

## **BAB IV**

### **KESIMPULAN DAN SARAN**

#### **A. Kesimpulan**

Berdasarkan studi *literature review* yang telah dilakukan dapat disimpulkan bahwa dampak infeksi SARS-CoV-2 terhadap pembentukan plak ateroma pada aterosklerosis dalam penelitian diatas adalah mengarah ke hiperaktivasi pola pro-inflamasi karena disregulasi sistem kekebalan tubuh yang dapat menyebabkan agregasi platelet, dan trombosis menyebabkan stenosis atau penyumbatan pembuluh darah dilokasi plak aterosklerosis menjadi penyebab utama terjadinya *Acute Coronary Syndrome (ACS)* hingga kematian mendadak setelah pecahnya tutup fibrosa plak yang rentan. Sindrom koroner akut, istilah yang mencakup infark miokard dan angina tidak stabil, terjadi sebagai akibat komplikasi trombotik di lokasi plak aterosklerotik.

#### **B. Saran**

Penyakit COVID-19 harus diwaspadai karena penularan yang relatif cepat, memiliki tingkat mortalitas yang tidak dapat diabaikan, dan belum adanya terapi definitif, serta peradangan yang tinggi akibat SARS-CoV-2 sangat mempengaruhi pecahnya plak aterosklerosis yang rentan. Masih banyak *knowledge gap* dalam bidang ini sehingga diperlukan studi-studi lebih lanjut dan dihimbau untuk mematuhi protokol kesehatan yang telah dibuat oleh pemerintah demi menjaga kesehatan kita, keluarga dan tetap memakai masker kemanapun pergi, untuk

menjauhkan diri kita dari virus COVID-19 dan membantu memutus rantai penularan COVID-19.

Untuk penelitian selanjutnya diharapkan dapat mendalami kajian mengenai pemeriksaan laboratorium yang dapat mengetahui adanya infeksi virus SARS-CoV-2 pada orang yang tidak memiliki gejala yang parah dan komorbiditas sistem kardiovaskular sehingga dapat melakukan diagnosis untuk menetapkan derajat pasien, menetapkan prognosis pasien, dan memonitor penyakit sehingga penyakit ini tidak semakin berat, dan dapat mencegah tingginya angka kematian.

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