

BAB 5

KESIMPULAN DAN SARAN

5.1 Kesimpulan

Berdasarkan 5 artikel yang terkait dengan efektifitas dan efek samping sacubitril/valsartan pada pasien gagal jantung, dapat disimpulkan bahwa:

1. Sacubitril/valsartan dosis 23/26 mg dua kali sehari, dan dititrasi ke dosis target 97/103mg dua kali sehari menunjukkan adanya perbaikan pada NT-proBNP.
2. Sacubitril/valsartan efektif digunakan sebagai salah satu modalitas terapi pada pasien gagal jantung karena dapat memperbaiki kelas *New York Heart Association* (NYHA), nilai LVEF, dan *distance in six-minute walk test* (6MWP), serta pengurangan NT-proBNP.
3. Sacubitril/valsartan tidak signifikan menyebabkan efek samping seperti hiperkalemia, hipotensi simptomatik, angioedema dan perburukan fungsi ginjal.

5.2 Saran

1. Perlu dilaksanakan kajian literatur dengan memperluas *database* yang digunakan sehingga artikel ilmiah yang diperoleh semakin banyak sehingga dapat melakukan kajian secara lebih luas dan mendalam.
2. Masih perlu dilakukan penelitian lebih lanjut untuk mengetahui efektivitas dan efek samping sacubitril/valsartan pada pasien gagal jantung agar mendapatkan gambaran yang lebih lengkap dan jelas

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