

BAB 5

KESIMPULAN DAN SARAN

5.1 Kesimpulan

Berdasarkan dari kajian pustaka menggunakan 9 (sembilan) jurnal penelitian didapatkan kesimpulan bahwa:

1. Pemberian aripiprazole dengan dosis 5 mg, 10 mg, 15 mg, 24 mg dan 30 mg secara peroral efektif digunakan dalam pengobatan pasien bipolar mania yang dilihat dari adanya penurunan skor nilai pada YMRS (*Young Mania Rating Scale*) selama 4 minggu pengobatan.
2. Penggunaan Aripiprazole dengan dosis 15 mg/hari PO dan 30 mg/hari PO terbukti efektif dan tingkat kambuh pemberian aripiprazole sebesar 30% lebih kecil dibandingkan dengan pemberian plasebo yaitu sebesar 50% yang berarti penggunaan aripiprazole dapat mengurangi tingkat kambuh pada pasien bipolar mania.
3. Pada pasien bipolar mania dengan *Obsessive-Compulsif* yang telah diberikan aripiprazole 15 mg/hari PO selama 8 minggu pengobatan menunjukkan penurunan nilai YMRS dari 25,4 menjadi 9,5 yang berarti penggunaan aripiprazole lebih efektif untuk mengurangi gejala bipolar mania dengan *Obsessive-Compulsif* dibandingkan pemberian plasebo.

5.2 Saran

1. Perlu dilaksanakan penelitian lebih lanjut untuk mengetahui efektivitas penggunaan Aripiprazole yang dibandingkan dengan obat penyakit Bipolar Mania lainnya maupun terapi kombinasi.

2. Perlu dilaksanakan kajian pustaka dengan memperluas *database* yang digunakan sehingga artikel 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 penggunaan aripiprazole pada pasien bipola mania.

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