

## **BAB 5**

### **KESIMPULAN DAN SARAN**

#### **5.1 Kesimpulan**

Dari hasil penelitian Pola Penggunaan Obat Kortikosteroid pada Pasien Penyakit Paru Obstruktif Kronik di Rumah Sakit Umum Daerah Kabupaten Sidoarjo pada periode Januari 2019 sampai dengan Desember 2019, dapat disimpulkan sebagai berikut :

1. Penggunaan kortikosteroid tunggal pada PPOK sebanyak 21 pasien (58%), sedangkan kombinasi sebanyak 15 pasien (42%).
2. Rute pemberian kortikosteroid intravena pada 31 pasien (48%), nebul pada 27 pasien (43%), sedangkan peroral pada 6 pasien (9%).
3. Penggunaan kortikosteroid tunggal, paling banyak yaitu metilprednisolon (3x125mg) i.v pada 16 pasien (76%), sedangkan kombinasi paling banyak yaitu metilprednisolon (3x125mg) iv + Ipratropiumbromid/salbutamol (3x0,52mg/3,01mg) nebul + budesonid (3x0,5mg) nebul dengan prevalensi sebanyak 10 pasien (66%).
4. Pergantian pola penggunaan kortikosteroid pada pasien PPOK diberikan secara tunggal, paling banyak yaitu metilprednisolon (3x125mg) i.v → (3x125mg) i.v + Ipratropiumbromid/salbutamol (3x0,52mg/3,01mg) nebul + budesonid (3x0,5mg) nebul sebanyak 6 pasien (35 %).
5. Lama pemberian kortikosteroid paling banyak diberikan 1-4 hari pengobatan yaitu sebanyak 55 % (18 pasien).

## **5.2 Saran**

1. Diperlukan peran serta dari farmasis untuk memberikan edukasi dan informasi dalam rangka meningkatkan keberhasilan terapi dan kualitas hidup pasien.
2. Diperlukan penelitian yang bersifat prospektif agar peneliti dapat melihat secara langsung perkembangan kondisi pasien sehingga didapatkan hasil penelitian yang optimal.
3. Diperlukan penulisan RMK yang lebih lengkap, sehingga didapatkan data yang lebih baik untuk penelitian selanjutnya.

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