

dr. Meutia Atika Faradilla, M.Biomed

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01 JABATAN AKADEMIK, KEPEMIMPINAN & TATA KELOLA

2026–sekarang	Sekretaris, Jaminan Mutu Fakultas (JMF) — FK Universitas Trisakti
2025–sekarang	Kepala Departemen Biokimia • Tim Promosi — FK Universitas Trisakti
2012 – 2020	Dosen Biokimia — Fakultas Kedokteran Universitas Islam Sumatera Utara

02 PENDIDIKAN

2017	Magister Ilmu Biomedik (M.Biomed.) — Fakultas Kedokteran, Universitas Sumatera Utara
2010	Pendidikan Profesi Dokter (dr.) — Fakultas Kedokteran, Universitas Syiah Kuala, Banda Aceh.

03 PENGALAMAN PROFESIONAL KLINIS

2022–2024	Dokter Umum — Klinik Fara Medika, Bekasi, Jawa Barat.
2012–2019	Dokter Umum — Grand Madani Clinic, Medan, Sumatera Utara.
2011–2013	Dokter Umum — RS Wulan Windi, Medan, Sumatera Utara.
2011–2012	Dokter Umum — RS Adenan Adenin, Medan, Sumatera Utara.

04 BIDANG KEAHLIAN ILMIAH & KOMPETENSI AKADEMIK

MOLECULAR GENETICS	**MOLECULAR BIOCHEMISTRY**	**AGING & OXIDATIVE STRESS**
NUTRIGENOMICS & MOLECULAR NUTRITION	**MOLECULAR PATHOPHYSIOLOGY**	**MOLECULAR BIOMARKERS**

05 PENELITIAN

2025	Hubungan Genotype MC4R dan Persentase Lemak Tubuh sebagai Indikator Obesitas pada Dewasa
2025	Hubungan Kadar MDA dan Vitamin D dengan Status Gizi pada Petugas Kebersihan di Jakarta
2024	Hubungan Lipoprotein A dengan Migren pada Karyawan yang Mengalami Sindroma Metabolik
2024	Perbandingan Ekspresi Relatif Gen Sirtuin-1 pada Hipertensi dan Normotensi Usia >50 Tahun
2024	Peran Reseptor Nuklear pada Implantasi dan Perkembangan Blastokista
2024	Mechanisms and Benefits of Equine Therapy for Enhancing Mental Health
2024	mRNA Relative Expression Catalase in Hypertension

06 BUKU, BOOK CHAPTER & KARYA AKADEMIK

2026	Biokimia Dasar: Pendekatan Teoritis dan Praktis — buku referensi, Azzia Karya Bersama. ISBN 978-634-7617-11-8. Penulis bersama.
2026	Pengantar Ilmu Biomedik — kontribusi sebagai penulis, Chapter 1 (hlm. 1–25), tercatat pada profil Google Scholar/SINTA.
2025	Biokimia Dasar — Media Sains Indonesia. ISBN 978-623-512-752-1. Penulis Bab 9: “Metabolisme Protein dan Asam Amino”.

07 PUBLIKASI ILMIAH — 2026–2025

01	2026 Natadidjaja RI, Lekok W, Marja TS, Adlani H, Ariyani A, Mulyani S, Rahmah S, Adianto R, Yenny, **Meutia Atika Faradilla**, Samira J. The Appropriateness of Initial Intravenous Empirical Antibiotic Consumption Guided by Digital Antimicrobial Stewardship Tool: A Correlation with the Usage of Antibiotics from the Access and Watch Groups in Ten Indonesian Hospitals. Frontiers in Digital Health, Vol. 8. **DOI:** 10.3389/fdgth.2026.1862829
02	2026 **Meutia Atika Faradilla**, Yohana, Deasyka Yastani, Astri Handayani, Suweino. Association between MC4R rs17782313 genotype and body fat percentage as an indicator of obesity among Indonesian adults. JKKI: Jurnal Kedokteran dan Kesehatan Indonesia. 17(1):38–48. **DOI:** 10.20885/JKKI.Vol17.Iss1.art5
03	2026 **Meutia Atika Faradilla**, Karina S. Anastasya, Deasyka Yastani, Yohana, Endrico X. Tungka, Suweino. Oxidative stress as a converging mechanism of aging and neurodegeneration: From molecular pathways to therapeutic targets. Narra J. 6(1):e3042. **DOI:** 10.52225/narra.v6i1.3042
04	2026 **Meutia Atika Faradilla**, Deasyka Yastani, Yohana, Karina Shasri Anastasya, Nabila Maudy Salma. Serum 25-hydroxyvitamin D is associated with body fat percentage and skeletal muscle mass in adults: A cross-sectional study. Science Midwifery. 13(6):1627–1635. **DOI:** 10.35335/midwifery.v13i6.2253
05	2025 Andira Larasari, Daniella Satyasari, **Meutia Atika Faradilla**, Karina Anastasya. The role of workload and demographics in migraine prevalence and severity among office employees. Journal of the Neurological Sciences. 480:124188. **DOI:** 10.1016/j.jns.2025.124188
06	2025 Natadidjaja RI, et al., including **Meutia Atika Faradilla**. A Quantitative Survey on Antibiotic Prescribing Pattern in Three Indonesian Hospitals Using Digital Antimicrobial Stewardship. Jurnal Biomedika dan Kesehatan. 8(2):127–141. **DOI:** 10.18051/JBiomedKes.2025.v8.127-141
07	2025 Yohana, **Meutia Atika Faradilla**, Endrico Xavierees Tungka, Kurniasari. Gene expression of sirtuin-1 in adult with hypertension. JPBIO (Jurnal Pendidikan Biologi). 10(1):50–58. **DOI:** 10.31932/jpbio.v10i1.4456

