

## **BAB 5**

### **KESIMPULAN DAN SARAN**

#### **4.1 Kesimpulan**

Berdasarkan dari *literature review* pada 11 artikel ilmiah terkait efektivitas dan keamanan penggunaan kombinasi dolutegravir dan lamivudine pada pasien HIV- AIDS yang dilaksanakan mulai dari bulan Februari 2022 hingga Mei 2022 dapat disimpulkan bahwa:

1. Penggunaan kombinasi dolutegravir dan lamivudine efektif dalam penekanan kadar *viral load* (<50 *copies/ml*) pada pasien dewasa dan menunjukkan adanya perbaikan kadar CD4.
2. Kejadian infeksi oportunistik pada pasien HIV antara lain hepatitis B, hepatitis C, infeksi COVID-19, infeksi kandida dan infeksi tuberkulosis.
3. Kejadian efek samping yang sering terjadi adalah gangguan gastrointestinal seperti mual dan muntah serta gangguan neuropsikiatrik seperti insomnia dan depresi.

Pada beberapa jurnal membuktikan bahwa penggunaan kombinasi ARV dua regimen dolutegravir dan lamivudine tidak lebih efektif dalam hal penekanan kadar *viral load* dan perbaikan CD4 dari kombinasi ARV tiga regimen berbasis dolutegravir dan lamivudine namun memiliki efek samping yang lebih minimal. Pemilihan tiga regimen ARV juga lebih dipilih untuk mencegah resistensi dibandingkan dengan dua regimen.

#### **5.2 Saran**

1. Perlu dilaksanakan penelitian lebih lanjut untuk mengetahui faktor resiko yang dapat memicu gangguan gastrointestinal dan neuropsikiatrik. Informasi tersebut dapat menjadi bekal penting bagi

Dokter dan Farmasi dalam monitoring terapi kombinasi dolutegravir dan lamivudine.

2. Perlu dilaksanakan kajian literatur perbandingan efektivitas dan keamanan dua regimen obat ARV dengan tiga regimen obat ARV.
3. Perlu dilaksanakan kajian literatur dengan memperluas database yang digunakan sehingga artikel ilmiah yang digunakan dapat semakin banyak.
4. 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 dan keamanan penggunaan kombinasi dolutegravir dan lamivudine.

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