

BAB 6

KESIMPULAN DAN SARAN

6.1 Kesimpulan

Berdasarkan hasil penelitian yang dilakukan tentang pengaruh terapi oksigen hiperbarik terhadap kadar kolesterol LDL pada pasien luka diabetik terhadap 13 sampel sejak 1 Juni-13 Juli 2015, didapatkan kesimpulan yaitu tidak didapatkan perbedaan yang signifikan secara statistik dari hasil kadar LDL sebelum dan sesudah terapi oksigen hiperbarik

6.2 Saran

1. Bagi Pendidikan Kedokteran

Bagi mahasiswa kedokteran yang sedang menempuh S1, diharapkan dapat mempelajari lebih lanjut mengenai terapi oksigen hiperbarik baik mengenai indikasi, cara kerja maupun efeknya.

2. Bagi Rumah Sakit

Pemberian edukasi atau penyuluhan kesehatan dapat dijadikan program rutin bagi rumah sakit baik di poli rawat

jalan maupun rawat inap, perlunya dilengkapi media promosi kesehatan agar penyuluhan yang dilakukan mudah dipahami. Media yang bisa digunakan seperti brosur, memasang spanduk dan poster-poster terkait dengan terapi oksigen hiperbarik.

3. Bagi Penelitian Selanjutnya

Sebagai dasar untuk penelitian selanjutnya dengan variabel yang lebih spesifik seperti berikut:

1. Pengaruh terapi oksigen hiperbarik terhadap kadar apo B atau oxLDL,
2. Pengaruh terapi oksigen hiperbarik terhadap total kolesterol
3. Pengaruh terapi oksigen hiperbarik terhadap kadar VLDL
4. Pengaruh terapi oksigen hiperbarik terhadap kadar trigliserida

dengan sampel yang lebih banyak, sesi terapi yang diperpanjang, dan waktu penelitian yang lebih panjang.

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