

BAB 5

KESIMPULAN DAN SARAN

5.1 Kesimpulan

Berdasarkan kajian literature dari 19 jurnal ilmiah terkait efektivitas dan keamanan penggunaan insulin degludec pada pasien diabetes melitus -dapat disimpulkan bahwa:

1. Penggunaan insulin degludec efektif digunakan sebagai terapi tunggal maupun terapi kombinasi dalam menurunkan HbA1c, GDA, GD2PP dan GDP pada pasien diabetes melitus dengan dosis yang pemberian yaitu 0,25- 0,55 IU/kg perhari satu kali sehari.
2. Penggunaan insulin degludec aman digunakan sebagai terapi tunggal maupun terapi kombinasi untuk pasien diabetes melitus. Efek samping yang mayor terjadi adalah hipoglikemia ,efek samping yang ringan terjadi adalah nyeri punggung, lipodistrofi, serta efek samping lain yang perlu diwaspadai adalah nasofaringitis.

5.2 Saran

1. Perlu dilakukan penelitian lebih lanjut akibat adanya kematian terhadap penggunaan insulin degludec selama pengobatan.
2. Perlu dilaksanakan kajian literature dengan memperluas database yang digunakan sehingga jurnal ilmiah yang digunakan dapat semakin banyak untuk mendapatkan kesimpulan lebih objektif mengenai profil efektivitas dan keamanan penggunaan insulin degludec.

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