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THE IMPLEMENTATION OF SOURSOP JUICE TO REDUCE URIC ACID LEVEL TOWARD ELDERLY WITH HYPERURICEMIA IN AISYIYAH NURSING HOME OF SURAKARTA

ABSTRACT

Background: the elderly susceptible attached several of diseases, the illness that often suffers by elderly is gout or uric acid, gout is the trash of metabolism process which not able to be taken out so the substance has crystallized which pile up in joints. That soursop juice is one of handling uric acid in non-pharmacological that effective to reduce uric acid level. The Purpose: to describe the result of soursop juice; application to reduce uric acid level toward elderly in Aisyiyah Nursing Home of Surakarta 2018. Method: this research use study case research with descriptive study design. Result: the implementation of soursop juice therapy to reduce uric acid level that had been done consecutive during 5 days had been proving both respondents had declining uric acid level. The uric acid level in respondent I and respondent II with 8,0 mg/dl and 7,2 mg/dl before conducted of soursop juice, after that, the uric acid level become 4,2 mg/dl and 4,0 mg/dl. Conclusion: the conducted of soursop juice can give an impact to reduce of uric acid level if routine to drink soursop juice 500 ml each day, and must be balance with dietary and good life style.

Keywords: Uric Acid, Soursop Juice, Elderly