




LAPORAN KEGIATAN KULIAH PAKAR INTERNASIONAL



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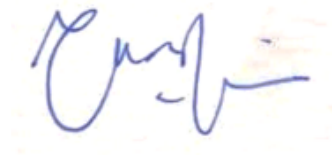
KATA PENGANTAR

Alhamdulillahirobbil'alamin, Puji Syukur senantiasa kita panjatkan ke hadirat Allah SWT yang telah melimpahkan rahmat dan karunia-Nya kepada kita semua sehingga laporan kegiatan Kuliah Pakar ini dapat diselesaikan dengan baik.

Kuliah pakar ini merupakan kegiatan yang dilakukan atas kolaborasi dari Prodi Profesi Bidan dan Prodi Sarjana Kebidanan sebagai rangkaian kegiatan yudisium kelulusan mahasiswa Prodi Profesi Bidan dan Prodi sarjana Kebidanan. Seluruh rangkaian kegiatan mulai dari persiapan sampai dengan pelaksanaan sudah dilakukan dengan sukses dan lancar, hal ini berkat kerjasama yang baik dari seluruh panitia.

Ucapan terima kasih kami sampaikan atas dukungan dari semua pihak. Semoga kegiatan ini dapat memberikan manfaat bagi seluruh dosen dan mahasiswa, serta dapat kembali dilaksanakan dengan jangkauan yang lebih luas.

Jakarta, 03 Juni 2024



Dr. Yocki Yuanti, SST., S.Pd., M.Kes
Ketua Panitia

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VISI DAN MISI STIKES MITRA RIA HUSADA JAKARTA

VISI

Mewujudkan lulusan yang unggul dalam manajemen dan pelayanan kesehatan di tingkat nasional dan regional, berintegritas dan berjiwa kewirausahaan.

MISI

1. Menyelenggarakan dan mengembangkan sistem pendidikan yang berbasis pada ilmu pengetahuan, nilai-nilai etik yang bermartabat dan keterampilan yang handal menuju kompetensi manajerial dan pelayanan kesehatan yang paripurna.
2. Menyelenggarakan dan mengembangkan penelitian dalam upaya memperkaya khasanah ilmu pengetahuan yang dapat dimanfaatkan, meliputi bidang pengetahuan, sikap dan perilaku kesehatan pada masyarakat.
3. Menyelenggarakan dan mengembangkan pengabdian kepada masyarakat sebagai implementasi penelitian dan pendidikan secara tepat guna dalam upaya peningkatan derajat kesehatan masyarakat
4. Menjalin kerjasama secara berkelanjutan dengan lembaga pendidikan, lembaga penelitian dan pengabdian kepada masyarakat, lembaga pelayanan kesehatan dan lembaga lainnya baik pemerintah maupun swasta

VISI DAN MISI PROGRAM STUDI PROFESI BIDAN

VISI

Menghasilkan lulusan yang unggul dalam manajemen dan pelayanan kebidanan komplementer berkesinambungan di tingkat nasional dan regional, berintegritas dan berjiwa kewirausahaan.

MISI

1. Menyelenggarakan dan mengembangkan sistem pendidikan yang berbasis pada manajemen pelayanan kebidanan komplementer yang berkarakter dan mampu berfikir kritis
2. Menyelenggarakan dan mengembangkan penelitian dalam upaya memperkaya khasanah ilmu pengetahuan yang dapat dimanfaatkan manajemen pelayanan kebidanan komplementer yang berkarakter dan mampu berfikir kritis

3. Menyelenggarakan dan mengembangkan pengabdian kepada masyarakat secara tepat guna dalam manajemen pelayanan kebidanan komplementer yang bermanfaat bagi kesehatan ibu dan keluarga.
4. Mempertahankan, memanfaatkan dan meningkatkan intensitas kerjasama

VISI DAN MISI PROGRAM STUDI SARJANA KEBIDANAN

VISI

Menghasilkan lulusan yang unggul dalam pelayanan kebidanan dengan pendekatan komplementer di tingkat nasional dan regional, berintegritas, profesional dan berjiwa kewirausahaan.

MISI

1. Menyelenggarakan dan mengembangkan sistem pendidikan yang berbasis pada pelayanan asuhan kebidanan komplementer yang beretika, menguasai ilmu kebidanan terkini dan memiliki kompetensi standar
2. Menyelenggarakan dan mengembangkan penelitian dalam upaya memperkaya khasanah ilmu pengetahuan yang dapat dimanfaatkan dalam pelayanan asuhan kebidanan dengan pendekatan komplementer
3. Menyelenggarakan dan mengembangkan pengabdian kepada masyarakat secara tepat guna dalam upaya peningkatan kesehatan ibu, bayi dan anak, perencanaan keluarga serta kesehatan reproduksi perempuan
4. Mempertahankan, memanfaatkan dan meningkatkan intensitas kerjasama

BAB I PENDAHULUAN

1.1. Latar Belakang

Bidan sebagai tenaga kesehatan strategis yang berada pada garis terdepan dalam pelayanan Kesehatan Ibu dan Anak, Kesehatan Reproduksi Perempuan dan Keluarga Berencana yang tersebar di seluruh penjuru Indonesia. Dengan disahkannya UU Kebidanan ini, menjadi dasar/landasan hukum bagi bidan dalam melaksanakan pelayanan kebidanan yang akan memberikan perlindungan dan kepastian hukum bagi masyarakat dan bidan. Lahirnya UU Kebidanan merupakan peluang dalam pengaturan profesi bidan secara komprehensif mulai dari pendidikan, pelayanan dan pengembangan profesi bidan.

Tuntutan masyarakat akan mutu pelayanan kebidanan semakin meningkat seiring dengan peningkatan pengetahuan dan kemampuan masyarakat maupun perkembangan ilmu pengetahuan dan teknologi di bidang kesehatan terutama kebidanan. Perubahan dan perkembangan tersebut merupakan tantangan untuk meningkatkan kualitas sumberdaya manusia kesehatan.

