dr. FIRDAWATI

General Practitioner | Occupational Health Physician
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PROFESSIONAL SUMMARY

Dedicated Occupational Health Physician with 5+ years of experience in oil & gas and infrastructure sectors. Proven expertise in Occupational Health and Industrial Hygiene (OHIH), Medical Emergency Response Planning (MERP), and Medical Emergency Preparedness Program (MEPP) for high-risk drilling and energy operations. Experienced in HSSE compliance, medical surveillance, periodic health assessments, and clinic management at remote field sites including Pertamina EP and ENI projects. Currently pursuing a Master of Occupational Medicine at Universitas Indonesia.

KEY COMPETENCIES

Occupational Health & Industrial Hygiene (OHIH) | Medical Emergency Response Plan (MERP) | Medical Emergency Preparedness Program (MEPP) | HSSE Compliance | Workplace Hazard Identification & Risk Assessment | Periodic Medical Check-Up (MCU) | Health Surveillance | Remote Site Clinic Management | Emergency Medical Services (EMS) | Health Profile Reporting | Promotive, Preventive & Curative Programs | ATLS | ACLS | Basic Intensive Care

PROFESSIONAL EXPERIENCE

Project Coordinator – Occupational Health & Industrial Hygiene

PT. Kartika Bina Medikatama – Jakarta, Indonesia | July 2025 – July 2026

- Planned and supervised comprehensive Occupational Health and Industrial Hygiene (OHIH) programs across high-profile oil & gas and infrastructure project sites, including ENI, JOB Tomori, Saipem, and Pertamina EP Zona 13 Donggi Matindok, ensuring strict HSSE compliance and field medical readiness.
- Managed end-to-end medical reporting processes, including annual reports, site health evaluations, and operational metrics, submitted directly to client medical representatives to ensure transparent communication and maintain strong partnerships.
- Oversaw coordination, rigorous Medical Check-Up (MCU) verification, and site induction processes for paramedics and field medical staff, ensuring seamless personnel mobilization aligned with the specific demands of each project.

Site Doctor – LRT Jakarta

PT. Kartika Bina Medikatama – Jakarta, Indonesia | May 2023 – May 2025

- Managed daily operations of the occupational health post at LRT Jakarta Station, ensuring effective and efficient delivery of medical services in compliance with OHIH standards.
- Conducted pre-employment medical assessments and periodic health monitoring, including occupational health and industrial hygiene surveillance, monthly health profile analyses, worker productivity reporting, and health promotion programs.
- Implemented promotive and curative health programs for both workers and passengers.

General Practitioner

EMC Hospital Pekayon – Bekasi, Indonesia | October 2022 – April 2023

- Provided comprehensive medical care across emergency, surgical, and general medical units, collaborating with multidisciplinary teams to optimize patient outcomes.
- Conducted case presentations with literature reviews for complex patients in collaboration with specialists and subject matter experts.

Site Doctor – INCIS Project (COVID-19 Quarantine)

PT. Kartika Bina Medikatama – Jakarta, Indonesia | July 2022 – August 2022

- Provided medical care for COVID-19 quarantine patients with mild-to-moderate symptoms at the designated quarantine facility.

- Monitored the quarantine process, conducted antigen swab tests, and ensured patients met clinical stability criteria before transitioning to home isolation.

Site Doctor – Pertamina EP Asset 4 Donggi Matindok Field

PT. Kartika Bina Medikatama – Jakarta, Indonesia | October 2021 – May 2022

- Managed all clinic operational activities at Pertamina EP Asset 4 Donggi Matindok Field; coordinated with HSSE (Health, Safety, Security, and Environment) department and external stakeholders on Occupational Health and Industrial Hygiene (OHIH) matters.
- Developed and implemented the Medical Emergency Preparedness Plan (MEPP) and Medical Emergency Response Plan (MERP) for the field site, ensuring compliance with Pertamina's HSSE standards and regulatory requirements.
- Conducted periodic Medical Check-Ups (MCU) for workers; reviewed and endorsed workers' HSSE passports to ensure health and fitness-for-duty compliance.
- Delivered basic healthcare services encompassing curative, promotive, and preventive health programs tailored to the needs of the drilling and field workforce.

