BAB 7

SIMPULAN DAN SARAN

7.1 Simpulan

Berdasarkan hasil penelitian yang telah dilakukan didapatkan kesimpulan yaitu:

Terdapat hubungan dengan kekuatan korelasi yang lemah antara IMT dengan derajat keparahan OSA pada pasien mendengkur yang melakukan pemeriksaan polisomnografi di RS PHC Surabaya.

7.2 Saran

a. Melakukan kegiatan edukasi kepada masyarakat agar dapat mengenali faktor risiko OSA, gejala OSA, tanda OSA dan terhindar dari dampak yang ditimbulkan akibat OSA. Kegiatan penyuluhan yang dilakukan juga dapat membantu melakukan deteksi dini dan dapat dilakukan penanganan segera.
b. Bagi penelitian selanjutnya diupayakan agar dapat mempertimbangkan faktor-faktor OSA lainya seperti kelainan hidung, tenggorok, faring, laring dan kraniofasial pada penelitian lebih lanjut.

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