

BAB 5

KESIMPULAN DAN SARAN

5.1 Kesimpulan

Berdasarkan kajian literatur yang dilakukan pada 9 artikel ilmiah maka dapat ditarik kesimpulan bahwa dosis valasiklovir pada pasien *Varicella zoster* dapat diberikan dengan rentang 1000-3000mg/hari per oral dimulai dengan dosis awal pada pasien usia di bawah 50 tahun 3 x 500mg/hari per oral. Kemudian pada dosis pasien dengan usia di atas 50 tahun 3 x 1000mg/hari per oral sesuai kondisi pasien.

Durasi dalam terapi minimal 7-14 hari kemudian jika masih terjadi kekambuhan bisa digunakan terapi jangka panjang sampai 6 bulan.

5.2 Saran

1. Perlu dilakukan penelitian lebih lanjut mengenai efektivitas valasiklovir di bading antivirus generasi terbaru.
2. Perlu dilakukan kajian lebih dalam untuk mencegah timbulnya efek samping yang tinggi pada penggunaan valasiklovir.

DAFTAR PUSTAKA

- Bolton, L. L., Faller, N., Kirsner, R. S., Angela, K. 2021, Herpes Zoster (Shingles) Patient-Centered Wound Outcomes: A Literature Review, *Advances in Skin and Wound Care*, **34(5)**: 239–248.
- Brantley, J. S, Hicks L, Sra K, Tying SK. 2019, Valacyclovir for The Treatment of Genital Herpes, *Journal of The Pediatric Infectious Diseases Society*, **4(3)**:367-376.
- Chen, L. K., Arai, H., Chen, L. Y., 2017, Looking Back to Move Forward: A Twenty-year Audit of Herpes zoster in Asia-Pacific, *Journal of Neurovirology*, **17(1)**: 213.
- Colombel, J. F. 2018, *Varicella zoster* in Patients Receiving Inhibitors for Ulcerative Colitis: Mechanism, Epidemiology, Management, and Prevention, *New England Journal of Medicine*, **24(10)**: 2173-2182.
- Cunha, B. A. B. 2021, The Pharmacokinetic Basis of Oral Valacyclovir Treatment of Herpes Simpleks Virus (HSV) or *Varicella zoster* Virus (VZV) Meningitis Meningoencephalitis or Encephalitis in Adults, *Scandinavian Journal of Infectious Diseases*, **29(2)**:122-125.
- Devanand, D. P. and Andrews, H. 2020, Antiviral Therapy: Valacyclovir Treatment of Alzheimer's Disease (VALAD) Trial: Protocol for A Randomised, Double-blind, Placebo-controlled, Treatment Trial, *British Medical Journal*, **10(2)**: 56-63.
- DiPiro, J. T., Wells, B. G., Schwinghammer, T. L., DiPiro, C. V., 2017, *Pharmacotherapy Handbook Tenth Edition-Section 13 Chapter 68*, The McGraw-Hill Companies, Inc, United States.
- Edward, D. P., Friedrichs, K. A., Grose, C., Weigle, W. L. 2017, Monoclonal Antibodies Against Three Major Glycoprotein of *Varicella zoster* Virus, *American Society for Microbiology*, **40(1)**: 381-388.
- Elston, M. S. and Clifton-bligh, R. J. 2010, Molecular and Cellular Endocrinology, *Diseases of Aquatic Organisms Journal*, **32(2)**: 48-54.
- Evina, B., Berawi, K. N. dan Ibrahim, A. 2016, Manajemen Kasus Herpes

- Zoster yang Berisiko Tinggi Neuralgia Paska Herpetik, *Medicalprofession, Journal of Lampung University*, **6(1)**: 814.
- Gabutti, G., Franchi, M., Maniscalco, L., Stefanati, A. 2016, *Varicella zoster Virus: Pathogenesis, Incidence Patterns and Vaccination Programs Minerva Pediatri, Journal of Clinical Virology*, **68(3)**: 213- 215.
- John, W. 2016, Immunobiology of *Varicella zoster Virus* Infection, *The Journal of Infectious Diseases*, **218(2)**: S68
- Johnson, W. 2017, *Varicella zoster* Epidemiology, Management, and Disease and Economic Burden in Europe: A Multidisciplinary Perspective, *The Journal of Infectious Diseases*, **3(4)**: 109-20.
- Kimiyasu, M., Nemoto, O. 2018, Study Investigators. Amenamevir, A Novel Helicase-primase Inhibitor for Treatment of *Herpes zoster*: A Randomized, Double-blind, Valacyclovir-controlled phase 3 study, *Journal of Dermatological Diseases*, **44(11)**: 1219-1227.
- Kementerian Kesehatan RI, 2015. Pedoman Nasional Pelayanan Kedokteran kulit. Jakarta: Kementerian Kesehatan.
- Laing, K. J., Ouwendijk, W. J., Koelle, D. M. and Verjans, G. M., 2018. Herpes zoster infection. *British Medical Journal*, **10(2)**: 364.
- Laura, A. J., Brandon, L., Lika, S. P., and Mei, L. A. 2021, Clinical Study of Paraspinal Nerve Block on Treatment of Herpes zoster Under Ultrasonic Guidance, *Archives of Medical Research*, **65(6)**: 382-386.
- Mahizer, J. 2016, Comparison of Famcyclovir, Valacyclovir and Brivudine treatment is Adult Immunocompetent Patient with *Varicella zoster*, *American Journal of Therapeutics*, **25(6)**: e626-e634.
- Moilanen, K., Suvi., Anne, J. J., Maila, B. M., and Lilyan, U. 2016, Serologi Microarray for Detection of Herpes Simpleks and *Varicella zoster* for antibodies, *Journal of Virology Methods*, **160(1)**: 167-171.
- Moreau, P. and Kumar, S. K. 2021, Treatment of Relapsed and Refractory Multiple Myeloma: Recommendations from The International Myeloma Working Group, *International Journal of Prisoner Health*, **22(3)**: e105-e118.

