relapse Gout Arthritis and willing to be a respondent and signed an Informed Consent sheet. In this study the variables are diet and relapse Gout Arthritis. Research instruments are tools to be used for data collection (Notoatmodjo, 2010). The instrument used in this study is a questionnaire.

Result

The results include descriptive data, including general data and special data. General data include the characteristics of Gout Arthritis clients based on age, sex and value of uric acid levels. While the specific data that is Gout Arthritis client diet includes the number, schedule, type and signs of symptoms of the cause of recurrence

Gender respondents found that Gout Arthritis client was female (15%), and the rest 10 people (40%) were male. The age range of respondents was 46-55 years as many as 12 people (48%), and a small number of 26-35 years old as many as 4 people (16%)

Based on the results of uric acid examination found that the client Gout Arthritis most of the uric acid levels of 6 - 7 mg / dl as many as 15 people (60%). While a small percentage of uric acid levels in Gout Arthritis clients are 8 mg / dl of 4 people (16%).

Based on the frequency of recurrence it was found that Gout Arthritis clients mostly experienced 1x / month recurrence as many as 14 people (56%), while the rest were > 1x / month as many as 10 people (44%).

Most of the patients with Gout Arthritis who had a relapse consumed the type of plant foods were 12 people (54%), a small portion of consuming seafood type was 4 people (12%).

The majority of Gout Arthritis clients experienced moderate signs of as many as 12 people (48%), whereas a small percentage of Gout Arthritis clients experienced mild symptoms of 5 (20%). Based on the results of cross-tabulation it is known that Gout Arthritis patients with uric acid levels of 6-7 mg / dl were 6 people (36%) had mild signs and symptoms, as many as 4 people (28%) had signs and severe symptoms. At laboratory values 8 mg / dl there was 1 person (25%) had mild signs and symptoms, and none had any signs and symptoms of weight. At laboratory values > 8 mg / dl there were 1 person (20%) who had mild signs and symptoms, as many as 2 people (40%) had severe signs and symptoms.

Table 1 Cross-tabulation of Patterns with Signs of Gout Arthritis Client Symptoms at Puskesmas Krembangan Selatan Surabaya, March-April 2016

| Diet | Signs and Symptom | | | | | | Total | |
|---------|-------------------|----|--------|----|--------|----|-------|-----|
| | Lightweight | | Medium | | Weight | | | |
| Pattern | f | % | f | % | f | % | f | % |
| Seafood | - | - | 1 | 25 | 3 | 75 | 4 | 100 |
| Hewani | 2 | 22 | 4 | 44 | 3 | 34 | 9 | 100 |
| Nabati | 4 | 34 | 4 | 33 | 4 | 33 | 12 | 100 |

Based on table 1 above can be known the type of food that causes signs and symptom

s of weight is seafood. Patients Gout Arthritis who ate seafood type there are 3 people (75%) who have signs and symptoms of weight. In the type of animal food there are 4 people (44%) with signs and symptoms are. In the type of plant foods there are 4 people (34%) suffer from mild signs and symptoms, while the signs and symptoms are there are 4 people (34%)

Based on the type of food that causes signs and symptoms of weight is seafood. Patients Gout Arthritis who ate seafood type there are 3 people (75%) who experience signs and symptoms of weight. In the type of animal food there are 4 people (44%) with signs and symptoms are. In vegetable foods 4 people (34%) had

mild signs and symptoms, and 4 (34%) had moderate signs and symptoms.

CONCLUSIONS

Half of Gout Arthritis clients consumed > 50-75 grams / day of seafood and animal foods with a consumption schedule > 1x / month experienced signs of severe and moderate recurrence, while the remaining 48% consumed > 100 grams / day of food (vegetable) with 1x / month consumption schedule experienced signs of mild and mild recurrence of symptoms.

SUGGESTION

From the above conclusions the author can provide suggestions as follows:

- a. For Gout Arthritis Clients should always control the daily diet. Not only to the amount consumed, but also to the meal schedule and the type of food consumed daily.
- b. For Puskesmas Krebangan Selatan Surabaya is expected to provide health education or counseling about the type of food and limits of purine levels in foods that may be consumed by Gout Arthritis Client and make leaflets to serve as a guide for clients. .

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