

## **BAB 5**

### **KESIMPULAN DAN SARAN**

#### **5.1 Kesimpulan**

Berdasarkan hasil penelitian dari 4 jurnal terkait efektivitas laktulosa pada pasien sirosis hati disertai ensefalopati hepatic, dapat disimpulkan bahwa:

1. Penggunaan laktulosa dosis 20-30 g p.o/NGT atau 200 g rektal dalam 24 jam efektif menurunkan *grade* keparahan HE pada skor HESA.
2. Laktulosa dengan dosis 20-30 g p.o/NGT atau 200 g rektal dalam 24 jam memberikan efek samping mual namun tidak signifikan.

#### **5.2 Saran**

1. Perlu dilakukan penelitian lebih lanjut mengenai kecepatan efek laktulosa terhadap skor HESA dibandingkan dengan PEG atau terapi lainnya.
2. Perlu dilaksanakan kajian pustaka dengan memperluas database yang digunakan sehingga jurnal ilmiah yang digunakan dapat semakin banyak untuk mendapatkan kesimpulan yang lebih objektif mengenai efektivitas laktulosa dibandingkan terapi lainnya.

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