

The Effectiveness of Pocketbooks as a Nutrition Counseling Medium on Knowledge Level and Purine Intake among Gout Patients

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ABSTRACT

Gout is a degenerative disease influenced by high-purine diets and is still prevalent in society. Prevention and control efforts are needed through nutritional interventions, namely providing nutrition counseling. Nutrition counseling is a series of activities between the client and the counselor aimed at improving nutrition based on healthy behaviors and attitudes toward the body, one of them is by using a pocketbook as a practical and informative medium. This study aims to analyze the effectiveness of a pocketbook as a nutrition counseling medium on the knowledge level and purine intake of gout patients. This study employed a quasi-experimental pretest-posttest control group design involving 40 respondents divided into an intervention group (pocketbook) and a control group (leaflet). The intervention was conducted over two weeks through four counseling sessions, each lasting approximately 20 minutes. Data analysis was conducted using the Wilcoxon test Mann Whitney test for the knowledge variable. Mc Nemar test and Chi Square test for the purine intake variable. The results showed that before nutrition counseling, there were no significant differences between the two groups ($p=0.131$ for knowledge; $p=1.00$ for purine intake). After nutrition counseling, there were significant differences between the groups ($p=0.00$ for knowledge; $p=0.019$ for purine intake). The results showed an increase in nutritional knowledge and a decrease in purine intake in both groups; however, the changes were more significant in the pocketbook group ($p=0.00$ for knowledge; $p=0.000$ for purine intake) compared to the leaflet group ($p=0.007$ and $p=0.021$). After the intervention, 90% of respondents in the pocketbook group achieved a good level of knowledge and 85% had adequate purine intake, whereas in the leaflet group only 35% reached a good level of knowledge and 55% had adequate purine intake. These findings emphasize that pocketbooks are more effective than leaflets in improving knowledge and promoting low-purine dietary behavior among gout patients.

Keywords: *Gout, Pocketbook, Nutrition Counseling, Knowledge, Purine*