

BAB 5

KESIMPULAN DAN SARAN

5.1 Kesimpulan

Berdasarkan dari 9 jurnal yang digunakan dalam proses kajian pustaka penggunaan terapi kombinasi dapat disimpulkan :

1. Kombinasi budesonide 200 µg dan formoterol fumarate 6 µg yang digunakan 1 inhalasi 1-2 kali sehari efektif dalam mengurangi risiko eksaserbasi parah, inflamasi, serta baik untuk mengontrol gejala pada pasien dewasa dengan asma ringan sampai sedang yang dapat dilihat melalui skor ACQ-5 dan FEV1.
2. Kombinasi budesonide 200 µg dan formoterol fumarate 6 µg yang digunakan 1 inhalasi 1-2 kali aman digunakan dalam pengobatan asma kecuali dalam penggunaan jangka panjang (>48 minggu) efek samping yang dapat muncul seperti nasofaringitis (35%), infeksi saluran pernapasan atas (32%).

5.2 Saran

Berdasarkan kajian pustaka yang sudah dilakukan terdapat beberapa saran yang perlu dilakukan kedepannya, yaitu:

1. Perlu dilaksanakan penelitian lebih lanjut untuk membandingkan efektifitas terapi kombinasi budesonide-formoterol fumarate mulai dari asma ringan sampai asma berat sehingga data yang didapatkan lebih lengkap sesuai dengan rekomendasi GINA tahun 2021 bahwa kombinasi terapi tersebut dapat digunakan baik pada lini 1-5.
2. Memperluas pencarian (tidak hanya pada *pubmed*) supaya lebih banyak artikel yang didapatkan untuk proses kajian pustaka.

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