08 **2025** Endrico Xavierees, Yohana, **Meutia Atika Faradilla**, Deasyka Yastani, Karina Shasri Anastasya, Suweino. Peran Penanda LC3 sebagai Fungsi Autofagi pada Aging. Jurnal Penelitian dan Karya Ilmiah Lembaga Penelitian Universitas Trisakti. 10(1):40–47. **DOI:** 10.25105/pdk.v10i1.21848

09 **2025** Daniella Satyasari, Andira Larasari, **Meutia Atika Faradilla**, Karina Shasri Anastasya. Hubungan Profil Lipid dan Kejadian Migren pada Karyawan di Jakarta. Bioscientist: Jurnal Ilmiah Biologi. 13(1):83–94. **DOI:** 10.33394/bioscientist.v13i1.14885

10 **2025** Karina Shasri Anastasya, Indra Gazali Syamsuddin, Zefanya, Mulia Rahmansyah, Deasyka Yastani, Karlina Mahardieni, **Meutia Atika Faradilla**. How Equine Assisted Therapy Have Positive Effect on Hormone and Psychological. Asian Journal of Healthy and Science. 4(9). **DOI:** 10.58631/ajhs.v4i9.249

11 **2025** Deasyka Yastani, Jimmy Panji Wirawan, Karina Shasri Anastasya, **Meutia Atika Faradilla**, Endrico Xavierees, Yohana, Suweino, Mulia Rahmansyah, Karlina Mahardieni, Mutiara Ferina. Caesarean Scar Endometriosis: A Case Report. Jurnal Biomedika dan Kesehatan. 8(3):329–333. **DOI:** 10.18051/JBiomedKes.2025.v8.329-333

PUBLIKASI ILMIAH — 2024–2017

12 **2024** Yohana, **Meutia Atika Faradilla**, Meiyanti, Monica Dwi Hartanti, Eveline Margo, Karina Shasri Anastasya. mRNA Relative Expression Catalase in Hypertension. Bioscientist: Jurnal Ilmiah Biologi. 12(2):1821–1827. **DOI:** 10.33394/bioscientist.v12i2.12825

13 **2024** Karina Shasri Anastasya, Indra Gazali Syamsuddin, **Meutia Atika Faradilla**, Zefanya, Andira Larasari, Daniella Satyasari, Yohana, Endrico Xavierees Tungka, Patricia Liman, Yuliana, et al. Mechanisms and Benefits of Equine Therapy for Enhancing Mental Health. Research & Development. 5(1):40–43. **DOI:** 10.11648/j.rd.20240501.16

14 **2024** Patricia Budihartanti Liman, Dita Setiati, Yuliana, **Meutia Atika Faradilla**, Karina Shasri Anastasya, Yenny. Increasing Knowledge About Stunting and Growth Charts Through Seminars and Assistance for Parents of Students Aged 3–18 Years. International Journal of Community Service Learning. 8(4):489–498. **DOI:** 10.23887/ijcsl.v8i4.79886

15 **2023** **Meutia Atika Faradilla**, Karina Shasri Anastasya, Yohana, Meiyanti, Andira Larasari, Daniella Satyasari, Endrico Xavierees Tungka. High Lipoprotein (a) Concentration Is Associated with Diabetic Nephrophaty. International Journal of Diabetes and Endocrinology. 8(3):37–41. **DOI:** 10.11648/j.ijde.20230803.11

16 **2023** Meiyanti, Yohana, Eveline Margo, Juni Chudri, Pusparini, **Meutia Atika Faradilla**. Factors Associated with Plasma Malondialdehyde Levels in People over 40 Years. Journal of Drug Delivery and Therapeutics. 13(7):52–56. **DOI:** 10.22270/jddt.v13i7.6142

17 **2022** Patricia Budihartanti Liman, Karina Shasri Anastasya, Nabila Maudy Salma, Yenny, **Meutia Atika Faradilla**. Research Trends in Advanced Glycation End Products and Obesity: Bibliometric Analysis. Nutrients. 14(24):5255. **DOI:** 10.3390/nu14245255

18 **2017** **Meutia Atika Faradilla**, Yahwardiah Siregar, Darwin Dalimunthe. Penurunan Bilirubin Meningkatkan Oksidasi Lipoprotein A pada Nefropati Diabetik. Jurnal Kedokteran Syiah Kuala. 17(3):152–158. **DOI:** 10.24815/jks.v17i3.9063

11 EDITORIAL & ACADEMIC SERVICE

2026 -Sekarang	Reviewer Jurnal Terakreditasi Nasional dan Internasional
2018- Sekarang	Editor — Ibnu Sina: Jurnal Kedokteran dan Kesehatan
2017- Sekarang	Editor — Jurnal Kedokteran STM (Sains dan Teknologi Medik)

12 PELATIHAN & PENGEMBANGAN PROFESIONAL

Jul 2024	Workshop Introduction to qPCR Workflow — Fakultas Kedokteran Universitas Trisakti.
Jul 2024	Advanced Cardiac Life Support (ACLS).
Jul 2024	Workshop Nasional Penguji UKMPPD–OSCE — FK UMSU.
Jul 2024	Pelatihan Pengembangan Kompetensi Tutor dalam Memfasilitasi Tutorial PBL — FK UISU.
Jul 2024	Training of Tutor in Problem Based Learning — FK UISU, Medan.
Jan 2023	Diploma in Aesthetic Treatment — Institute of Beauty Secret Training Accreditation Academy.
Jan 2018	Pelatihan Pembelajaran Keterampilan Klinis (Skill Lab) — FK UISU.