Paradigma pelayanan kebidanan saat ini telah mengalami pergeseran. Selama satu dekade ini, asuhan kebidanan dilaksanakan dengan mengkombinasikan pelayanan kebidanan konvensional dan komplementer, serta telah menjadi bagian penting dari praktek kebidanan.

Menjadi bidan profesional ada tiga domain yang harus diperhatikan yaitu kemampuan afektif, kognitif, dan psikomotorik. Saat ini kompetensi bidan masih menjadi suatu hal yang harus menjadi perhatian lebih serius. Dengan fokus pada kompetensi, bidan diharapkan mampu memberikan asuhan yang profesional sesuai dengan standar profesi. Hal ini bertujuan untuk membentuk bidan yang profesional, dengan lulusan yang memiliki kompetensi *care provider*, *communicator*, *Manager*, *decision maker* dan *community leader* dan penguasaan substansi kajian kebidanan komplementer. Dalam rangka untuk mendukung kurikulum unggulan program studi dan sesuai dengan profil lulusan bidan, Program Studi Profesi Bidan menyelenggarakan kegiatan ilmiah dalam bentuk kuliah pakar/kuliah umum kebidanan tahun 2024 dengan mengambil tema **“ASUHAN KOMPLEMENTER DALAM PELAYANAN KEBIDANAN”**.

1.2. Tujuan

1.2.1. Tujuan Umum

Mahasiswi Program Studi Sarjana dan Profesi Bidan mampu memahami manajemen pengelolaan pelayanan komplementer bagi *mom and baby* dengan pendekatan pemanfaatan IPTEKS dengan memperhatikan sosial budaya dan sumber daya lokal secara efektif dan efisien di negara ASEAN (Indonesia, Malaysia dan Singapura).

1.2.2. Tujuan Khusus

Tujuan dari kegiatan ilmiah kuliah pakar ini, antara lain :

- a. Mampu memahami kebijakan dan praktik asuhan kebidanan komplementer di negara ASEAN, khususnya di Indonesia, Malaysia dan Singapura.
- b. Mampu melakukan manajemen pengelolaan pada alat, bahan pada pelayanan komplementer pada masa kehamilan, persalinan dan nifas.
- c. Mampu mendesain lingkungan ruangan sesuai dengan kebutuhan pasien pada pelayanan komplementer pada masa kehamilan, persalinan dan nifas.
- d. Mampu melakukan manajemen operasional (jadwal, tarif, jenis layanan, pelaksana, pembukuan, market, home care) pada setting pelayanan komplementer.
- e. Mampu memberikan asuhan komplementer yang berkualitas pada masa kehamilan, persalinan dan nifas.

BAB II PERSIAPAN KEGIATAN

2.1. Kepanitiaan

Kegiatan kuliah pakar ini diselenggarakan atas kolaborasi dari Prodi Profesi Bidan dan prodi Sarjana Kebidanan, sehingga panitia yang terlibat adalah seluruh dosen dari Prodi Profesi Bidan dan Prodi sarjana Kebidanan. Susunan Kepanitiaan selengkapnya tertera pada **Lampiran 1**

2.2. Tema Kegiatan

Tema Kegiatan Kuliah Pakar pada tahun Akademik 2022-2023 ini adalah **“ASUHAN KOMPLEMENTER DALAM PELAYANAN KEBIDANAN”** . Susunan acara terlampir.

2.3. Narasumber

Narasumber yang akan dihadirkan dalam kuliah pakar sesuai dengan tema dari kegiatan ini, berasal dari tiga negara ASEAN yaitu:

1) Narasumber 1

Nama : Dr. Mariyammah A/P Masalamani
Institusi : MAHSA University Malaysia
Tema : Sehat dan Bugar selama Masa Kehamilan, Persalinan dan Nifas dengan Asuhan Komplementer

2) Narasumber 2

Nama : Dr. Melyana Nurul Widyawati, S.SiT, M.Kes
Institusi : Poltekkes Kemenkes Semarang Indonesia
Tema : Aspek Legal Terapi Komplementer di Indonesia

3) Narasumber 3

Nama : Dr. Thomas Mohan Felix
Institusi : Program Lead (Nursing) Parkway College of Nursing and Allied Health Singapore
Tema : Terapi Herbal dalam Pelayanan Kebidanan

CV Narasumber terdapat pada **Lampiran 2**

2.4. Peserta

Adapun peserta yang akan mengikuti kegiatan kuliah pakar ini, antara lain :

1. Seluruh mahasiswa prodi sarjana dan profesi bidan.
2. Dosen STIKes Mitra RIA Husada Jakarta.
3. Bidan atau mahasiswa kebidanan luar SMRHJ.

2.5. Anggaran

Dalam pembiayaan kegiatan kuliah pakar ini, berasal dari Yayasan Karya Bhakti RIA Pembangunan, sesuai RKA Semester Genap pada Prodi Sarjana dan Profesi Bidan SMRHJ.

2.6. Persiapan Teknis

Hal-hal yang dipersiapkan oleh team panitia mulai dari persiapan sampai dengan waktu pelaksanaan adalah :

- a. Menyusun kepanitiaan
- b. Rapat koordinasi panitia
Rapat koordinasi dilakukan sebanyak 3 x sebelum acara pelaksanaan, adapun kegiatan yang dibahas dalam rapat koordinasi adalah :
 - 1) Koordinasi tugas setiap panitia
 - 2) Menentukan narasumber dan topik
 - 3) Menentukan tanggal pelaksanaan
 - 4) Menentukan design flyer dan background, **Lampiran 3**
 - 5) Menentukan peserta dan biaya.
- c. Gladi Resik
Gladi resik dilaksanakan pada H-1 dengan menggunakan zoom
- d. Pelaksanaan kegiatan kuliah pakar internasional.

BAB III PELAKSANAAN KEGIATAN

3.1. Waktu Pelaksanaan

Kegiatan kuliah pakar internasional dilaksanakan pada tanggal 16 Mei 2024, jam 08-00 sampai dengan 12.00 WIB secara *online* dengan menggunakan *zoom meeting* berjalan lancar sesuai perencanaan dan tidak mengalami kendala. Adapun link zoom yang digunakan adalah sebagai berikut:

STIKes Mitra RIA Husada Jakarta is inviting you to a scheduled Zoom meeting.

