

## **BAB 5**

### **KESIMPULAN DAN SARAN**

#### **5.1 Kesimpulan**

Berdasarkan penelitian tentang pengaruh pemberian metotreksat terhadap kualitas hidup pada pasien artritis reumatoid yang telah dilakukan di Poli Reumatologi RSUD Dr Saiful Anwar Malang, maka dapat disimpulkan bahwa pada pemberian terapi metotreksat selama 6 bulan pada pasien artritis reumatoid di RSUD Dr Saiful Anwar Malang dapat meningkatkan kualitas hidup pasien dari sebelum dan setelah pemberian terapi MTX. Hal ini dapat dinilai dari aspek-aspek kualitas hidup yaitu meliputi aspek mobilitas atau energi, perawatan diri, suasana hati atau emosional dan kontak fisik.

#### **5.2 Saran**

Berdasarkan hasil penelitian yang telah dilakukan dengan metode prospektif, terdapat kekurangan dan keterbatasannya sehingga disarankan perlu dilakukan penelitian lebih lanjut mengenai pengaruh pemberian metotreksat terhadap kualitas hidup pada pasien artritis reumatoid yang pada penelitiannya menggunakan instrumen kuisioner RAQoL dan memerlukan penambahan waktu penelitian 1-2 tahun dengan jumlah sampel yang lebih besar, agar dapat lebih maksimal dalam mengamati perbaikan kualitas hidup pasien artritis reumatoid.

## DAFTAR PUSTAKA

- Aletaha, D., Neogi, T., & Silman, A., 2010, *Rheumatoid Arthritis Classification Criteria. An American Collage of Rheumatology/European League Against Rheumatism Collaborative Initiative*. Diambil kembali dari Arthritis & Rheumatism, **62(9)**: 2569-81: doi: 10.1002/art.27584
- American Collage of Rheumatology, 2012, *Recomendations for the Use Of Nonpharmacologic and Pharmacologic Therapies in Osteoarthritis of the Hand, Hip, and Knee*. Dipetik Oktober 18, 2016, dari <https://www.rheumatology.org>
- American Collage of Rheumatology, 2015, *American Collage of Rheumatology Guideline for the Treatment of Rheumatoid Arthritis*. Dipetik Oktober 10, 2016, dari <https://www.google.co.id/url?>
- American Thoracic Society. 2007, Health Related Quality of Life (HRQoL), USA, ATS cit. Ismail, A., 2013, Evaluasi Kualitas Hidup Penderita Osteoarthritis di Instalasi Rawat Jalan RSUP dr. Sardjito Yogyakarta Periode Februari - Mei 2013. *Fakultas Farmasi Universitas Gadjah Mada*.
- Ariani, A., 2017, 'Pengaruh Penerapan Model Regresif Menggunakan Media Powerpoint terhadap Hasil Belajar dan Kesadaran Sejarah Peserta Didik di SMAN Kalisat Kelas XI IPS Semester Gasal Tahun Ajaran 2016/2017, *Skripsi*, Universitas Jember, Jember.
- Arthritis Foundation, 2008, *News From the Arthritis Foundation*. Dipetik Oktober 18, 2016, dari [http://jupiterinletcolony.org/uploads/Rheumatoid\\_Arthritis\\_Fact\\_Sheet.pdf](http://jupiterinletcolony.org/uploads/Rheumatoid_Arthritis_Fact_Sheet.pdf)
- Association, I. R., 2013, *Diagnosis dan Pengelolaan Lupus Eritematosus Sistemik*. Jakarta: Perhimpunan Reumatologi Indonesia.
- Bawarodi, F, J. R., 2017, Faktor-faktor yang Berhubungan dengan Kekambuhan Penyakit Rematik di Wilayah Puskesmas Beo Kabupaten Talaud. *e-journal keperawatan*, **5(1)**: 1-7.
- Bello, A., Perkins, E., Jay, R, and Efthimion, P., 2017, Recommendation for optimizing methotrexate treatment for patients with rheumatoid arthritis. *Open Access Rheumatology: Research and Reviews Journal*, **2(2)**: 124-127.

