

BAB 6

KESIMPULAN DAN SARAN

6.1 Kesimpulan

Sesuai dengan tujuan penelitian ini yaitu mengetahui nilai rata-rata tekanan intraokular, kedalaman bilik mata depan, dan ketebalan lensa pasien preoperasi katarak senilis di RS PHC Surabaya pada 1 Maret 2015 sampai 31 Agustus 2015, maka dari 187 sampel yang memenuhi kriteria inklusi dapat diambil kesimpulan sebagai berikut:

1. Nilai rata-rata tekanan intaokular preoperatif katarak senilis sebesar $17,3 \pm 3,8$ mm Hg (stadium imatur sebesar $17,6 \pm 3,71$ mm Hg dan stadium matur sebesar $16,2 \pm 3,98$ mm Hg ; laki-laki sebesar $16,6 \pm 3,41$ mm Hg dan perempuan sebesar $17,7 \pm 3,98$ mm Hg).
2. Nilai rata-rata kedalaman bilik mata depan preoperatif katarak senilis sebesar $3,22 \pm 0,46$ mm (stadium imatur sebesar $3,22 \pm 0,45$ mm sedangkan pada stadium matur sebesar $3,22 \pm 0,49$ mm ; laki-laki sebesar $3,31 \pm 0,44$ mm dan perempuan sebesar $3,16 \pm 0,46$ mm).

3. Nilai rata-rata ketebalan lensa preoperatif katarak senilis sebesar $4,43 \pm 0,62$ mm (stadium imatur sebesar $4,48 \pm 0,61$ mm dan stadium matur sebesar $4,21 \pm 0,61$ mm ; laki-laki sebesar $4,40 \pm 0,58$ mm dan perempuan sebesar $4,45 \pm 0,65$ mm).

6.2 Saran

1. Bagi Pendidikan Kedokteran

Bagi mahasiswa yang menempuh SI diharapkan dapat mengetahui nilai rata-rata fisiologis normal dari pengukuran tonometri yang mengukur tekanan intraokular dan biometri yang mengukur kedalaman bilik mata depan dan ketebalan lensa baik pada mata normal maupun mata katarak per stadiumnya sebagai titik acuan dalam menentukan prognosis terjadinya glaukoma sudut tertutup dan komplikasi dari operasi katarak.

2. Bagi Rumah Sakit

Pencatatan dan penyimpanan data rekam medis untuk pasien katarak dapat lebih ditingkatkan lagi karena ada beberapa data yang hilang dan tidak jelas hasil pengukuran tonometri preoperasi kataraknya.

3. Bagi Penelitian Selanjutnya

Sebagai dasar untuk penelitian selanjutnya, dapat ditingkatkan menjadi penelitian analitik baik tentang pengaruh peningkatan tekanan intraokular preoperasi katarak senilis dengan komplikasi terjadinya glukoma postoperasi katarak senilis, hubungan tingginya tekanan intraokular dan dangkalnya bilik mata depan terhadap tingkat keberhasilan implantasi *Intra Ocular Lens (IOL)*, dan pengaruh ketebalan lensa terhadap efektifitas implantasi *IOL* pada operasi katarak senilis dengan sampel yang lebih banyak dan waktu pengambilan yang lebih panjang.

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