Topic: Kuliah Pakar Internasional

Time: May 16, 2024 08:00 AM Jakarta

Join Zoom Meeting

<https://zoom.us/j/99802397949?pwd=dWg2azB5TSs5S01rWHNqMTFicS9iUT09>

Meeting ID: 998 0239 7949

Passcode: kuliahpaka

hostkey : 151307

kode unik : MAY24aCXC95QfubEASE

email : easeyourneeds.co307@gmail.com

3.2. Proses Pelaksanaan

Kuliah pakar dapat dilaksanakan dengan sukses sesuai dengan *rundown* yang telah disusun oleh panitia. Narasumber menyampaikan materi dengan menggunakan 2 bahasa, dan dipandu oleh MC dan moderator dengan menggunakan 2 bahasa pula. Seluruh peserta menyimak dengan seksama materi yang disampaikan dan dapat memahami materi dengan baik dan tidak terjadi kendala baik teknis maupun non teknis. Seluruh rangkaian acara tersusun dalam *rundown* dan materi pada **Lampiran 4 dan 5**

Pada akhir sesi penyampaian materi masing-masing narasumber langsung diberikan sertifikat secara simbolis oleh Ketua Sekertaris yayasan, Ketua STIKes dan Waket 1, dokumentasi terdapat pada **Lampiran 6**

3.3. Jumlah Peserta

Jumlah peserta yang hadir pada saat pelaksanaan kuliah pakar sebanyak 346 peserta, dengan rincian sebagai berikut :

- 1) Seluruh mahasiswa prodi sarjana dan profesi bidan berjumlah 316 orang.
- 2) Dosen STIKes Mitra RIA Husada Jakarta berjumlah 25 orang
- 3) Bidan atau mahasiswa kebidanan luar SMRHJ berjumlah 5 orang.

peserta yang membayar akan mendapatkan sertifikat sesuai dengan ketentuan yang ditetapkan oleh panitia. Absensi peserta dan contoh sertifikat terdapat pada

Lampiran 7 dan 8

BAB IV PENUTUP

Seluruh rangkaian kegiatan Kuliah Pakar dapat dilaksanakan sesuai dengan yang telah direncanakan. Seluruh team panitia dapat berkoordinasi dan bekerjasama dengan baik sehingga acara dapat berlangsung dengan sukses. Keberhasilan pelaksanaan kegiatan ini menjadi penyemangat kepada seluruh panitia untuk dapat melakukan hal serupa yang lebih baik lagi di kemudian hari.

Akhir kata, kami panitia hanya dapat mengucapkan terima kasih dan apresiasi setinggi-tingginya bagi segenap pihak yang turut mendukung dan menyukseskan pelaksanaan kuliah pakar kebidanan pada program studi Sarjana dan Profesi Bidan SMRHJ .

Jakarta, 03 Juni 2024
Sekretaris

Ketua Panitia



Dr. Yocki Yuanti, SST, SPd, M.Kes
NIDN. 0328077702



Sri Kubillawati, S.SiT, M.Kes
NIDN. 0314087301

Mengetahui

KPS Profesi Bidan SMRHJ

KPS Sarjana Kebidanan SMRHJ



Yulita Nengsih, S.SiT., M.Kes
NIDN. 0304078503



Nurhidayah, S.SiT, MKM
NIDN. 0323067501

Menyetujui

Waket I



Imelda Diana M., SST., SKM., M.Keb
NIDN. 0303038001

Sekolah Tinggi Ilmu Kesehatan (STIKes)
Mitra RIA Husada

Dra. Sri Danti Anwar, MA
Ketua

Lampiran 1 : SK Kepanitiaan



Sekolah Tinggi Ilmu Kesehatan (STIKes) MITRA RIA HUSADA JAKARTA

SK. Mendiknas No. 207/D/S/2004 - Rekomendasi Depkes No. HK : 03.2.4.1.3075-3071
SK. Mendiknas No. 1802/D/S/2006 - Rekomendasi Depkes No. HK : 03.2.4.1.04430

