

BAB 5

KESIMPULAN DAN SARAN

5.1 Kesimpulan

Berdasarkan hasil kajian pustaka dari 6 artikel tentang efektivitas dan efek samping amlodipin pada pasien penyakit ginjal kronis dapat disimpulkan bahwa:

1. Penggunaan amlodipin 2,5-10 mg per hari per oral memiliki efektivitas yang baik dalam menurunkan tekanan darah dimana pada penggunaan amlodipin tunggal dapat menurunkan tekanan darah dari -3,2/7,4 mmHg hingga -16/8 mmHg dan penurunan tekanan darah pada penggunaan amlodipin-losartan sebesar -14,2/6,8 mmHg, amlodipin-irbesartan sebanyak -27/9 mmHg, amlodipin-olmesartan sejumlah -39,5/23,8 mmHg, amlodipin-hidroklorotiazid sebesar -33,4/20,6 mmHg dan pada amlodipin-olmesartan-hidroklorotiazid sebanyak -46,8/23,7 mmHg serta terjadi perubahan pada laju filtrasi glomerulus pada penggunaan amlodipin tunggal (-1,4 hingga +1 ml/min/1,73m²), amlodipin-losartan (-2,6 ml/min/1,73m²), dan amlodipin-irbesartan (-2,2 ml/min/1,73m²) namun perubahan tersebut tidak terjadi secara signifikan.
2. Tidak ditemukan efek samping penggunaan amlodipin tunggal tetapi efek samping terjadi pada penggunaan kombinasi amlodipin-hidroklorotiazid adalah edema perifer (17,9%), pada amlodipin-olmesartan yaitu pembengkakan sendi (13,8%) dan diare (13,8%), dan pada penggunaan amlodipin-olmesartan-hidroklorotiazid adalah infeksi saluran kemih (16,7 %).

5.2 Saran

Berdasarkan hasil kajian pustaka dan kesimpulan yang telah diuraikan, maka dapat disampaikan beberapa saran sebagai berikut:

1. Penelitian lebih lanjut mengenai efektivitas dan efek samping amlodipin pada pasien PGK dengan kategori PGK yang lebih spesifik.
2. Pengkajian efektivitas amlodipin yang berhubungan dengan fungsi ginjal karena penelitian yang ditemukan masih terbatas.
3. Perlu dilakukan kajian pustaka dengan memperluas *database* yang digunakan sehingga artikel yang digunakan lebih banyak.

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