

BAB 5

KESIMPULAN DAN SARAN

5.1 Kesimpulan

Berdasarkan kajian pustaka pada 10 artikel penelitian terkait yang membahas efektivitas dan efek samping penggunaan ivabradine pada pasien gagal jantung yang dilaksanakan pada dilaksanakan mulai dari Agustus 2021 hingga Maret 2022 menggunakan database Pubmed dan Google Sccholar serta menggunakan Pearl Grow Strategi.

Dapat disimpulkan bahwa :

1. Penggunaan terapi ivabradine tunggal dengan dosis awal (2 x 2,5mg) po, kemudian dosis disesuaikan 2x (2,5mg-7,5mg) po, dengan rentang waktu 1 hingga 12 bulan efektif mengalami penurunan parameter *heart rate*.
2. Penggunaan terapi kombinasi ivabradine 2x (2,5mg-7,5mg) dengan Bisoprolol 1x (2,5mg-5mg) terbukti lebih efektif terhadap penurunan denyut jantung tanpa menimbulkan efek samping.
3. Penggunaan terapi kombinasi ivabradine dengan sacubitril/valsartan dapat meningkatkan LVEF secara signifikan.
4. Terjadi efek samping minor pada terapi ivabradine tunggal dan ivabradine kombinasi yaitu, bradikardia simptomatik atau asintomatik, serta terjadinya Fosfen ringan.

5.2 **Saran**

1. Perlu dilakukan penelitian lebih lanjut untuk mengetahui efektivitas dan efek samping penggunaan ivabradine pada pasien gagal jantung agar mendapatkan data yang lebih lengkap dan jelas.
2. Perlu dilakukan kajian pustaka serta penelitian lebih lanjut dengan memperluas *database* untuk mendapat artikel ilmiah lebih banyak dan valid untuk meyakinkan dan memberi pedoman bahwa ivabradine dapat digunakan secara efektif pada pasien gagal jantung.

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