SURAT KEPUTUSAN

KETUA STIKES MITRA RIA HUSADA JAKARTA

NO : 058/Ketua SMRHJ/2024

Tentang

PANITIA KULIAH PAKAR KEBIDANAN PROGRAM STUDI PROFESI BIDAN DAN SARJANA KEBIDANAN TAHUN AKADEMIK 2023/2024

STIKES MITRA RIA HUSADA JAKARTA

KETUA STIKES MITRA RIA HUSADA JAKARTA

- Menimbang** :
1. bahwa Program Studi Profesi Bidan STIKes Mitra RIA Husada Jakarta (SMRHJ) bertujuan menghasilkan Profesi Bidan yang selain menguasai ilmu kebidanan, memiliki kompetensi dasar kebidanan terkini, memiliki kompetensi praktik klinik kebidanan dan unggul dalam pelayanan kebidanan komplementer;
 2. Bahwa Program Studi Sarjana Kebidanan menghasilkan lulusan bidan yang berkarakter yang mampu melakukan asuhan kebidanan sesuai dengan kewenangannya, khususnya kesehatan ibu, anak dan keluarga berencana, serta memiliki kompetensi standar kebidanan terkini dan unggul dalam pelayanan kebidanan komplementer.
 3. bahwa untuk menghasilkan lulusan Program Studi Sarjana Kebidanan dan Profesi Bidan yang kompeten, diperlukan kegiatan Kuliah Pakar Kebidanan untuk Dosen dan Mahasiswa Prodi Sarjana Kebidanan dan Profesi Bidan SMRHJ;
 4. bahwa perlu dibentuk susunan kepanitiaan kegiatan Kuliah Pakar Kebidanan Program Studi Sarjana Kebidanan dan Profesi Bidan;
 5. Bahwa untuk itu perlu dikeluarkan surat keputusan Ketua SMRHJ;
- Mengingat** :
1. Undang – Undang RI Nomor 20 Tahun 2003 tentang Sistem Pendidikan Nasional;
 2. Undang - Undang RI Nomor 36 Tahun 2009 tentang Kesehatan;
 3. Undang - Undang RI Nomor 12 Tahun 2012 tentang Pendidikan Tinggi;
 4. Undang - Undang RI Nomor 36 Tahun 2014 tentang Tenaga Kesehatan;
 5. Undang – Undang RI Nomor 4 Tahun 2019 tentang Kebidanan;
 6. Peraturan Pemerintah Nomor 19 Tahun 2005 tentang Standar Nasional Pendidikan;
 7. Peraturan Pemerintah Nomor 04 Tahun 2014 tentang Penyelenggaraan Pendidikan Tinggi dan Pengelolaan Perguruan Tinggi;
 8. Peraturan Presiden Nomor 8 Tahun 2012 tentang Kerangka Kualifikasi Nasional Indonesia (KKNI);
 9. Permendikbud Nomor 73 Tahun 2013 tentang Penyelenggaraan KKNI di Perguruan Tinggi;
 10. Permennistekdikti Nomor 44 Tahun 2015 tentang Standar Nasional Perguruan Tinggi;
 11. Surat Keputusan Ketua SMRH Jakarta Nomor 032A/Ketua SMRH/II/2019 tentang Pedoman Penyusunan Kurikulum;

Komplek Yayasan Karya Bhakti RIA Pembangunan

Jl. Karya Bhakti No. 3 Cibubur - Jakarta Timur 13720 - Telp. 021-8775 0551/ 52 - www.mrhj.ac.id

12. Surat Keputusan Ketua SMRH Jakarta Nomor 169/Ketua SMRH/IX/2019 tentang Pedoman Akademik SMRH Jakarta;
13. Surat Edaran Direktorat Jenderal Pendidikan Tinggi, Riset, dan Teknologi Nomor 4 Tahun 2021 tentang Penyelenggaraan Pembelajaran Tatap Muka Tahun Akademik 2021/2022

Memperhatikan : Proposal Kegiatan Kuliah Pakar Kebidanan Program Studi Sarjana Kebidanan dan Profesi Bidan Tahun Akademik 2023/2024;

MEMUTUSKAN

Menetapkan :

Pertama : Kegiatan Kuliah Pakar Kebidanan Program Studi Sarjana Kebidanan dan Profesi Bidan Tahun Akademik 2023/2024;

Kedua : Kegiatan Kuliah Pakar Kebidanan Program Studi Sarjana Kebidanan dan Profesi Bidan SMRHJ dilaksanakan pada :
Hari, tanggal : Kamis, 16 Mei 2024
Waktu : 09.00 WIB s/d selesai
Narasumber : Dr. Maryamah A/P Masalamani, Dr. Melyana Nurul Widyawati, S.SiT., M.Kes dan Mr. Thomas Mohan Felix

Ketiga : Metode : Online, Zoom meeting
Susunan Kepanitiaan Kegiatan Kuliah Pakar terlampir berikut, merupakan bagian yang tidak terpisahkan dari Surat Keputusan ini.

Keempat : Surat Keputusan ini berlaku sejak tanggal ditetapkan dan apabila dikemudian hari terdapat kekeliruan akan dilakukan perbaikan sebagaimana mestinya.

Ditetapkan di : Jakarta

Pada tanggal : 13 Mei 2024

Sekolah Tinggi Ilmu Kesehatan (STIKes)
Mitra RIA Husada Jakarta


Dra. Sri Danti Anwar, MA
Ketua

Tembusan Kepada Yth :

1. Waket I, II SMRHJ
2. Kaprodi Profesi Bidan
3. Kaprodi Sarjana Kebidanan
4. Ansip

LAMPIRAN
SURAT KEPUTUSAN
KETUA STIKES MITRA RIA HUSADA JAKARTA
NO : 058/Ketua SMRHJ/V/2024
Tentang
PANITIA KULIAH PAKAR KEBIDANAN PROGRAM STUDI SARJANA KEBIDANAN DAN
PROFESI BIDAN TAHUN AKADEMIK 2023/2024
STIKES MITRA RIA HUSADA JAKARTA
KETUA STIKES MITRA RIA HUSADA JAKARTA

Penasehat : Dra. Sri Danti Anwar, MA
Bdn. Imelda Diana Marsilia, SST., SKM., M.Keb
Nurulicha, SST., M.Keb

Penanggung Jawab : Bdn. Yulita Nengsih, S.SiT., M.Kes
Nurhidayah, S.SiT., M.KM

Ketua Pelaksana : Dr. Yocki Yuantil, SST., S.Pd., M.Kes

Sekretaris : Sri Kubillawati, S.SiT., M.Kes

Bendahara : M. Sofi, S.Kom

Sie. Acara : Sinta Dwi Juwita, SSiT., M.Keb
Nurul Azmi Apriani, S.SiT., M.Pd
Bd. Perwitasari, STr.Keb., M.Keb

Sie. Humas & Marketing/Pendaftaran : Nina Tresnayanti, S.ST., M.Kes,
Eka Maulana Nurzanah, S.SiT., M.KM
Yati Nurhayati, SST., M.Keb

Sie. Perlengkapan dan Dokumentasi : Nur Rahmah Hidayah, SST., M.Keb
Dina Anhta T, SST., M.KM
Yulia Herawati, S.SiT., M.KM

Ditetapkan di : Jakarta
Pada tanggal : 13 Mei 2024

Sekolah Tinggi Ilmu Kesehatan (STIKes)
Mitra RIA Husada Jakarta



Dra. Sri Danti Anwar, MA
Ketua

Lampiran 2 : CV Narasumber

CURRICULUM VITAE

1.0 PERSONAL PROFILE		
1.1	Name	DR. MARIYAMMAH A/P MASALAMANI
1.2	Date of Birth	06.02.1959
1.3	Place of Birth	Johor Bahru, Johor, Malaysia
1.4	Ethnicity Nationality	Indian Malaysian
1.5	Religion	Hindu
1.6	Current Designation	1. Associate Professor and Senior Lecturer at MAHSA University, Saujana Putra, Selangor, Malaysia 2. Lecturer at Monash University, Malaysia
1.7	E-mail	mariyammah@yahoo.com
1.8	Referees	1. Professor <u>Dr. Zahrah Saad</u> Director for International Relations MAHSA University, <u>Saujana Putra</u> . 2. Professor <u>Dr. Ravichandran Jeganathan</u> O&G Consultant at Hospital Sultanah Aminah, Johor Bahru. Professor at Monash University Johor Bahru, Malaysia.



