BAB 5
KESIMPULAN DAN SARAN

5.1 Kesimpulan

Berdasarkan sepuluh artikel ilmiah terkait efektivitas dan efek samping deksametason pada pengobatan COVID-19 gejala berat hingga kritis dapat disimpulkan bahwa:

1. Dua artikel menunjukkan bahwa deksametason menurunkan kadar CRP, dan dua artikel lainnya menunjukkan metilprednisolon lebih efektif dibandingkan deksametason dalam menurunkan kadar CRP pada pasien COVID-19 gejala berat hingga kritis.
2. Tiga artikel menunjukkan bahwa deksametason efektif menurunkan frekuensi penggunaan ventilasi mekanis invasif dan tiga artikel lainnya melaporkan deksametason kurang efektif menurunkan kebutuhan akan ventilasi mekanis invasif pada pasien COVID-19 gejala berat hingga kritis.
3. Dua artikel melaporkan adanya kejadian efek samping hiperglikemia yang lebih tinggi pada kelompok deksametason, dan satu artikel lainnya menunjukkan tidak ada perbedaan yang signifikan pada frekuensi penggunaan insulin karena hiperglikemia.
4. Dua artikel yang melaporkan bahwa tidak ada perbedaan yang signifikan dari efek samping infeksi bakteri, dan satu artikel tidak melaporkan adanya efek samping infeksi bakteri.

5.2 Saran

1. Perlu ditambah artikel penelitian yang baru, sehingga dapat memperkuat bukti dan mendapatkan gambaran yang lebih lengkap

mengenai efektivitas dan efek samping yang ditimbulkan akibat penggunaan obat.

2. Perlu dilakukan kajian lebih lanjut mengenai dosis deksametason pada pasien COVID-19 gejala berat hingga kritis, mengingat dosis pada beberapa artikel dalam penelitian ini masih bervariasi.

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