

BAB 5

KESIMPULAN DAN SARAN

5.1 Kesimpulan

Berdasarkan hasil penelitian yang berjudul Studi penggunaan paclitaxel untuk penderita *breast cancer* di RUMKITAL Dr. Ramelan Surabaya pada periode 1 Januari 2017 – 31 Desember 2017 telah dilakukan maka dapat diambil kesimpulan sebagai berikut :

1. Paclitaxel digunakan pada pasien operasi sebanyak 10 pasien (33%), non operasi sebanyak 20 pasien (67%), dan tidak ditemukan pemakaian tunggal.
2. Pengobatan paclitaxel kombinasi diberikan kepada 30 pasien dengan dosis 130 mg/m² sebanyak 27 pasien (90%), dengan dosis 120 mg/m² sebanyak 1 pasien (3,3%) dan dosis 100 mg/m² sebanyak 2 pasien (6,7%).
3. Pasien kanker payudara yang mendapatkan terapi kemoterapi paclitaxel kombinasi dikatakan mengalami perbaikan sebanyak 29 pasien (97%) dan meninggal dunia sebanyak 1 pasien (3%) dengan toksisitas berupa mual dan muntah di alami oleh 30 pasien (40%) dan toksisitas berupa leukopenia dialami oleh 16 pasien (20%).
4. Protokol penggunaan kemoterapi paclitaxel yang diberikan belum sesuai dengan *guidelines National Comprehensive Cancer Network* dengan ketentuan dosis anjuran paclitaxel 135 - 175 mg/m².

5.2 Saran

1. Dilakukan penelitian lanjutan tentang penggunaan kemoterapi paclitaxel terkait dengan efektivitas obat dengan sampel jumlah yang lebih banyak dan data rekam medis yang lebih lengkap serta pembahasan yang berkaitan dengan tenaga kesehatan yang terlibat dalam proses kemoterapi pasien.
2. Perlu dilakukan pemeriksaan yang lebih spesifik seperti pemeriksaan mamografi, subtype molekular atau data penunjang lain pada setiap siklus pasien agar pemilihan obat dan dosis lebih spesifik sehingga dapat meningkatkan keberhasilan dari kemoterapi.
3. Diharapkan adanya peran dari farmasis secara maksimal dalam memberikan edukasi dan informasi berkaitan dengan pemberian kemoterapi yang diberikan dari segi efektivitas, interaksi, dan efek samping yang mungkin terjadi agar pengobatan kemoterapi bisa mencapai hasil yang maksimal dan pasien menjalani pengobatan dengan nyaman.
4. Diharapkan seluruh tenaga kesehatan yang terlibat dalam penanganan pasien kanker dapat bekerja sama dengan baik dan menuliskan data penting terkait kondisi pasien karena berhubungan langsung dengan pemilihan kemoterapi yang akan diberikan, sebab pemilihan obat dan dosis kemoterapi yang tepat akan meningkatkan kemungkinan sembuh dari pasien.

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