

BAB 5

KESIMPULAN DAN SARAN

5.1 Kesimpulan

Berdasarkan hasil penelitian yang dilakukan dengan metode *Literature Review* yang berjudul Kajian Literatur Efek Samping Penggunaan obat Carboplatin dan Paclitaxel terhadap penderita *EOC (Epithelial Ovarian cancer)* diperoleh kesimpulan sebagai berikut:

1. Dosis kemoterapi kombinasi carboplatin dan paclitaxel pada responden kanker ovarium pada tiga kelompok yaitu paclitaxel 80-175 mg/m² IV pada hari pertama ditambah carboplatin AUC 2 hingga AUC 6 IV pada hari pertama dan diulang setiap 21 hari dengan durasi siklus sebanyak 6. Di mana pemberian dosis antara carboplatin dan paclitaxel mempengaruhi tingkat toksisitas atau efek samping, efek samping yang terjadi adalah pada pemberian regimen terapi yaitu gangguan neuropathy, neutropenia, anemia, trombositopenia, gastrointestinal, *bone marrow suppression*, demam, *fatigue* dan *nausea*. Dan dari efek samping yang sering terjadi yaitu neutropenia. Dari hasil yang didapat masih terjadi perbedaan antara kelompok jurnal di mana tingkat toksisitas yang berbeda dari masing – masing kelompok jurnal di mana adanya perbedaan dalam dosis yang diberikan dari masing – masing kelompok jurnal yang dimana semua dilakukan tetap selama 6 siklus.
2. Efek samping yang ada dalam jurnal Asia adalah leukopenia gastrointestinal, *bone marrow suppression*, demam, anemia, neutropenia neuropathy, *nausea*, dan trombositopenia (lihat **Tabel 4.6**). Dalam jurnal Eropa efek samping yang terjadi adalah gastrointestinal, anemia, neuropathy, trombositopenia, *fatigue* (lihat **Tabel 4.7**) dan dalam jurnal Amerika efek samping yang terjadi adalah anemia, neutropenia, dan neuropathy (lihat **Tabel 4.8**). Dapat disimpulkan pada jurnal Amerika dibandingkan dengan

jurnal kelompok Asia dan jurnal kelompok Eropa tidak terjadi efek samping gastrointestinal.

5.2 Saran

1. Diperlukan pemeriksaan laboratorium lebih lanjut sehingga dapat mengurangi tingkat toksisitas dan efek samping terkait penggunaan carboplatin dan paclitaxel seperti halnya pemeriksaan hematologi baik sebelum di lakukan kemoterapi dan setelah dilakukan kemoterapi agar di dapatkan data penunjang untuk monitoring dan evaluasi terapi.
2. Diharapkan farmasis berperan dalam memberikan informasi dan edukasi terkait efek samping yang terjadi sehingga efektivitas terapi dapat dicapai secara maksimal dan kualitas hidup penderita menjadi lebih baik.

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