

CHAPTER VI

CONCLUSION AND RECOMMENDATION

CONCLUSION

From this study it can be concluded that there is no significance difference of the success result of once daily dose of 8 mg Chlorpheniramine and 10 mg Cetirizine in the treatment of perennial allergic rhinitis. Adverse effects of anticholinergic activity such as dry mouth, visual problem, headache, and urinary problem were reported neither in the Cetirizine treatment nor in the Chlorpheniramine treatment in significant different number. While sedation adverse effect during the treatment of 10 mg Chlorpheniramine gives statistically significant more than 10 mg Cetirizine. There were individual variation of success result and adverse effect event either to the classic or to the new generation of antihistamine.

From the cost effectiveness analysis it was found that 8 mg Chlorpheniramine was more cost effective than 10 mg Cetirizine for treating perennial allergic rhinitis patients.

RECOMMENDATION

1. In the clinical practice it can be recommended that regimen of 8 mg Chlorpheniramine once a day given at bed time is effective as an alternative regimen in terms of clinical effectiveness since easily available and more cost effective compared to 10 mg Cetirizine for treating perennial allergic rhinitis.
2. In prescribing antihistamines it would be better that patients were asked about their previous experienced in using antihistamines either the efficacy or the adverse effect.
3. Give information to patients that there is possibility of existing sedation effect if antihistamine received.