

BAB 5

KESIMPULAN DAN SARAN

5.1 Kesimpulan

Setelah melaksanakan praktik kerja profesi apoteker di apotek, dapat disimpulkan hal-hal berikut:

1. Calon apoteker memperoleh pemahaman yang lebih jelas mengenai pelayanan kefarmasian di apotek, khususnya terkait peran serta tanggung jawab apoteker komunitas.
2. Calon apoteker mendapatkan pengalaman langsung di lapangan dalam merencanakan, melakukan pengadaan, dan mendistribusikan sediaan farmasi.
3. Calon apoteker memperoleh pengalaman dalam menjalankan pelayanan manajerial dan pelayanan klinis di apotek berdasarkan standar profesi, kode etik kefarmasian, serta berorientasi pada pasien.

5.2 Saran

Setelah melaksanakan praktik kerja profesi apoteker (PKPA) di apotek, berikut saran yang dapat diberikan kepada calon apoteker:

1. Calon apoteker sebaiknya mempersiapkan diri sebelum PKPA dengan memahami teori praktik manajerial, klinis, hukum, dan etika kefarmasian agar proses bimbingan berjalan lancar dan tepat sasaran.
2. Calon apoteker perlu percaya diri, berani berinteraksi dengan pasien, serta menguasai komunikasi dan kompetensi kefarmasian untuk memberikan pelayanan yang optimal.

DAFTAR PUSTAKA

- American Society of Health System Pharmacists, 2011, AHFS Drug Information, United States of America.
- Badan Pengawas Obat dan Makanan. 2020, Pedoman Teknis Cara Distribusi Obat yang Baik, Jakarta.
- Badan Pengawas Obat dan Makanan. 2021, Peraturan Badan Pengawas Obat dan Makanan Nomor 24 Tahun 2021 tentang Pengawasan Pengelolaan Obat, Bahan Obat, Narkotika, Psikotropika, dan Prekursor Farmasi di Fasilitas Pelayanan Kefarmasian, Jakarta.
- Badan Pengawas Obat dan Makanan. 2022, Peraturan Badan Pengawas Obat dan Makanan Nomor 14 Tahun 2022 tentang Penarikan dan Pemusnahan Obat yang Tidak Memenuhi Standar dan/atau Persyaratan Keamanan, Khasiat, Mutu, dan Label, Jakarta
- Baxter, K., 2010. Stockley's Drug Interactions: A Source Book of Interactions, Their Mechanisms, Clinical Importance and Management.
- Brayfield, A. 2014, Martindale the Complete Drug Reference 38th Edition. Pharmaceutical Press, London.
- Committee, J.F., 2022. BNF 83 (British National Formulary) March 2022. British National Formulary.
- Committee, P.F., 2022. BNF for Children 2022-2023: September 2022-22.
- Church, M., Church, D., 2013. Pharmacology of antihistamines. Indian Journal of Dermatology 58, 219. <https://doi.org/10.4103/0019-5154.110832>
- Głowacka, K., Wiela-Hojeńska, A., 2021. Pseudoephedrine—Benefits and Risks. International Journal of Molecular Sciences 22, 5146. <https://doi.org/10.3390/ijms22105146>
- Haynes, A.S., Wei, Z., Anderson, P., Scheetz, M.H., Parker, S.K., Fish, D.N., 2024. Cefadroxil and cephalexin pharmacokinetics and pharmacodynamics in children with musculoskeletal infections. Antimicrobial Agents and Chemotherapy 68. <https://doi.org/10.1128/aac.00182-24>
- Kostermans, D., Simadibrata, M., Hasan, I., 2014. The Effect of Zinc

