

BAB 5

KESIMPULAN DAN SARAN

5.1. Kesimpulan

Berdasarkan hasil dari kajian pustaka pada 13 artikel ilmiah terkait dengan efektivitas dan efek samping Donepezil pada pasien penderita Alzheimer segala tipe yang dilaksanakan mulai bulan Januari hingga Mei 2021 dapat disimpulkan bahwa:

1. Donepezil (1 x 10 mg) per oral (po) efektif dalam memperbaiki fungsi kognitif, terbukti dari rata-rata peningkatan skor MMSE sebesar 3,1 dan penurunan skor ADAS-Cog sebesar 2,2. Semakin tinggi dosis yang digunakan akan meningkatkan keefektifan pada fungsi kognitif.
2. Efek samping yang terjadi secara umum antara lain pusing (3,5%), mual (6,8%), muntah (5,2%), serta diare (5,7%).

5.1. Saran

Berdasarkan hasil dari kajian pustaka pada 13 artikel ilmiah terkait dengan efektivitas dan efek samping Donepezil pada pasien penderita Alzheimer segala tipe yang dilaksanakan mulai bulan Januari hingga Mei 2021 dapat diberikan saran:

1. Perlu dilaksanakan kajian pustaka lebih lanjut untuk mengetahui efektivitas penggunaan Donepezil yang dibandingkan dengan obat Alzheimer lainnya ataupun terapi kombinasi.
2. Perlu dilaksanakan kajian pustaka 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 outcome yang sama untuk mendapatkan kesimpulan lebih objektif mengenai efektivitas dan efek samping penggunaan Donepezil.

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