

## **BAB V**

### **KESIMPULAN dan SARAN**

#### **5.1 Kesimpulan**

Berdasarkan hasil penelitian yang berjudul Studi Penggunaan *Calcium Channel Blocker* pada Pasien Stroke Iskemik Rawat Inap di RSUD. Dr. Saiful Anwar Malang periode Januari 2013 sampai Juni 2013 diperoleh kesimpulan sebagai berikut :

1. Studi penggunaan antihipertensi golongan (CCB) *Calcium Channel Blocker* pada pasien stroke iskemik rawat inap, adalah :
  - a. Penggunaan CCB tunggal sebanyak 16 pasien (40%) dengan jenis, dosis, frekuensi dan rute paling banyak adalah amlodipin peroral dengan dosis 1x10 mg, kemudian diikuti oleh nicardipin drip/0,5-6 µg/kgBB/mnt
  - b. Penggunaan CCB kombinasi dengan antihipertensi lain sebanyak 29 pasien (74%) dengan kombinasi, dosis, frekuensi, dan rute paling banyak adalah amlodipin 1x10 mg dan captopril 3x25 mg peroral, serta amlodipin 1x10 mg dan valsartan 1x80 mg per oral masing-masing sebanyak 3 pasien
2. Penggunaan obat golongan CCB yang diberikan pada pasien stroke iskemik rawat inap di RSUD. Dr. Saiful Anwar Malang, terkait dosis, rute, frekuensi, interval, dan lama pemberian sudah sesuai dengan *guidelines* yang ada.

#### **5.2 Saran**

1. Diperlukan kelengkapan data Rekam Medik Kesehatan (RMK) pasien sehingga dapat menunjang penelitian selanjutnya.

2. Penggunaan antibiotik seyogyanya mengikuti guidelines dan hasil kultur yang sudah ada untuk meningkatkan kualitas.

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