

BAB 5

KESIMPULAN DAN SARAN

5.1 Kesimpulan

Berdasarkan delapan artikel yang terkait dengan efektivitas dan efek samping penggunaan silodosin pada pasien *benign prostatic hyperplasia* (BPH), dapat disimpulkan bahwa:

1. Efektivitas silodosin dibandingkan obat pembanding pada beberapa parameter berikut:
 - a. Tiga artikel menyatakan bahwa silodosin efektif dalam menurunkan skor IPSS dan tiga artikel lainnya menyatakan efektivitas silodosin dalam menurunkan skor IPSS tidak signifikan dibandingkan obat pembanding.
 - b. Dua artikel menyatakan bahwa silodosin efektif dalam menurunkan skor QoL dan tiga artikel menyatakan baik silodosin maupun obat pembanding efektif dalam menurunkan skor QoL.
 - c. Dua artikel menyatakan silodosin efektif dalam meningkatkan nilai Qmax sedangkan tiga artikel penelitian lainnya menyatakan silodosin tidak efektif dalam meningkatkan nilai Qmax pada pasien BPH.
 - d. Satu artikel menyatakan bahwa silodosin efektif dalam menurunkan nilai PVR dan empat artikel lainnya menyatakan silodosin tidak efektif menurunkan nilai PVR pada pasien BPH.
2. Efek samping silodosin dibandingkan obat pembanding dalam beberapa kejadian efek samping:

- a. Dua artikel melaporkan tidak ada perbedaan signifikan dalam kejadian efek samping ejakulasi retrograd baik pada kelompok silodosin maupun kelompok obat perbandingan.
- b. Dua artikel melaporkan kejadian efek samping *dizziness* lebih tinggi pada kelompok silodosin dan dua artikel penelitian melaporkan kejadian efek samping lebih tinggi pada penggunaan tamsulosin dan alfuzosin dibandingkan dengan silodosin.
- c. Satu artikel melaporkan kejadian efek samping hipotensi postural lebih tinggi pada kelompok silodosin, satu artikel penelitian melaporkan kejadian efek samping yang sebanding pada penggunaan silodosin dan naftopidil dan dua jurnal lain menunjukkan bahwa tamsulosin memberikan efek samping yang lebih tinggi daripada silodosin.

5.2 Saran

1. Perlu ditambah jurnal penelitian baru dan memperluas pencarian *database* sehingga dapat memperoleh informasi yang lebih lengkap mengenai efektivitas dan efek samping penggunaan silodosin pada pasien BPH.
2. Perlu dilakukan kajian pustaka lebih lanjut terkait perbandingan dosis silodosin dan frekuensi pemberian silodosin, karena jurnal penelitian yang ditemukan pada penelitian ini sangat minim sehingga peneliti tidak dapat membuat kesimpulan hanya dari satu artikel.

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