General Practitioner

Rumah Sakit Pertamina Jaya – Jakarta, Indonesia | April 2020 – September 2021

- Provided patient care during the COVID-19 pandemic and collaborated with multidisciplinary healthcare teams for coordinated and comprehensive management of COVID-19 patients, including critical care support.
- Conducted COVID-19 testing and screening assessments to identify individuals at risk, providing guidance on quarantine, isolation, and preventive measures.

Internship Doctor

RS Umum Jatiroto, Puskesmas Randu Agung & Puskesmas Tunjung – Lumajang, Indonesia | February 2019 – February 2020

- Completed hospital and public health center rotations; assisted attending physicians with patient assessments, diagnosis, treatment planning, and follow-up care.
- Engaged in self-directed learning, literature reviews, and case discussions to strengthen evidence-based clinical practice.

Research Assistant – Radiology Intervention Division

RSUPN Dr. Cipto Mangunkusumo – Jakarta, Indonesia | November 2018 – February 2019

- Collected, organized, and maintained research data and patient records in compliance with regulatory standards and research protocols.
- Conducted comprehensive literature reviews on interventional radiology procedures and collaborated with radiologists, research scientists, and clinicians.

EDUCATION

Master of Occupational Medicine (S2 Kedokteran Kerja)

Universitas Indonesia – Jakarta, Indonesia | Enrolled July 2025 – Present

- GPA Semester 1: 3.93 / 4.00

Medical Doctor (Dokter Umum)

Universitas Syiah Kuala – Banda Aceh, Indonesia | Graduated October 2018

- GPA: 3.25 / 4.00

Bachelor of Medicine (S.Ked)

Universitas Syiah Kuala – Banda Aceh, Indonesia | Graduated April 2016

- GPA: 3.29 / 4.00

CERTIFICATIONS & TRAINING

- Advanced Trauma Life Support (ATLS) – Komisi Trauma IKABI (November 2024)
- Advanced Cardiac Life Support (ACLS) – PERKI Jaya (August 2023)
- Basic Intensive Care Course (BIC) – Perhimpunan Dokter Intensive Care Indonesia (February 2021)
- Emergency ECG Course – PERKI Jaya (September 2020)
- Industrial Hygiene and Occupational Health (Hiperkes dan Keselamatan Kerja) – Bina Okupasi Indonesia & Direktorat Bina K3, Kementerian Ketenagakerjaan (September 2020)

SKILLS

Occupational Health & Safety: Occupational Health & Industrial Hygiene (OHIH), Medical Emergency Response Plan (MERP), Medical Emergency Preparedness Program (MEPP), HSSE Compliance, Risk Assessment, Hazard Identification, Workplace Safety, Ergonomics, Health Surveillance, Health Profile Reporting

Medical & Clinical: Emergency Preparedness, First Aid, Patient Care, Clinical Diagnosis, Periodic MCU, Medical Surveillance, ATLS, ACLS, Basic Intensive Care

Data & Reporting: Health Profile Analysis, SPSS, Microsoft Office

Tools & Software: Canva, Adobe Photoshop

ORGANIZATIONAL & VOLUNTEER EXPERIENCE

- Medical Volunteer – Bakti Sosial Forum Ukhuwah Tarumanegara (FUT), Universitas Tarumanegara (2020)
- Medical Volunteer – Aksi Kemanusiaan Mahasiswa Kedokteran, FK Universitas Syiah Kuala (2014, 2018)
- Head of Inter-Institutional Relations (HUAL) – BEM FK Universitas Syiah Kuala (2014 – 2015)
- Chief of Publication & Promotion – Asian Medical Student Association (AMSA) FK Universitas Syiah Kuala (2013 – 2014)

LANGUAGES

Indonesian: Native

English: Professional Working Proficiency