

ABSTRAK

Penyakit asam urat merupakan penyakit dengan peningkatan kadar asam urat dalam darah. Peningkatan kadar asam urat pada laki-laki >7 mg/dl sedangkan perempuan >6 mg/dl. Pengobatan asam urat dapat dilakukan dengan pengobatan nonfarmakologi yaitu pemberian rebusan daun sirsak. Tujuan penelitian untuk mengetahui Pengaruh Rebusan Daun Sirsak Terhadap Penurunan Kadar Asam Urat Dalam Darah Pada Pasien Penderita Asam Urat.

Metode penelitian ini menggunakan *literature review*, data diperoleh dari *google scholar*, portal Garuda, dan Pubmed. Populasi sebanyak 682 jurnal, sampel sebanyak 5 jurnal pencarian sampel dilakukan berdasarkan kriteria inklusi dan eksklusi serta sesuai dengan uji kelayakan menggunakan *JBIC Critical Appraisal checklist for quasi experimental studies*. Pencarian *literature* dengan menggunakan *Boolean* dengan *keyword* bahasa Indonesia “pasien”, “rebusan daun sirsak”, “kadar asam urat”, dan bahasa Inggris “*soursop leaf stew*” AND “*decreased uric acid levels*” AND”. penyajian data berupa Prisma Flow.

Hasil analisa terhadap 5 jurnal menunjukkan bahwa sebagian besar responden penelitian memiliki kadar asam urat sebelum perlakuan sekitar >7.5 mg/dl, dan setelah diberi perlakuan mengalami penurunan sekitar 0,3-2,2 mg/dl. Hasil penelitian diperoleh 4 jurnal yaitu jurnal no 1, 2, 4, dan 5 dengan hasil adanya pengaruh, sedangkan 1 jurnal yaitu jurnal no 3 diperoleh hasil tidak adanya pengaruh rebusan daun sirsak terhadap penurunan kadar asam urat dalam darah.

Diharapkan agar perawat untuk dapat mengkaji lebih dalam tentang manfaat dan kandungan serta pemberian yang tepat akan daun sirsak bagi penurunan kadar asam urat sehingga dapat menjadi salah satu alternatif pengobatan asam urat secara nonfarmakologi.

Kata Kunci : Kadar asam urat, Pasien, Rebusan daun sirsak
Kepustakaan : 16 buku (2014-2019)
10 jurnal (2016-2020)
1 website (2018)

ABSTRACT

Gout is a disease with an increase in uric acid levels in the blood. Increased uric acid levels in men >7 mg / dl while women >6 mg / dl. Treatment of gout can be done with nonpharmacological treatment, namely the administration of decoction of soursop leaves. The purpose of the study was to determine the Effect of Soursop Leaf Decoction on Reducing Uric Acid Levels in the Blood in Patients With Uric Acid.

This research method uses literature review, data obtained from google scholar, Garuda portal, and Pubmed. The population is 682 journals, a sample of 5 journals, the sample search was carried out based on inclusion and exclusion criteria and in accordance with due diligence using the JBI Critical Appraisal checklist for quasi experimental studies. Literature search using Boolean with keywords Indonesian "patient", "soursop leaf decoction", "uric acid levels", and English "soursop leaf stew" AND "decreased uric acid levels" AND ". presentation of data in the form of Prisma Flow.

The results of the analysis of 5 journals showed that most of the study respondents had uric acid levels before the treatment of about >7.5 mg / dl, and after being treated decreased by about 0.3-2.2 mg / dl. The results of the study were obtained in 4 journals, namely journals no. 1, 2, 4, and 5 with the results of the influence, while 1 journal, namely journal no. 3, obtained the results of the absence of the influence of soursop leaf decoction on reducing uric acid levels in the blood.

It is hoped that nurses will be able to study more deeply about the benefits and content and proper administration of soursop leaves for reducing uric acid levels so that it can be an alternative to uric acid treatment in a nonpharmacological manner.

Keywords : Patients, Soursop leaf decoction, Uric acid levels

Libraries : 16 book (2014-2019)

10 journal (2016-2022)

1 website (2018)