

BAB 5

KESIMPULAN DAN SARAN

5.1 Kesimpulan

Berdasarkan hasil penelitian tentang studi penggunaan kombinasi oral antidiabetes dengan insulin pada pasien diabetes melitus tipe 2 periode Januari 2017 – Desember 2017 di Paviliun III rawat inap RUMKITAL Dr. Ramelan Surabaya dapat disimpulkan sebagai berikut :

- a. Terapi kombinasi 1 OAD dengan 1 Insulin paling banyak adalah Metformin (3x500 mg) PO+Novorapid® (3x8-10 ui) SC. Terapi kombinasi 1 jenis OAD dengan 2 jenis Insulin paling banyak adalah Metformin (3x500 mg) PO+Novorapid® (3x4-8ui) SC+Levemir® (0-0-10 ui). Terapi kombinasi 1 jenis OAD dengan 3 jenis Insulin paling banyak adalah Glimepirid (1-0-1) PO+Novorapid® (3x8ui) SC+Levemir® (0-0-18ui) SC+Apidra® (3x10 ui) IV.
- b. Penggunaan oral antidiabetes (OAD) yang paling banyak digunakan adalah Metformin. Sedangkan penggunaan Insulin yang paling banyak digunakan adalah *rapid acting insulin* yakni Novorapid®.

5.2 Saran

- a. Penulisan rekam medik pasien sebaiknya ditulis dengan lengkap dan jelas sehingga tidak mempersulit saat mengambil data yang akurat pada penelitian retrospektif.
- b. Terapi diabetes melitus pada pasien diabetes melitus tipe 2 sangat kompleks, sehingga diperlukan kerjasama antar profesi kesehatan termaksud apoteker.

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