- Bird P, Griffiths H., & Littlejohn G., 2014, Methotrexate in rheumatoid arthritis efficacy and safety. *Journal of Pharmacovigilance*, **2(5)**: 127-130.
- Blumental., 2012, Rheumatoid Arthritis and The Incidence Of Influenza Related Complications. *A Retrospective Cohort Study BMC Musculoskeletal Disorders 2012*, **13(1)**:158, 2-10.
- Chen, T., Li, L., & Kochen, M., 2005, A Systematic Review : How to Choose Appropriate Health-Related Quality of Life (HRQOL) Measures in Routine General Practice. *Journal of Zhejiang University* **5(6)**, 936-940.
- DiPiro, J.T., Wells, B.G., Schwinghammer, T.L., and DiPiro C. V., 2014, *Pharmacotherapy Handbook*, Ninth Edit., McGraw-Hill Education Companies, Ingggris.
- Firestein, G., Paine, M., & Littman, B., 2005, *Kelley's Textbook of Rheumatology*, Philadelphia. Halaman: 221-223.
- Furst, D. E., dan Munster, T., 2014, 'Obat-Obat Antiinflamasi Nonsteroid, Obat-Obat Antireumatik Pemoififikasi Penyakit, Analgesik Nonopioid dan Obat-Obat untuk Pirai' dalam Katzung, B.G., Masters, S.B. and Trevor, A.J. 2014, *Farmakologi Dasar dan Klinik*, ed 12., Penerbit Buku Kedokteran EGC, Jakarta, pp. 472-473.
- Heidari, B., 2011, Rheumatoid Arthritis. *Early Diagnosis and Treatment Outcomes, volume 2*, 161-170.
- Hussein, Wijdan A., 2017, The Quality of Life in Patients with Rheumatoid Arthritis in Baghdad : A Cross-Sectional Study, *International Journal of Medical Research & Health Sciences*, **6(11)**: 20-34.
- J. Zhao, Y. Su, & R. Li et al., 2014, Classification Criteria of Early Rheumatoid Arthritis and Validation of Its Performance in a Multi-Centre Cohort. *Clinical and Experimental Rheumatology*, **32(3)**: 667-673.
- Kementerian Kesehatan RI, 2012, *Riset Kesehatan Dasar 2012*, Jakarta: Kementerian Kesehatan Republik Indonesia. Khoirunnisa, S. M., dan Perwitasari, D. A., 2017, The Rheumatoid Arthritis Quality of Life (RAQoL) for Indonesia : Translation and Pilot Test, *International Series on Interdisciplinary Science and Technology*, **2(1)**: 10 -13.

