

BAB 5

KESIMPULAN DAN SARAN

5.1 Kesimpulan

Berdasarkan hasil penelitian tentang profil ketepatan rekomendasi pada pelayanan swamedikasi keluhan nyeri di apotek Surabaya Utara, dapat diambil kesimpulan sebagai berikut :

1. Penggalan informasi pasien masih belum dilakukan secara lengkap oleh sebagian besar tenaga kefarmasian. Informasi yang paling sering digali adalah keluhan utama dan lokasi nyeri, sedangkan riwayat penyakit komorbid, penggunaan obat lain, alergi, dan *warning symptom* masih jarang atau bahkan tidak ditanyakan. Hal ini dapat mempengaruhi ketepatan rekomendasi terapi dan keamanan penggunaan obat pada pasien dengan kondisi tertentu.
2. Pada aspek rekomendasi terapi masih ditemukan pemberian NSAID yang kurang sesuai pada pasien dengan komorbid tertentu sehingga berpotensi meningkatkan risiko keamanan penggunaan obat. Meskipun demikian, sebagian tenaga kefarmasian telah memberikan rekomendasi terapi yang lebih tepat dan relatif aman seperti kombinasi parasetamol dan vitamin B kompleks.
3. Pada pemberian informasi obat, sebagian besar tenaga kefarmasian hanya memberikan informasi terkait aturan pakai dan indikasi obat, sedangkan efek samping, kontraindikasi, interaksi obat, lama penggunaan, dan tanda bahaya masih jarang disampaikan. Pemberian komunikasi, informasi, dan edukasi (KIE) yang lebih lengkap perlu diperhatikan untuk membantu menjamin keselamatan pasien dan penggunaan obat yang aman dalam

swamedikasi.

5.2 Saran

Berdasarkan pembahasan dan kesimpulan yang telah diuraikan, penelitian ini juga dapat memberikan saran kepada penelitian selanjutnya sebagai berikut:

1. Menggunakan jumlah sampel yang lebih besar dan wilayah penelitian yang lebih luas agar hasil penelitian dapat digeneralisasikan pada pelayanan swamedikasi di apotek secara lebih representatif.
2. Melakukan analisis hubungan atau pengaruh antara karakteristik tenaga kefarmasian (seperti pendidikan, pengalaman kerja, dan beban kerja) dengan kualitas penggalan informasi, ketepatan rekomendasi terapi, dan kelengkapan informasi obat.
3. Mengombinasikan metode observasi, guna mengeksplorasi faktor penyebab rendahnya kualitas pelayanan swamedikasi dari perspektif tenaga kefarmasian.

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