

BAB 5

KESIMPULAN DAN SARAN

5.1 Kesimpulan

Pemberian terapi kombinasi tocilizumab (setiap 4 minggu 8 mg/kg) iv dan metotreksat (setiap minggu 7,5 mg-30 mg) po dapat menurunkan peradangan, perbaikan dalam fungsi fisik, tingkat remisi yang sedikit lebih baik dan perkembangan kerusakan sendi yang lebih rendah sehingga dapat meningkatkan kualitas hidup pasien. Hal ini dapat dinilai dari aspek-aspek kualitas hidup yaitu meliputi aspek mobilitas atau energi, perawatan diri, suasana hati atau emosional dan kontak fisik.

5.2 Saran

1. Terdapat kekurangan dan keterbatasan pada hasil penelitian yang dilakukan sehingga disarankan perlu dilakukan penelitian lebih lanjut mengenai pengaruh penggunaan terapi kombinasi tocilizumab dan metotreksat terhadap kualitas hidup pada pasien *rheumatoid arthritis* yang pada penelitiannya menggunakan instrumen RAQoL, *Short Form-12*, *Short Form-36* dan *Health Assessment questionnaire* agar dapat lebih maksimal dalam mengamati perbaikan kualitas hidup pasien *rheumatoid arthritis*.
2. Perlu dilaksanakan kajian literatur dengan memperluas *database* yang digunakan sehingga artikel ilmiah yang digunakan untuk mengkaji pengaruh penggunaan terapi kombinasi tocilizumab dan metotreksat terhadap kualitas hidup pasien *rheumatoid arthritis* dapat semakin banyak dan dapat melakukan kajian secara lebih luas dan mendalam.

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