

BAB 5

KESIMPULAN DAN SARAN

5.1 Kesimpulan

Penelitian dilakukan pada bulan November 2021 hingga Agustus 2022. Dari hasil kajian pustaka yang dilakukan pada 9 artikel tentang efektivitas dan efek samping lamotrigine pada pasien epilepsi dapat disimpulkan sebagai berikut:

1. Dari 9 artikel mengenai parameter efektivitas dapat ditarik kesimpulan sebagai berikut:
 - a. Terdapat 3 artikel yang menjelaskan lamotrigine monoterapi memberikan *seizure free* yang lebih baik, terapi kombinasi lamotrigine dan asam valproat memberikan *seizure free* yang lebih baik dibandingkan carbamazepin-CR monoterapi, 3 artikel menjelaskan bahwa lamotrigine memberikan *time to first seizure* yang lebih lama.
 - b. Terdapat 6 artikel yang menjelaskan mengenai efek *withdrawal* pada pasien epilepsi dan semuanya menunjukkan hasil yang lebih baik dari obat pembandingnya, 1 *artikel* yang menjelaskan bahwa pasien yang diberikan terapi lamotrigine menunjukkan perbaikan kualitas hidup dibuktikan dengan peningkatan skor QOLIE-31.
2. Efek samping yang sering terjadi di dalam penelitian yakni ruam namun tidak sampai menyebabkan *steven johnson syndrome* kemudian efek samping lain seperti gangguan kognitif, insomnia, dan *ataxia* juga terjadi namun secara statistik tidak signifikan sedangkan efek samping tremor, aggression, dan kelelahan terjadi secara signifikan.

5.2 Saran

Berdasarkan hasil kajian pustaka dan kesimpulan yang telah diuraikan maka dapat dikemukakan beberapa saran sebagai berikut:

1. Perlu dilakukan penelitian lebih lanjut terkait pengaruh lamotrigine terhadap kualitas hidup pasien karena penelitian terkait hal tersebut masih terbatas.
2. Perlu dilakukan penelitian lebih lanjut tentang efektivitas dan efek samping lamotrigine pada pasien epilepsi apabila terdapat penyakit penyerta.
3. Perlu dilaksanakan kajian pustaka mengenai efektivitas dan efek samping lamotrigine pada pasien epilepsi yang ada di Indonesia.

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