

BAB 5

KESIMPULAN DAN SARAN

5.1 Kesimpulan

Berdasarkan hasil penelitian yang berjudul *Studi Efektivitas dan Efek Samping Terapi Kombinasi Lopinavir dan Ritonavir Pada Pasien COVID-19 Di Rumah Sakit Bhayangkara Surabaya* dengan mengambil data rekam medik pasien periode bulan Mei 2020-Desember 2020, diperoleh hasil sebagai berikut:

1. Regimen dosis Lopinavir-Ritonavir 2x400/100mg selama 10 – 14 hari,
2. Kombinasi Lopinavir-Ritonavir efektif untuk pasien COVID-19 dengan hasil swab PCR menjadi negatif pada hari ke 10-14 rawat inap,
3. Efek samping gastrointestinal lebih sering terjadi yaitu pada 12 pasien dan efek samping hepatotoksik derajat 1 terjadi pada 9 pasien.

5.2 Saran

1. Pemberian terapi Lopinavir-Ritonavir pada pasien COVID-19 sebaiknya dipertimbangkan kembali, karena adanya resiko hepatotoksik yang nilainya tinggi dibandingkan dengan total subyek penelitian,
2. Terapi Lopinavir-Ritonavir pada pasien COVID-19 sebaiknya sudah dihentikan, tetapi dapat dipertimbangkan untuk hanya diberikan pada pasien dengan fungsi hati normal dan fungsi ginjal yang mengalami penurunan,
3. Dilakukan pemantauan yang ketat terhadap resiko efek samping pasien seperti keluhan pasien dan terutama yang berkaitan dengan

data laboratorium seperti hasil untuk melihat adanya efek samping hepatotoksik.

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