- Kumar, Parveen, & Michael, C., 2009, *Clinical Medicine. Saunders Elsever, Seventh Edition*, British: 476-478.
- Lima, A, Bernardes, M, Azevedo, R, Medeiros, R, & Seabra, V., 2015, Pharmacogenomics of Methotrexate Membrane Transport Pathway. *Molecular Science*, **16(4)**: 13760-13780.
- Machali, Imam, & Ara Hidayat, 2015, *The Handbook of Education Management*. Magister Pendidikan Islam Universitas Islam Negeri Sunan Kalijaga, Yogyakarta.
- MacInnes, I.B, & Scheet, G., 2011, The Pathogenesis of Rheumatoid Arthritis. *The New England Journal of Medicine*, **365(23)**: 2205-2219.
- Malm, K., Bergman S., Maria LE Andersson, M. L. E., Bremander, A., and Larsson, I., 2017, Quality of life in patients with established rheumatoid arthritis: A phenomenographic study, **5(2)**: 1–8.
- Mehta N., 2013, Drug Induced Hepatotoxicity. [http:// emedicine. medscape. com /article /169814-overview](http://emedicine.medscape.com/article/169814-overview). 2010 (diakses tanggal 13 february 2018).
- National Institute of Health, 2013, *Methotrexate [diunduh 4 Februari 2013]*. Diakses pada 15 Maret 2013, <http://livertox.nih.gov/Methotrexate.htm>.
- NHMRC (The National Health and Medical Research Council, 2011, *Recommendations For the Diagnosis and Management of Early Rheumatoid Arthritis, 17-19*. (J. Shiel, Penyunt.) Diakses 8 Oktober 2013, dari The Royal Australian Collage of General Practitioners, Australia: [http://www.emedicinehealth.com/rheumatoid\\_arthritis/article\\_em.htm](http://www.emedicinehealth.com/rheumatoid_arthritis/article_em.htm).
- Novitasari, L., Perwitasari, D., & Khoirunnisa, S., 2016, Validity Of Short Form 36 (SF-36) Indonesia Version On Rheumatoid Arthritis Patients. *Indonesian Journal of Medicine and Health, JKKI 2016(7)*, **8(3)**: 80-86.
- Pandit, A., Sachdeva, T., & Bafna, P., 2012, Drug-induced hepatotoxicity. *Journal of Applied Pharmaceutical Science*, **2(5)**: 233-243.
- Perhimpunan Reumatologi Indonesia, 2014, Rekomendasi Perhimpunan Reumatologi Indonesia Untuk Diagnosis dan Pengelolaan Artritis Reumatoid. *Perhimpunan Reumatologi Indonesia*.

- Perhimpunan Reumatologi Indonesia, 2014b, Penggunaan Obat Anti Inflamasi Non Steroid. *Perhimpunan Reumatologi Indonesia*.
- Pradana, S., 2012, Sensitifitas dan Spesitifitas Kriteria ACR 1987 Dan ACR/EULAR 2010 Pada Penderita Arthritis Reumatoid di RSUP Dr. Kariadi Semarang.
- Putra, T., Suega, K., & Artana, I., 2013, Pedoman Diagnosis dan Terapi Ilmu Penyakit Dalam. . *Bagian/SMF Ilmu Penyakit Dalam Fakultas Kedokteran Universitas Udayana/RSUP Sanglah*.
- Rahmanita, M., 2017, *Pengaruh Biaya Promosi dan Biaya Produksi Terhadap Laba Bersih dengan Volume Penjualan Sebagai Variabel Intervening*. Institut Agama Islam Negeri, Surakarta.
- Razali, N.M, & Wah, Y.B., 2011, Power Comparison of Shapiro Wilk, Kolmogorov Smirnov, Liliefors, and Anderson Darling Test. *Journal of Statistical Modeling and Analytics*, **2(1)**: 21-30.
- Rheumatology, A. C., 2010, American Collage of Rheumatology : recommendations for the use of disease-modifying antirheumatic drugs and biologic agents in the treatment of rheumatoid arthritis. *American Collage of Rheumatology*, **62(9)**: 2569-2581.
- Ringold, S, & Singer, N.G., 2008, Measures of Disease Activity in Rheumatoid Arthritis. *A Clinician's Guide*, **4(6)**: 259-265.
- Robert, L, Talbert, Gary, R, Matzke, Barbara G, & Wells, and L. Michael Posey., 2008, *Dipiro : Pharmacotherapy A Pathophysiologic Approach*, Seventh Edition, McGraw-Hill Education Companies, Inggris.
- Schiff, M., Jaffe, J., & Freundlich, B., 2014, Head-to head, randomised, crossover study of oral versus subcutaneous in patients with rheumatoid arthritis: drug-exposure limitations of oral methotrexate at doses > 15 mg be overcome with subcutaneous administration. *Ann Rheum Dis*, **73(8)**: 1549-1551.
- Schuna, A., 2008, In Rheumatoid Arthritis. (McGraw Hill, Penyunt.) *Pharmacotherapy A Pathophysiologic Approach*, **14(4)**: 1505-1515.
- Shinde, C.G, Venkatesh, M.P, Kumar, T.M.P, & Shivakumar, H.G., 2014, Methotrexate a Gold Standard for Treatment of Rheumatoid Arthritis. *Journal of Pain & Palliative Care Pharmacotherapy*, **28(7)**: 351-358.

