

BAB 5

KESIMPULAN DAN SARAN

5.1 Kesimpulan

Berdasarkan dari kajian pustaka pada 6 pustaka yang membahas tentang efektivitas penggunaan Natrium bikarbonat pada Pasien penyakit ginjal kronis yang dilaksanakan mulai dari bulan Januari 2022– April 2022 dapat disimpulkan bahwa :

1. Natrium bikarbonat (1x 0,3g/kgBB) iv dan (1x 2,3g/kgBB) po dapat meningkatkan pH darah.
2. Natrium bikarbonat (0,4 mEq/kgBB) iv dapat mencegah terjadinya demineralisasi tulang terbukti dengan penurunan selisih sebanyak 0,01 g/cm².
3. Natrium bikarbonat (0,7 mmol/kg) iv dapat meningkatkan resistensi insulin dengan selisih sebanyak 3 mIU.

5.2 Saran

Berdasarkan dari kajian pustaka pada 6 artikel ilmiah terkait efektivitas penggunaan Natrium bikarbonat pada Pasien penyakit ginjal kronis yang dilaksanakan mulai dari bulan Januari 2022– April 2022 dapat diberikan saran :

1. Perlu dilaksanakan kajian pustaka dengan memperluas database yang digunakan sehingga jurnal ilmiah yang digunakan dapat semakin banyak untuk mendapatkan kesimpulan lebih objektif mengenai profil efektivitas dan keamanan penggunaan natrium bikarbonat.
2. Perlu dilakukan penelitian lebih lanjut dengan meta analisa agar dapat melihat hasil yang lebih signifikan dari beberapa penelitian

untuk mendapatkan kesimpulan yang lebih objektif mengenai efektivitas natrium bikarbonat.

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