

BAB 7

KESIMPULAN DAN SARAN

7.1 Kesimpulan

Penelitian mengenai hubungan kadar asam urat dengan derajat keparahan stroke infark berdasarkan standar *National Institutes of Health Stroke Scale* (NIHSS) pada pasien stroke infark akut di RS Gotong Royong Surabaya, yang dilaksanakan mulai September 2023 sampai November 2023 memperoleh jumlah sampel sebanyak 30 sampel. Dari penelitian ini dapat diambil kesimpulan sebagai berikut:

1. Berdasarkan pemeriksaan kadar asam urat yang dilakukan didapatkan pasien stroke infark akut pada penelitian ini lebih banyak memiliki kadar asam urat normal yaitu sebanyak 19 (63,3%) orang

dan kadar asam urat tinggi sebanyak 11 (36,7%) orang.

2. Berdasarkan pemeriksaan derajat keparahan stroke infark menggunakan standar *National Institutes of Health Stroke Scale* (NIHSS) didapatkan pasien stroke infark dengan derajat sedang lebih banyak daripada derajat yang lainnya.
3. Terdapat hubungan yang antara kadar asam urat dengan derajat keparahan stroke infark dengan menggunakan standar *National Institutes of Health Stroke Scale* (NIHSS) pada pasien stroke infark akut di RS Gotong Royong Surabaya dengan nilai $p\text{-value} = 0,03$ ($p < 0,05$).

7.2 Saran

7.2.1 Bagi rumah sakit

Diharapkan penelitian ini dapat menjadi referensi dan masukan untuk rumah sakit untuk menjadikan penilaian NIHSS sebagai pemeriksaan tambahan pada pasien stroke infark yang menjalani rawat inap di RS Gotong Royong Surabaya.

7.2.2 Bagi Penelitian Selanjutnya

Untuk penelitian selanjutnya sebaiknya waktu yang dipersiapkan lebih panjang lagi sehingga sampel yang diperoleh lebih banyak dengan variasi yang lebih beragam selain itu perlunya memilih tempat penelitian yang lebih memadai agar persebaran pasien yang didapat lebih merata baik dari kadar asam urat pasien maupun derajat keparahan stroke pasien.

7.2.3 Bagi Masyarakat

1. Melihat angka kejadian stroke masih tinggi, diharapkan masyarakat memiliki kesadaran untuk menjaga kesehatan dengan memperhatikan pola hidup dan menghindari dari faktor risiko stroke.
2. Melihat tingginya derajat stroke infark pada pasien dengan kadar asam urat tinggi diharapkan masyarakat dapat memperhatikan kesehatannya dengan cara jangan menyepelekan asam urat, karena dari penelitian yang telah dilakukan bahwasanya asam urat memiliki hubungan dengan derajat keparahan stroke infark berdasarkan standar NIHSS.

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