2.0 CAREER/SERVICE/PROMOTION INFORMATION		
2.	Current Position and achievements	1. Adjunct Professor and Senior Lecturer at MAHSA University, Saujana Putra, Malaysia. Contract renewed from Year 2023 to year 2027. 2. Lecturer at Clinical School Johor Bahru, Johor at Monash University Malaysia Started on February 2019 and contract till February 2027.
	Operating Hospital (Teaching the Medical Students at the Hospital)	Sub-specialized and teaching practical sessions at the Obstetrics, Gynaecology Department of Hospital Sultanah Aminah, Johor Bahru. Johor. MALAYSIA.
	Working experience at Monash University, Malaysia.	Currently teaching face-to-face theory component of Obstetrics and Gynaecology at Monash University, Johor Bahru. Facilitator for Women's Health Inter-Professional Learning by Simulation (WHIPLS) Workshop 4 times a year. Assist in Written Examination and OSCE. Facilitator for Episiotomy and Perineal Repair Workshop in MMEC Conference.
	Working experience at MAHSA University, Malaysia..	Have been teaching the Diploma of Nursing Students since Year 2010. Also an external lecturer and presenter

		at conferences for Collaborative universities of MAHSA University from 2010 to 2024.	
2.1	Previous Position prior to retirement from Ministry of Health Malaysia.	As a Senior Lecturer & Head of Post Graduate Department @ Institute Latihan Kementerian Kesihatan Malaysia, Malaysia. Worked as a nurse and midwife from 1982 to 2024	
2.2	Profession	Nursing	
2.3	Sub-specialization	Midwifery	
3.0 ACADEMIC QUALIFICATION ACHIEVED			
No	Masters/Degree/Diploma and Certificates	Year	Place
3.1	Degree in Doctor of Nursing with Distinction	1.1.2011 - 31.12.2012	University of Western Advanced Central University, Texas, United States of America.
3.2	MSc. In Nursing Practice Development with Commendation	1.1.2009 - 31.1.2010	University of Northumbria, Newcastle Upon Thyne, England United Kingdom. In collaboration with MAHSA University.
3.3	BSc. Nursing In Nursing Practice Development with 2 nd .Class Upper (Hons)	1.1.2008- 31.12.2007	University of Northumbria, Newcastle Upon Thyne, England United Kingdom. In collaboration with MAHSA University.
3.4	Diploma In Higher Education for the Health Care Professionals	1.9.1996 - 1.7.1997	University of Northumbria, Newcastle Upon Thyne, England United Kingdom. In collaboration with Ministry of Health, Malaysia.
3.5	Certificate In Nursing	3.9.1979 - 3.9.1982	Ministry of Health, Malaysia
3.6	Certificate in Post Basic Midwifery Part 1	1.1.1993 - 31.12.1993	Ministry of Health, Malaysia
3.7	Certificate in Post Basic Management	1.7.2004 – 31.12.2004	Ministry of Health, Malaysia
3.8	Certificate In Midwifery Specialist Course	2009	University of Northumbria, Newcastle Upon Thyne, England United Kingdom

4.0 PROFESSIONAL MEMBERSHIP			
No	Professional Body	Membership Number	Year of commencement
4.1	Lembaga Jururawat/Sidan Malaysia (Nursing & Midwifery Board of Malaysia)	18400	3.9.1982

4.2	Malaysian Nurses Association Life Member	1992-03-7922	Life Member
4.3	Malaysian Nurses Union	19290	Life Member

5.0 WORK EXPERIENCES WITH MINISTRY OF HEALTH MALAYSIA AND OTHER UNIVERSITIES			
No	Field	Position/Placement	Year
5.1	Clinical Experiences at the Medical, Surgical, Orthopaedics, Paediatrics, A&E and Maternity Unit	Staff Nurse at Muar Hospital, Johor, Malaysia	3.9.1982-1.3.1983
		Staff Nurse and Head of Maternity Ward at Kota Tinggi Hospital, Johor, Malaysia	2.3.1983-20.9.1998
5.2	Teaching and Clinical Practice Experiences at the Government/Public Nursing Colleges and Hospitals	Nurse lecturer Grade U32 at Kolej Jururawat Masyarakat Batu Pahat, Johor, Malaysia	30.9.1997- 1.3.1998
		Nurse lecturer Grade U32 at Sekolah Bidan Hospital Sultanah Aminah, Johor Bahru, Malaysia	2.3.1998- 4.3.1998
		Nurse lecturer Grade U32 at Kolej Kejururawatan Johor Bahru	5.3.1998- 15.6.2005
		Nurse lecturer Grade U38 at Kolej Kejururawatan Bukit Mertajam, Pulau Pinang, Malaysia	16.6.2005-17.9.2006
		Nurse lecturer Grade U41 at Kolej Kejururawatan Johor Bahru	18.9.2006 – 31.3.2011
		Senior Nurse lecturer Grade U44 at Kolej Kejururawatan, Melaka	1.4.2010-31.12.2012
		Senior Nurse lecturer Grade U44 at Kolej Sains Kesihatan Bersekutu, Johor Bahru	1.1.2013 – 30.11.2014
		Senior Nurse lecturer at Institute Latihan Kementerian Kesihatan Malaysia, Johor Bahru Experience of teaching Nursing Diploma Programme, Diploma Medical Assistant Programme, Post Basic Midwifery and Post Basic Psychiatric Programme (Management subjects)	2015 -2019
5.3	Part-time Senior Lecturer at MAHSA University	Lecturer for Diploma In Nursing and BSc Nursing Students	2010-2024
5.4	Assistant Lecturer at Monash University, Malaysia	Lecturer for Year 4 and Year 5 Medical Students (MBBS)	2019-2024