- Singh, J., Saag, K., Bridges, L., Aki, E., & Bannuru, R., 2015, *American Collage of Rheumatology Guideline for the Treatment of Rheumatoid Arthritis, Arthritis Care & Research*. Diambil kembali dari American Collage of Rheumatology: DOI 10.1002/acr.22783, VC 2015
- Sjamsuhidajat, R, et al. 2010. Buku Ajar ilmu Bedah Sjamsuhidajat-de Jong Edisi 3. EGC. Jakarta.
- Smolen, J. S., Aletaha, D., Barton, A., Burmester, G. R., Emery, P., Firestein, G. S., et al., 2018, Rheumatoid arthritis, *Nature Reviews Disease Primers*, 4(18001): 1-23.
- Suarjana, I Nyoman. 2009. 'Artritis Reumatoid Dalam Buku Ajar Ilmu Penyakit' Dalam, Edisi V. Sudoyo, A.W., Setiyohadi, B., Alwi, Idrus, et al. Interna Publishing. Jakarta, pp. 276.
- Sugiyono, 2016, *Metode Penelitian*. Bandung: ALFABETA.
- Sugiyono, 2017, *Metode Penelitian Kuantitatif, Kualitatif, dan R&D*.
- Sujarweni, V.W., 2015, *Metodologi Penelitian Bisnis dan Ekonomi*. Yogyakarta: Pustakabarupress.
- Tan, H.T, & Raharja, K., 2007, Obat-obat Penting, Khasiat, Penggunaan dan Efek-efek Sampingnya. PT Elek Media Komputindo.
- Tijhuis, G., de Jong, Z., Zwinderman, A., Zuijderduin, W., Jansen, L., Hazes, J., et al., 2001, The validity of the Rhematoid Arthritis Quality of Life (RAQoL) questionnaire. *Rheumatology*, **15(9)**: 1112-1119.
- Tugwell, et al., 2000, Clinical Improvement as Reflected in Measures of Function and Health-Related Quality of Life Following Treatment with Leflunomide Compared with Methotrexate In Patients With Rheumatoid Arthritis, *Arthritis & Rheumatism*, **43(3)**: 506–514.
- Weinblatt, M. E., 2013, Methotrexate in Rheumatoid Arthritis: A Quarter Century Of Development, *Transactions of the American Clinical And Climatological Association*, **124(8)**: 16-25.
- Wessels, J. A. M, Kooij, S, Cessie, S, & Berra, P., 2007, A Clinical Pharmacogenetic Model to Predict the Efficacy of Methotrexate Monotherapy in Recent-Onset Rheumatoid Arthritis. *American Collage of Rheumatology*, **56(6)**: 1765-1775.

- World Health Organization, 2010, The World Health Organization Quality of Life (WHOQOL)- BREF, diakses pada 03 November 2018 <https://www.nzma.org.nz/journal/read-the-journal/all-issues/2010-2019/2010/vol-123-no-1315/view-billington>
- Yuliasih, 2009, Imunopatogenesis Arthritis Reumatoid. Dalam Setyohadi, B, & Kasjmir, Y.I, *Kumpulan Makalah Temu Ilmiah Reumatologi*. Surabaya.
- Ziarko, M., Siemidtkowska, K., Sienski, M., Samborski, W., Samborska, J., and Mojs, E., 2019, Mental Health and Rheumatoid Arthritis: Toward Understanding the Emotional Status of People with Chronic Disease, *BioMed Research International*, **2019(8)**: 1-8