

BAB 7

SIMPULAN DAN SARAN

7.1 Simpulan

1. Pasien OSA ringan (AHI 5-15) sebanyak 33 pasien (24%), pasien OSA sedang (AHI 15-30) sebanyak 26 pasien (18,9%), pasien OSA berat (AHI > 30) sebanyak 61 pasien (44,5%).
2. Pasien dengan saturasi oksigen normal sebanyak 73 pasien (53,3%) dan saturasi oksigen rendah sebanyak 64 pasien (46,7%).
3. Terdapat hubungan antara nilai AHI dengan penurunan saturasi oksigen dengan koefisien korelasi kuat.

7.2 Saran

1. Hasil dari penelitian ini diharapkan dapat menjadi data dasar atau pembanding dalam pemeriksaan khususnya pada *Apnea-Hypopnea Index* (AHI) dan saturasi oksigen pada pasien *Obstructive Sleep Apnea*.
2. Hasil dari penelitian ini dapat digunakan sebagai data dasar untuk penelitian selanjutnya.
3. Hasil dari penelitian ini dapat digunakan sebagai acuan masyarakat bahwa *Apnea-Hypopnea Index* (AHI) memiliki hubungan dengan saturasi oksigen sehingga masyarakat diharapkan untuk lebih sadar terhadap bahaya dari *Obstructive Sleep Apnea*
4. Hasil dari penelitian ini diharapkan dapat menjadi edukasi bagi masyarakat terutama pada usia tua terhadap *Obstructive Sleep Apnea* sehingga pasien jika memiliki gejala dari *Obstructive Sleep Apnea* dapat segera dilakukan pemeriksaan di rumah sakit.

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