BAB VII

KESIMPULAN DAN SARAN

7.1 Kesimpulan

Berdasarkan hasil penelitian dan pembahasan mengenai Gambaran Penderita Aritmia di Puskemas Antang Makassar Periode Januari – Desember 2023, maka dapat ditarik kesimpulan bahwa sebanyak 32 dari 95 pasien di Puskesmas Antang selama Januari-Desember 2023 mengalami aritmia. Dari 32 pasien tersebut, 6 pasien mengalami bradikardia dan 11 pasien mengalami takikardia. Berdasarkan usia, pasien aritmia terbagi merata dalam kelompok <45 tahun, 45-59 tahun, dan >59 tahun. Berdasarkan jenis kelamin, lebih banyak pasien perempuan dibanding laki-laki. Untuk penyebaran aritmia berdasarkan klasifikasinya terdapat pasien dengan *atrial ectopic rhythm* sebanyak 2 pasien, *atrial flutter* sebanyak 3 pasien, AV blok derajat I sebanyak 3 pasien, AV blok derajat II sebanyak 1 pasien, *incomplete* RBBB sebanyak 3 pasien, RBBB sebanyak 1 pasien, *premature atrial contraction* sebanyak 1 pasien, *premature ventricular contraction* sebanyak 2 pasien, sinus bradikardia sebanyak 6 pasien, dan sinus takikardia sebanyak 11 pasien.

7.2 Saran

Dari kesimpulan tersebut peneliti menyarankan :

1. Untuk teman sejawat tenaga medis disarankan untuk terus melakukan pemeriksaan dan pemantauan yang cermat terhadap pasien penderita aritmia, serta memberikan perawatan yang tepat untuk mencegah komplikasi yang dapat memperburuk kondisi pasien. Penyamaan persepsi dalam diagnosis aritmia sangat penting untuk memastikan penanganan yang sesuai dan optimal bagi pasien.
2. Untuk peneliti selanjutnya diharapkan untuk meneliti variabel-variabel baru terkait dengan aritmia, serta memperluas cakupan penelitian dengan elibatkan populasi yang lebih beragam. Penelitian lebih lanjut dapat embantu untuk lebih memahami faktor-faktor risiko yang berkontribusi ıda kejadian aritmia dan meningkatkan pencegahan terhadap penyakit rkait.

3. Perlunya peningkatan kualitas rekam medis di Puskesmas Antang: Diperlukan upaya lebih untuk meningkatkan kualitas dan kelengkapan penulisan rekam medis pasien, dengan memperhatikan pentingnya pencatatan yang akurat dan komprehensif. Hal ini penting untuk memastikan riwayat penyakit yang lengkap, yang pada gilirannya akan membantu dalam pengambilan keputusan medis yang lebih tepat dan efektif.

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