

BAB 5

KESIMPULAN DAN SARAN

5.1 Kesimpulan

1. Berdasarkan hasil penelitian dengan judul Studi Penggunaan Antihipertensi Golongan *Angiotensin Receptor Blockers* Terhadap Pasien Gagal Ginjal Kronik Stadium V di Rumah Sakit Bhayangkara Surabaya periode Juni 2017 sampai dengan September 2017 dapat disimpulkan sebagai berikut :

- a. Penggunaan antihipertensi golongan *Angiotensin Receptor Blockers* (ARB) sebanyak 30 pasien di mana 3 pasien (10%) menggunakan antihipertensi secara tunggal dan 27 pasien (90%) menggunakan kombinasi antihipertensi CCB, nitrat, beta blockers, dan *centrally-acting alpha-2 agonists*.
- b. Penggunaan kombinasi antihipertensi paling banyak yaitu antihipertensi golongan ARB dan CCB sebanyak 11 pasien (41%).
- c. Pencapaian target tekanan darah pasien ($\leq 140/90$ mmHg) sebanyak 18 pasien (60%).

2. Penggunaan antihipertensi yang diberikan pada pasien gagal ginjal kronik stadium V di Unit Hemodialisa Rumah Sakit Bhayangkara telah sesuai dengan guidelines terapi yang ada (JNC 8) meliputi, rute pemberian, dosis, dan frekuensi pemberian terapi.

5.2 Saran

Diperlukan penelitian lanjut dengan menggunakan metode lainnya yang dapat memberikan hasil yang baik dan juga agar peneliti dapat lebih mencemati kondisi pasien secara langsung sehingga dapat menganalisis

bebagai permasalahan yang dapat muncul ketika pemberian terapi obat bersamaan dengan hemodialisis pada pasien, dapat berinteraksi dengan tenaga kesehatan lainnya sehingga pada akhirnya dapat memperoleh profil penggunaan obat antihipertensi yang lebih baik dan efektif.

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