

## **BAB V**

### **KESIMPULAN DAN SARAN**

#### **5.1 Kesimpulan**

Berdasarkan dari *literature review* pada 44 artikel ilmiah terkait efektivitas dan keamanan penggunaan Liraglutide pada pasien DM dengan komplikasi yang dilaksanakan mulai dari bulan Mei 2020 – Juli 2020 dapat disimpulkan bahwa:

- 1 Penggunaan Liraglutide efektif digunakan sebagai terapi tambahan untuk pasien Diabetes Melitus Tipe 2 dengan komplikasi obesitas, kardiovaskular, gula darah tidak terkontrol, dan gagal ginjal kronik.
- 2 Efek samping yang perlu diwaspadai selama penggunaan Liraglutide adalah gangguan sistem gastrointestinal (mual dan muntah), peningkatan enzim lipase maupun amilase, ruam setelah penggunaan Liraglutide 52 minggu, diabetes ketoasidosis, dan ruam (minor).

#### **5.2 Saran**

Berdasarkan dari *literature review* pada 44 artikel ilmiah terkait efektivitas dan keamanan penggunaan Liraglutide pada pasien DM dengan komplikasi yang dilaksanakan mulai dari bulan Mei 2020 – Juli 2020 diberikan saran:

- 1 Perlu dilaksanakan penelitian lebih lanjut untuk mengetahui faktor resiko yang dapat memicu gangguan sistem gastrointestinal dan pankreatitis. Informasi tersebut dapat menjadi bekal penting bagi Dokter dan Farmasi dalam monitoring terapi Liraglutide.
- 2 Perlu dilaksanakan kajian literatur dengan memperluas *database*

yang digunakan sehingga artikel ilmiah yang digunakan dapat semakin banyak.

- 3 Perlu dilaksanakan meta analisa untuk melihat signifikansi hasil dari beberapa penelitian dengan karakteristik maupun luaran hasil yang sama untuk mendapatkan kesimpulan lebih objektif mengenai profil efektivitas dan keamanan penggunaan Liraglutide.

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