5.5	Part-time Senior Lecturer at Open University Malaysia.	Lecturer for Bachelor for Nursing Sciences Students (BSC Nursing)	2010-2018
5.6	Management Experiences	Head of Maternity Ward at Kota Tinggi, Johor Hospital, Malaysia.	
		Head of Midwifery Programme	1998 & 2003
		Head of Clinical Practice Department	2003 - 2005
		Deputy Director	2005-2008
5.7		Head of Post Graduate Department	2007-2012
5.8		Head of Management and Communication Department	2013-2014
5.9		Head of The Post Graduate Department, Ministry of Health Malaysia	2015-2018

7.0 INTERNATIONAL, NATIONAL PAPER PRESENTATION AND PAPER PUBLICATION

No	Topical/Papers	Year
7.1	Keynote Speaker at the 1st. International Health Conference STIKes Panca Bhakti Health Entrepreneurship, Indonesia	June 2023
7.2	Facilitator at the Pilot Project: Workshop on Episiotomy and Perineal Repair at Monash Malaysia Medical Education (MMEC) Conference	April 2023
7.2	Facilitator at Monash Malaysia Medical Education (MMEC) Conference.	April 2023
7.3	Speaker on Shortage of Nurses in Malaysia at 'The International Nursing Conference by National Professional Group' at Malacca, Malaysia.	March 2023
7.4	International speaker on Reproductive Health during COVID 19 Pandemic In Malaysia	October 2022
7.5	Paper Publication: Association between Chlamydia infection with Ectopic And Full Term Pregnancies: A Case Control Study Published in Tropical Medical Infection Journal	October 2022
7.6	International Speaker on: To Enhance Midwives Capacity in Women Empowerment Through Health Promotion & Entrepreneurship At The 4.0 Era	September 2022
7.7	International speaker on: Impact of Obesity in Pregnancy and Labour	July 2022
7.8	International Speaker on: COVID 19 And Impact of Midwifery Services and Training	June 2022
7.9	National speaker at The International Nurses Day Seminar & Celebration @ PICC- 'Working in Partnership to achieve the SDG'S'	2017

7.10	National speaker at The Nurses Day Seminar:at Seremban: What are the SDG'S and our role?	2017
7.11	International speaker at The International Nurses Day: A Force for Change Care Effective, Cost Effective	2015
7.12	International speaker at the Conference On Updates: On Current Management of NCD: Nurses Role in Controlling NCD's	2014
7.13	National speaker at The 3rd. National Perianesthesia Annual Scientific Meeting: Inspire to Aspire as a perianesthesia nurse	2012

8.0 SPECIAL SKILL S		
NATIONAL LEVEL MQA AUDITOR		
No	Field	Year
8.1	<i>Ahl Panel Penilai Kurikulum Program Kejururawatan oleh Lembaga Jururawat Malaysia dan Malaysian Qualifications Agency</i>	2012 - 2017
8.2	<i>Ahl Panel Forum Lembaga Jururawat Malaysia untuk Dialog bersama Institut Awam, Swasta dan BPL, KKM berkaitan SOP dan Akreditasi/ Program Kejururawatan</i>	16.4.2015
8.3	<i>AJK dan Fasilitator Penyediaan Dokumen Akreditasi Program ADiMW di ILKKM, JB</i>	2015-2016
8.4	<i>Panel Penilai LMA & MQA Ke Institut Swasta: OUM, UM, IIMC, UKM dan Kolej Perubatan Antarabangsa, Subang Jaya, Selangor</i>	2012-2015
COMPUTER SKILL S		
8.5	Excellent in Microsoft Office Words and Microsoft Power-Point Presentation	
LANGUAGE		
8.6	Very proficient in spoken and written English and Bahasa Malaysia. Also able to communicate well in Tamil language.	

9.0 ACHIEVEMENT OF EXCELLENT AWARDS		
No	Awards	Year
9.1	<i>Awarded the position of doctorate and Associate Professor for MAHSA UNIVERSITY, Malaysia.</i>	2022
9.2	<i>Anugerah Perkhidmatan Cemerlang Kementerian Kesihatan Malaysia</i>	2019
9.3	<i>Anugerah Sijil Perakuan Akreditasi Bagi Program Diploma Lanjutan Kebidanan</i>	2018
9.4	<i>Anugerah Perkhidmatan Cemerlang KKM</i>	2010
9.5	<i>Anugerah Perkhidmatan Cemerlang KKM</i>	2005
9.6	<i>Sijil Pengajar Cemerlang @ Kolej Sains Kesihatan, Johor Bahru</i>	Januari – Jun 2013
9.7	<i>Sijil Pengajar Cemerlang @ Kolej Sains Kesihatan, Johor Bahru</i>	Julai- Disember 2013
9.8	<i>Sijil Pengajar Cemerlang @ Kolej Kejururawatan Melaka</i>	2012
9.9	<i>Sijil Pengajar Cemerlang @ Kolej Kejururawatan Melaka</i>	2011
9.10	<i>Penceramah Terbaik @ National Midwifery Conference, Klang</i>	2010
9.11	<i>Penceramah Terbaik @ Nursing Conference, Mahkota Medical Centre, Malacca</i>	2012

Prepared by:

MARIYAMMAH A/P MA SALAMANI,
Associate Professor and Senior Lecturer,
MAHSA University,
Saujana Putra,
Selangor

