

BAB 5

KESIMPULAN DAN SARAN

5.1 Kesimpulan

Berdasarkan 5 artikel ilmiah terkait efektivitas dan efek samping N-acetylcysteine pada pengobatan COVID-19 dapat disimpulkan bahwa:

1. N-acetylcysteine sebagai terapi suportif dengan dosis (1200-2800 mg/hari) secara per oral dan IV dapat membantu meningkatkan nilai rasio SpO₂ (3,5-4%) , PO₂/FiO₂ (31,6-32,11 mmHg), membantu menurunkan nilai *C-reactive protein* (CRP) (45-74 mg/dL) dan nilai leukosit (350-390 sel) serta menurunkan resiko sesak nafas (18,7 %) pada pasien COVID-19 namun hasil tidak berbeda bermakna dengan kelompok kontrol.
2. Penggunaan N-acetylcysteine dengan dosis (1200-2800 mg/hari) secara per oral dan IV aman pada pasien COVID-19.

5.2 Saran

Berdasarkan hasil penelitian kajian pustaka empat artikel ilmiah mengenai efektivitas dan efek samping N-acetylcysteine pada pengobatan COVID-19 dapat disarankan agar:

1. Masih perlu dilakukan penelitian lebih lanjut untuk mengetahui efektivitas dan efek samping N-acetylcysteine pada pasien COVID-19 agar mendapatkan gambaran yang lebih lengkap dan jelas.
2. Perlu dilaksanakan kajian literatur dengan memperluas database yang digunakan sehingga artikel ilmiah yang digunakan dapat semakin banyak sehingga dapat melakukan kajian secara lebih luas dan mendalam.

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