

BAB 6

PENUTUP

6.1. Simpulan

Berdasarkan hasil dan pembahasan disimpulkan sebagai berikut :

- 6.1.1. Karakteristik responden berdasarkan umur terbanyak adalah umur 46 – 45 tahun sebanyak 41,9%. Persentase terbesar dengan indeks massa tubuh (IMT) normal dengan rentang 18,5-22,9 sebanyak 28 orang (65,1%). Persentase terapi kanker terbanyak adalah terapi gabungan (37,2%), dan kemoterapi (25,6%)
- 6.1.2. Ada perbedaan yang signifikan secara statistik ukuran limfedema sebelum dan sesudah $p = 0,000$ ($<0,05$).
- 6.1.3. Dari hasil uji parameter estimate variabel *confounding* (Umur, IMT dan terapi kanker) terhadap ukuran limfedema, didapatkan hanya variabel umur yang berpengaruh secara parsial terhadap ukuran limfedema ($p = 0,000$), hasil *R-Square* menunjukkan *self lymphatic drainage*, umur, IMT dan terapi kanker memberikan kontribusi sebesar 22,1% terhadap ukuran limfedema, dengan *Odss Ratio* menunjukkan *self lymphatic drainage* memberikan pengaruh terhadap ukuran limfedema sebesar 85,21% pada umur <65 tahun.
- 6.1.4. *Self lymphatic drainage* bersama-sama dengan Umur, IMT, dan terapi kanker mengurangi ukuran limfedema (nilai $p = 0,000$).

6.2. Saran

Berdasarkan penelitian maka disarankan sebagai berikut:

6.2.1. Bagi Pasien

Direkomendasikan kepada pasien limfedema untuk melakukan *Self lymphatic drainage* secara rutin dan mandiri setiap harinya diwaktu luang. Selain itu, pasien dengan lengan limfedema pada kanker payudara dianjurkan untuk tetap dapat melakukan aktifitas ringan.

6.2.2. Bagi Pelayanan Kesehatan

Dari penelitian ini diharapkan pelayanan keperawatan membuat suatu protap/ panduan dan pelatihan sertifikasi kompetensi terkait perawatan limfedema sehingga perawat dapat menggunakannya sebagai tindakan mandiri perawat dalam pemberian asuhan keperawatan limfedema pada pasien kanker payudara yang selama ini belum banyak diperhatikan. Latihan *self lymphatic drainage* dapat diberikan sedini mungkin dalam tatalaksana limfedema pada pasien kanker payudara, Brosur/Poster perlu diberikan sebagai *guidiline* dalam melaksanakan *self lymphatic drainage*

6.2.3. Bagi Penelitian Selanjutnya

Berdasarkan penelitian ini selanjutnya disarankan untuk melakukan penelitian terkait pengaruh *self lymphatic drainage* dengan menambahkan aspek dukungan keluarga, menambahkan lama waktu penelitian, menambahkan variabel yang mungkin berpengaruh seperti lama riwayat prosedur perawatan, stadium kanker, keterlibatan dominan penggunaan tangan, dan penentuan klasifikasi umur jangan terlalu bervariasi.

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