- Supplementation in Adult Patients with Acute Diarrhea. *The Indonesian Journal of Gastroenterology, Hepatology, and Digestive Endoscopy* 15, 83–87.
<https://doi.org/10.24871/152201483-87>
- Krebs, N.F., 2013. Update on Zinc Deficiency and Excess in Clinical Pediatric Practice. *Annals of Nutrition and Metabolism* 62, 19–29.
<https://doi.org/10.1159/000348261>
- Kruidering-Hall, M., Tuan, R.L., Vanderah, T.W., Katzung, B.G., Trevor, A.J., 2024. *Katzung & Trevor's Pharmacology Examination & Board Review, Fourteenth Edition*. McGraw Hill Professional.
- Lexicomp, 2013. *Drug Information Handbook: A Comprehensive Resource for All Clinicians and Healthcare Professionals*.
- Loza, E., 2008. Systematic Review: Is There Contraindication to the Concomitant Use of Non-Steroidal Anti-Inflammatory Drugs and Steroids? *Reumatologia Clínica (English Edition)* 4, 220–227.
[https://doi.org/10.1016/s2173-5743\(08\)70194-1](https://doi.org/10.1016/s2173-5743(08)70194-1)
- Massih, Y.N., Hall, A.G., Suh, J., King, J.C., 2021. Zinc Supplements Taken with Food Increase Essential Fatty Acid Desaturation Indices in Adult Men Compared with Zinc Taken in the Fasted State. *The Journal of Nutrition* 151, 2583–2589.
<https://doi.org/10.1093/jn/nxab149>
- Menkes RI. 1993, Peraturan Menteri Kesehatan Nomor: 919/Menkes/Per/X/1993 tentang Kriteria Obat yang Dapat Diserahkan Tanpa Resep, Jakarta: Republik Indonesia.
- Menkes RI. 1993, Keputusan Menteri Kesehatan Republik Indonesia Nomor: 925/MENKES/PER/X/1993 tentang Daftar Perubahan Golongan Obat No. 1, Jakarta: Republik Indonesia.
- Menkes RI. 1997, Keputusan Menteri Kesehatan Republik Indonesia Nomor: 1527/Men.Kes/SK/XII/1997 tentang Daftar Perubahan Golongan Obat No. 2, Jakarta: Republik Indonesia.
- Menkes RI. 1999, Keputusan Menteri Kesehatan Republik Indonesia Nomor: 1175/Menkes/SK/X/1999 tentang Daftar Perubahan Golongan Obat No. 3, Jakarta: Republik Indonesia.
- Menkes RI. 2016, Peraturan Menteri Kesehatan Republik Indonesia Nomor 73 Tahun 2016 tentang Standar Pelayanan Kefarmasian di Apotek, Jakarta: Republik Indonesia.

- Menkes RI. 2017, Peraturan Menteri Kesehatan Republik Indonesia Nomor 9 Tahun 2017 tentang Apotek, Jakarta: Republik Indonesia.
- Menkes RI. 2018, Peraturan Menteri Kesehatan Republik Indonesia Nomor 26 Tahun 2018 tentang Pelayanan Perizinan Berusaha Terintegrasi secara Elektronik Sektor Kesehatan, Jakarta: Republik Indonesia.
- Menkes RI. 2021, Peraturan Menteri Kesehatan Republik Indonesia Nomor 14 Tahun 2021 tentang Standar Kegiatan Usaha dan Produk pada Penyelenggaraan Perizinan Berusaha Berbasis Risiko Sektor Kesehatan, Jakarta: Republik Indonesia.
- Menkes RI. 2022, Peraturan Menteri Kesehatan Republik Indonesia Nomor 28 Tahun 2022 tentang Perubahan Penggolongan, Pembatasan, dan Kategori Obat, Jakarta: Republik Indonesia.
- Menkes RI. 2023, Peraturan Menteri Kesehatan Republik Indonesia Nomor 5 Tahun 2023 tentang Narkotika, Psikotropika, dan Prekursor Farmasi, Jakarta: Republik Indonesia.
- Myeloma UK. (2024, October). *Dexamethasone — Treatment Guide*. Myeloma UK. Retrieved from <https://www.myeloma.org.uk/wp-content/uploads/2024/11/Myeloma-UK-Dexamethasone-Treatment-Guide.pdf>
- Presiden Republik Indonesia. 2011, Undang-Undang Republik Indonesia Nomor 24 Tahun 2011 tentang Badan Penyelenggara Jaminan Sosial, Jakarta.
- Presiden Republik Indonesia. 2023, Undang-Undang Republik Indonesia Nomor 17 Tahun 2023 tentang Kesehatan, Jakarta.
- Queckenberg, C., Wachall, B., Erlinghagen, V., Di Gion, P., Tomalik-Scharte, D., Tawab, M., Gerbeth, K., Fuhr, U., 2011. Pharmacokinetics, Pharmacodynamics, and Comparative Bioavailability of Single, Oral 2-mg Doses of Dexamethasone Liquid and Tablet Formulations: A Randomized, Controlled, Crossover Study in Healthy Adult Volunteers. *Clinical Therapeutics* 33, 1831–1841. <https://doi.org/10.1016/j.clinthera.2011.10.006>
- Rainsford, K.D., 2009. Ibuprofen: pharmacology, efficacy and safety. *Inflammopharmacology* 17, 275–342. <https://doi.org/10.1007/s10787-009-0016-x>
- Randall, K.L., Hawkins, C.A., 2018. Antihistamines and allergy. *Australian*

