

ABSTRACT

High uric acid levels require appropriate nutritional management, including adequate fluid intake to support uric acid excretion. Practical and easy-to-understand nutrition counseling media are needed to increase fluid intake and support uric acid management. This study aimed to compare the effectiveness of pocketbook and leaflet as nutrition counseling media on fluid intake and uric acid levels. This study used a quasi-experimental design with a non-equivalent control group. A total of 40 respondent were divided into a pocketbook group (n = 20) and a leaflet group (n = 20). Fluid intake data were collected using a 2x24-hour food recall, while uric acid levels were measured using a uric acid measuring device. Data were analyzed using the Independent Sample T-Test, Paired Samples T-Test, Mann-Whitney U test, and Wilcoxon Signed-Rank Test. The results showed that mean post-intervention fluid intake was $2,266.05 \pm 279.3$ mL/day in the pocketbook group and $1,849.9 \pm 372.6$ mL/day in the leaflet group. Both groups showed significant increases ($p < 0.001$), with mean increases of 707.78 ± 512.23 mL and 233.09 ± 218.07 mL, respectively ($p < 0,001$). Median uric acid levels decreased from 7.3 to 6.2 mg/dL in the pocketbook group and from 6.5 to 6.4 mg/dL in the laflet group. The reductions were significant ($p = 0.007$ and $p = 0.002$), with median decreases of 1.05 and 0.45 mg/dL, respectively ($p = 0.037$). In conclusion, nutrition counseling using both pocketbooks and leaflets was effective in increasing fluid intake and reducing uric acid levels. The pocketbook was more effective than the leaflet in increasing fluid intake and achieving a greater reduction in uric acid levels.

Keywords: Pocketbook, Leaflet, Nutrition counseling, Fluid intake, Uric acid.