

BAB VII

PENUTUP

7.1 RINGKASAN

- a. Kadar vitamin D paling rendah pada frekuensi eksaserbasi yang sering
- b. Kadar IL-8 paling tinggi pada frekuensi eksaserbasi yang sering
- c. Rerata kadar vitamin D pada pasien eksaserbasi adalah $21,82 \pm 21,11$.
- d. Rerata kadar IL-8 serum pada PPOK eksaserbasi adalah $187,5 \pm 68,8$.
- e. Dari hasil pemeriksaan kadar vitamin D pada pasien PPOK eksaserbasi didapatkan defisiensi (76,9%), sufisiensi (15,4%), insufisiensi (6,2%), dan toxic (1,5%).

7.2 KESIMPULAN

Kadar vitamin D didapatkan lebih rendah dan kadar IL-8 didapatkan lebih tinggi pada PPOK dengan frekuensi eksaserbasi yang sering ≥ 3 kali/tahun, dibandingkan dengan frekuensi eksaserbasi jarang < 3 kali/tahun.

7.3 SARAN

- a. Dibutuhkan penelitian mengenai efek suplementasi Vitamin D terhadap frekuensi eksaserbasi pada PPOK
- b. Perlu dilakukan penelitian mengenai gambaran kadar vitamin D dan konsentrasi IL-8 pada pasien PPOK dengan skala yang lebih besar.

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