- Prescriber 41, 42–45. <https://doi.org/10.18773/austprescr.2018.013>
- Reddymasu, S.C., Soykan, I., McCallum, R.W., 2007b. Domperidone: Review of Pharmacology and Clinical Applications in Gastroenterology. *The American Journal of Gastroenterology* 102, 2036–2045. <https://doi.org/10.1111/j.1572-0241.2007.01255.x>
- Schepkens, H., Vanholder, R., Billiouw, J.-M., Lameire, N., 2001. Life-threatening hyperkalemia during combined therapy with angiotensin-converting enzyme inhibitors and spironolactone: an analysis of 25 cases. *The American Journal of Medicine* 110, 438–441. [https://doi.org/10.1016/s0002-9343\(01\)00642-8](https://doi.org/10.1016/s0002-9343(01)00642-8)
- Shiroishi, M., Kobayashi, T., 2016. Structural Analysis of the Histamine H1 Receptor, in: *Handbook of Experimental Pharmacology*. Springer International Publishing, Cham, pp. 21–30.
- Sica, D.A., 2005. Pharmacokinetics and Pharmacodynamics of Mineralocorticoid Blocking Agents and their Effects on Potassium Homeostasis. *Heart Failure Reviews* 10, 23–29. <https://doi.org/10.1007/s10741-005-2345-1>
- Spoorenberg, S.M.C., Deneer, V.H.M., Grutters, J.C., Pulles, A.E., Voorn, G.P. (Paul), Rijkers, G.T., Bos, W.J.W., van de Garde, E.M.W., 2014. Pharmacokinetics of oral vs. intravenous dexamethasone in patients hospitalized with community-acquired pneumonia. *British Journal of Clinical Pharmacology* 78, 78–83. <https://doi.org/10.1111/bcp.12295>
- Taylor, C.P., Traynelis, S.F., Siffert, J., Pope, L.E., Matsumoto, R.R., 2016. Pharmacology of dextromethorphan: Relevance to dextromethorphan/quinidine (Nuedexta®) clinical use. *Pharmacology & Therapeutics* 164, 170–182. <https://doi.org/10.1016/j.pharmthera.2016.04.010>
- te Riet, L., van Esch, J.H.M., Roks, A.J.M., van den Meiracker, A.H., Danser, A.H.J., 2015. Hypertension. *Circulation Research* 116, 960–975. <https://doi.org/10.1161/circresaha.116.303587>
- Zaid, M.R., Hasan, M. & Khan, A.A., 1995. Attapulgit in the treatment of acute diarrhoea: a double-blind placebo-controlled study. *Journal of Diarrhoeal Diseases Research*, 13(1), pp.44–46.