- Nadia, R. D. dan Dian Isti Angraini, D. I. A. 2020, Penatalaksanaan Holistik Penyakit Herpes Zoster pada Pasien Remaja Laki-Laki 15 Tahun dengan Pendekatan Kedokteran Keluarga, *Medicalprofession Journal of Lampung University*, **10(32)**: 461-469.
- Nakamura, H. 2017, Economic Burden of Herpes Zoster and Post-herpetic Neuralgia in Adults 60 Years of Age or Older: Results from a Prospective, Physician Practice-Based Cohort Study in Kushiro, Japan, *Journal of Drugs Real World Outcomes*, **4(4)**: 187-198
- Jakarta: Perhimpunan Dokter Spesialis Kulit dan Kelamin Indonesia (PERDOSKI), 2017.
- Phuc, L., Alghamdi, A., Romain, P., Ruxandra, C., Claire, H. M., and Matthias, P. D. 2019, Atypical Ocular Manifestation of Primary *Varicella zoster* Virus Infection as The First Manifestation of AIDS, *The Journal of Infectious Diseases*, **30(4)**: 674-676.
- Ribas, A. Dummer, R. Puzanov, I. 2017, Oncolytic Virotherapy Promotes Intratumoral T Cell Infiltration and Improves Anti-PD-1 Immunotherap, *The Journal of Clinical Investigation*, **170(6)**: 1109-1119.
- Roy, L. C., Yaldiz, M., Solak, B., Kara, R. O., Cosansu, N., and Erdem, M. T. 2017, Comparison of Famciclovir, Valaciclovir, and Brivudine Treatments in Adult Immunocompetent Patients With *Varicella zoster*, *Journal of The American Geriatrics Society*, **25(6)**: e626-e634.
- Sahoo, F., Hill, J. A., Xie, H. 2017, Herpes Zoster in Autologous Hematopoietic Cell Transplant Recipients in the Era of Acyclovir or Valacyclovir Prophylaxis and Novel Treatment and Maintenance Therapies, *Biology Blood and Marrow Transplantation*, **23(3)**: 505-511.
- Sauerbrei, A. 2016, Diagnosis, Antiviral Therapy, and Prophylaxis of *Varicella zoster* Virus Infections. *Eur J Clin Microbiol Infect, Journal of Neuroimmunology*, **35(5)**: 723-34.
- Sondakh, E. H. B., Rorong, J. A. and Kalele, J. A. D. 2015, Treathment Valacyclovir for The of *Varicella zoster*, *European Journal of Medicinal Chemistry*, **27(2)**: 55-73.
- Stevens, D. L. and Bisno, A. L. 2014, Infectious Diseases Society of

- America, *Practice Guidelines for The Diagnosis and Management of Skin and Soft Tissue Infections*, **59(2)**: 10-52.
- Taylor, Dena and Margaret, P. 2010, Fatal Visceral *Varicella zoster* Virus Infection without Skin Involvement in A Child With Acute Lymphoblastic, *Pediatric Hematology and Oncology*, **25(3)**: 237-242.
- Weinberg, J. M. 2007, *Herpes zoster*: Epidemiology, Natural History, and Common Complications, *Journal of The American Academy of Dermatology*, **57(6)**: 130-135.
- Werner, R. N., Nikkels, A. F., Marinovic, B., Cesare, M., Helmut, K., Lorenzo, C. 2020, Guideline on The Management of *Herpes zoster*, *The European Dermatology Forum in Cooperation*, **31(1)**: 9-19.
- Wollina, U. 2017, Variations in Herpes Zoster Manifestation, *The Indian Journal of Medical Research*. **145(3)**: 294.
- Xie G, Wei Q, Guo W, Li D, Sun P, Wang J, Liu H. 2020, An Adult Co-presented with *Varicella zoster* Caused by *Varicella zoster* Virus Genotype, *The American Journal of Chinese Medicine*, **20(1)**: 454.