A
C



CURICULUM VITAE

A. Identitas diri

1.	Nama Lengkap (dengan gelar)	Dr. Melyana Nurul Widyawati, S.Si.T., Bdn., M.Kes.
2.	Pangkat. Golongan/Ruang	Penata/ III-C
3.	Jabatan akademik	Lektor
4.	NIDN	4003097901
5.	Tempat dan Tanggal Lahir	Semarang, 03 September 1979
6.	Email	melyana_nurul@poltekkes-smg.ac.id
7.	Nomor Telepon/HP	08122853514
8.	Institusi	Poltekkes Kemenkes Semarang
9.	Program Studi	Magister Terapan Kebidanan Program Pascasarjana Poltekkes Kemenkes Semarang
10.	Lulusan yang Telah Dihadirkan	Sebagai penguji eksternal mahasiswa Doktor Ilmu Kedokteran Kesehatan Undip Semarang 3 orang; Meluluskan Magister Terapan 113 orang, Sarjana Terapan Kebidanan dan Profesi Bidan 85 orang.
11.	Kajian riset	Kebidanan; Asuhan holistik dalam praktik kebidanan (Pijat bayi dan SPA, pijat pada ibu hamil, dan pijat pada ibu postpartum; Postpartum Treatment; Aromaterapi; Hipnoterapi); Teknologi bidang kebidanan

16.	Mata Kuliah yg Diampu	1) Pelayanan Holistik dalam Praktik Kebidanan (Holistic Care in Midwifery Practice); 2) Praktik Berdasarkan Bukti Dalam Pelayanan Kehamilan, Persalinan, dan Nifas (Evidence Based In Pregnancy, Birth And Postnatal Midwifery Care); 3) Teknologi Pelayanan Kebidanan (Technology in Midwifery Care); 4) Pengembangan Proposal Tesis; 5) Metodologi Penelitian; Biostatistik 6) Mutu pelayanan kebidanan dan kebijakan kesehatan; 7) Patofisiologi Kasus Kebidanan; 8) Hukum dan Etika Profesi; 9) Anatomi; 10) Medical Science; 11) Asuhan Kebidanan Komunitas; 12) Manajemen Organisasi dan Kepemimpinan 13) Kewirausahaan
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B. RIWAYAT PENDIDIKAN

	D III	DIV	S-2	S-3	PROFESI
Nama Perguruan Tinggi	Akbid Depkes Semarang	Universitas Gadjah Mada, Yogyakarta	Universitas Diponegoro, Semarang	Universitas Diponegoro, Semarang	Poltekkes Kemenkes Semarang
Bidang Ilmu	Kebidanan	Kebidanan	Promosi Kesehatan Kajian HIV/ AIDS dan Kesehatan Reproduksi	Doktor Ilmu Kedokteran Kesehatan	Kebidanan
Tahun Masuk-Lulus	1998 - 2001	2004 - 2005	2007 - 2009	2012 - 2016	2021 - 2022
Judul Skripsi/Tests/ Disertasi			The Attitude Of Pregnant Mother Against HIV And AIDS And VCT (Voluntary Counseling & Test) on Mangunharjo Village, Tuwu Sub-District Semarang	Pengaruh Loving Massage Dan Aromaterapi Terhadap Tingkat Stres, Perubahan Kadar IgA, Kortsol, IL-6 Dan Prolaktin: Studi pada Primipara Masa Nifas dengan ASI Eksklusif	
Promotor				1. Prof. Dr. dr. Suharyo Hadisaputro, SpPD, (K), KPTI, FINASIM 2. Prof. Dr. dr. Anies, SPKK 3. Prof. dr Ariawan Soejunus, SpOG (K).	

C. SINTA

1.	Sinta ID	5973586
2.	Scopus ID	57204970573
3.	H-index	3
4.	Articles	23
5.	Citation	22
6.	Google Scholar ID	G0W088UAAAAJ
7.	h-Index	17
8.	Articles	175
9.	Citation	784

D. Pengalaman Penelitian Dalam 5 Tahun Terakhir (Bukan Tesis ataupun Disertasi)

No.	Year	Research Title	Funding	
			Source*	Nominal (Million IDR)
1.	2024	Pembentukan Pusat Studi Aromaterapi untuk Pencegahan dan Pengendalian Penyakit Tidak Menular (Hipertensi) Menggunakan Nano Teknologi dan Ultrasound Assisted Extraction	DIPA Poltekkes Kemenkes Semarang	
2	2024	Baby Transporter dengan Sistem Kendali Otomatis Berbasis Internet of Things dan Kecerdasan Buatan	DIPA Poltekkes Kemenkes Semarang	
3	2024	Pengujian aplikasi e-Asthmaticare plus telemonitor Spirometry dan Respiration Rate berbasis IoT dengan Kemandirian Keluarga Merawat Anak Asthma bronkhiale	DIPA Poltekkes Kemenkes Surabaya (Tahun ke 3)	
4	2024	Teh Ekstrak Daun Kelor (<i>Moringa Oleifera</i> L.) Sebagai Alternative Perbaikan Profil Darah Lengkap dan Ferritin Pada Remaja Putri Anemia	DIPA Poltekkes Kemenkes Semarang	
5	2024	Post Partum Training Bagi Ibu Nifas Untuk Meningkatkan Berat Badan Bayi dengan BBLR	DIPA Poltekkes Kemenkes Semarang	
6	2023	Pengujian Aplikasi e-Asthmaticare Plus Telemonitor Spirometry dan SpO2 Berbasis IoT Dengan Kemandirian Keluarga Merawat Anak Asthma Bronkhiale	DIPA Poltekkes Kemenkes Surabaya (Tahun ke 2)	
7	2023	Pengembangan Teknologi Tepat Guna Maem-Ma (Mamae-Menta) Untuk Nyeri Payudara Pada Ibu Nifas	DIPA Poltekkes Kemenkes Surakarta	

