

Mitchel

MEDICAL DOCTOR

Employment History

June 2023— August 2023

- Internship as an observer at Carolus Hospital

August 2023— February 2024

- Internship at Islam Hospital, Jombang

February 2024— Ongoing

- Internship at Kabuh Community Health Center, Jombang

Education

- SD, Strada Santa Maria, Tangerang
  2004 — 2010
- SMP, Strada Santa Maria I, Tangerang
  2010 — 2013
- SMA, ST. Thomas Aquino, Tangerang
  2013 — 2016
- Fakultas Kedokteran, Universitas Katolik Indonesia Atma Jaya, Jakarta
  2016 — 2023

Courses

- Meta Analysis & Systematic Review Using Open Softwares, FKIK Unika Atma Jaya
  January – March 2021

Organizational experience

- Operations manager, Medical Search and Rescue (MEDISAR) Atma Jaya
  2017 — 2019

Achievement

- 2nd place of Musculoskeletal Branch in Regional Medical Olympiad 2018
- Semi Finalist of Musculoskeletal Branch in Indonesian International Medical Olympiad 2019

Webinar/Seminars, Workshop

- Current Update in Spine Problem, PABOI North Sumatra Webinar Series

Details

Jakarta
Indonesia
+62 81280968697
mitchelx42@gmail.com

Skills
Creative Problem Solving
Analytical Thinking Skills
Microsoft sofware skills

Contacts
LINE - @mitchelx
WhatsApp - 081280968697
Instagram - @mitchelx_0

March 2021

- Update in Orthopaedic Degenerative and Sport Injury Cases, PABOI Bali Nusra Webinar Series
  November - December 2021
- Seminar and workshop in Jakarta Comprehensive Orthopaedic Seminar and Training (JACOST)
  August 12th, 2023
- Seminar in Combined Scientific Meeting INASES & INAFAS
  August 4-5th , 2023
- Symposium in 71st COE
  November 22-25th , 2023
- Symposium in 72nd COE
  May 28 – June 1st , 2024

Publication

- Effect of Aerobic Dance Vs Static Cycling on Anthropometric Measures, Cholesterol, and Blood Glucose in Type 2 Diabetes Mellitus: A Randomized Controlled Trial
  June 2022
- Keseleo Atau Patah Tulang? (Koran Kompas)
  August 2023
- Doctor, Will My Sleep Improve After The Rotator Cuff Surgery?
  August 2023
- Kembali Aktif Setelah Cedara Tendon Achilles (Koran Kompas)
  August 2023
- Tips Memilih Sepatu Untuk Anak (Koran Kompas)
  August 2023
- A 12-Week Rehabilitation Protocol for the Management of Chronic Extensor Hallucis Longus Rupture Repaired with an Autograft of the Semitendinosus Tendon
  October 2023
- Return to sports following arthroscopic Bankart repair: a narrative review
  April 2024
- Acute traumatic bilateral anterior shoulder dislocation in a geriatric patient: a case report
  June 2024

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