28	Ibu Pintar ASI dan Menyusui Part I dan Ibu Pintar ASI dan Menyusui Part II	09 Agustus 2021	Modul	EC00202137672 10 Agustus 2021
29	Video Pintar ASI Part 1 dan Pintar ASI Part II	10 Agustus 2021	Film Kartun	EC00202137908 10 Agustus 2021
30	Loving Pregnancy Massage	19 Agustus 2021	Modul	EC00202140195 21 Agustus 2021
31	Modul Prenatal Yoga Pelatihan Kelas Yoga Pada Kader Dalam Upaya Mengatasi Keluhan Selama Kehamilan Pada Ibu Hamil Di Desa Cepoko Kecamatan Gunung Pati Semarang	25 Agustus 2021, di Semarang	Modul	EC00202141067 25 Agustus 2021
32	Pemberian Pijat Punggung Pada Ibu Nifas & Pemberian Self Hypnosis Pada Ibu Nifas	13 Juli 2021, di Semarang	Karya Rekaman Video	EC00202133105 13 Juli 2021
33	Loving Postnatal Massage	23 Agustus 2021, di Sidoarjo	Buku	EC00202140768 24 Agustus 2021
34	Aplikasi D'PEK_Hil	19 Agustus 2021, di Kota Metro	Program Komputer	EC00202139798 19 Agustus 2021
35	Penerapan Aromaterapi Lavender Pada Masker Untuk Memanajemen Nyeri Persalinan Dan Kecemasan Ibu Bersalin Kala I	23 Februari 2022, di Semarang	Buku	EC00202213241 23 Februari 2022
36	Mengurangi Nyeri Punggung Bawah Dan Edema Kaki Ibu Hamil Trimester III Dengan Hypnoprenatal Yoga Pada Kelas Ibu Hamil Online	23 Juli 2022	Modul	EC00202247111 23 Juli 2022
37	Pedoman Pelaksanaan Hypnoprenatal Massage Untuk Meningkatkan Kesehatan Mental Ibu Hamil Trimester III	25 Juli 2022, di Semarang	Modul	EC00202247318 25 Juli 2022
38	Edukasi Ayah Peduli ASI Berbasis M-Health Untuk Meningkatkan Dukungan Sosial Ayah Dan Kesehatan Mental Ibu Menyusui	11 Agustus 2022	Karya Siaran Video	EC00202252633

39	Sistem Deteksi Dini Penyakit Tidak Menular (SIP-TMEN) Berbasis Android	11 April 2022, di Semarang	Program Komputer	EC00202224094 11 April 2022
40	EKSTRAKSI LEMON (CITRUS LIMON) MENGGUNAKAN TEKNOLOGI ULTRASOUND ASSISTED EXTRACTION UNTUK PENINGKATAN IMUNITAS IBU NIFAS	27 Juli 2022, di Semarang	Karya Tulis	EC00202248059 27 Juli 2022
41	Deteksi Dini Kecemasan Ibu Hamil ; Calm Pregnancy	16 Januari 2023, di Semarang	Buku	EC00202304774 16 Januari 2023
42	Deteksi Anemia Pada Ibu Hamil Dengan Menggunakan Metode Non Invasif Berbasis Kecerdasan Artifisial	28 Januari 2023, di Semarang	Buku	EC00202308443 28 Januari 2023
43	Buku Petunjuk Penggunaan Aplikasi Website (User Manual) Genting (Gerakan Cegah Stunting)	18 Juli 2023, di Semarang	Buku Panduan/Petunjuk	EC00202358291 18 Juli 2023
44	Cegah Hipotermi Pada Bayi Baru Lahir; Memanfaatkan Aico Warmer Terhadap Stabilitas Suhu Tubuh Berbasis Kecerdasan Buatan	17 Agustus 2023, di Semarang	Buku	EC00202368282 17 Agustus 2023
45	Poster Uji Fisik Formula Maem-Ma (Mamae Peel Off Mask Menta) Untuk Nyeri Payudara	21 Agustus 2023, di Klaten	Karya Ilmiah	EC00202369470 21 Agustus 2023
46	Website Genting (Gerakan Cegah Stunting)	24 Agustus 2023, di Semarang	Program Komputer	EC00202371211 24 Agustus 2023
47	MONOGRAF TEKNOLOGI TEPAT GUNA UNTUK MASTALGIA (BERBAHAN DASAR MENTHA)	23 September 2023, di Surakarta	Buku	EC00202384710 23 September 2023

I. Penghargaan dalam 10 tahun terakhir (dari pemerintah, asosiasi atau institusi lainnya)

No	Jenis Penghargaan	Institusi Pemberi Penghargaan	Tahun
1	Dosen Berprestasi Poltekkes Kemenkes RI Tingkat Nasional Tahun 2021	3 November 2021	Dosen Berprestasi Tingkat Nasional
2	Best oral presenter The 3rd International Conference of Asia Pacific Partnership on Health and Nutrition Improvement (APHNI) 2021: Health Improvement Strategies Within and Post Covid-19 Pandemic	14 - 15 Oktober 2021	Best Oral Presenter
3	Best oral presenter (best paper) The 1st International Conference on Midwifery (ICoMID) 2021 which is part of the 4th International Conference of Health Polytechnic Surabaya (ICoHPS) 2021 "Empowering community and health professionals in mitigating the impacts of covid-19 pandemic"	6 - 7 Oktober 2021	Best Oral Presenter
4	Juara 1 Dosen Berprestasi Di Lingkungan Poltekkes Kemenkes Semarang	5 Juli 2021	Dosen Berprestasi
5	Membimbing mahasiswa mengikuti kegiatan ilmiah dan meraih prestasi The Presenter with Silver Awards in first International Conference on Nursing, Midwifery, and Nutrition (ICoNMIN), Organized by Poltekkes Kemenkes Surabaya	8th-9th october 2020	Pembimbing mahasiswa best presenter dalam kompetisi internasional
6	Membimbing mahasiswa mengikuti kegiatan ilmiah dan mendapatkan prestasi internasional: Excellent Student Paper Award "Predicting the Risk of Preeclampsia using Soft Voting-based Ensemble and Its Recommendation" in The International Symposium on Community-centric Systems Tokyo Metropolitan University, Tokyo, Japan	23 - 26 September 2020	Pembimbing mahasiswa dalam kompetisi internasional
7	Best Oral Presenter on the first International Conference On Handling Non-Communicable Diseases (ICHNCDs) in Poltekkes Kemenkes Semarang	22 November 2019	Best Oral Presenter

J. PENGALAMAN SEBAGAI REVIEWER JURNAL

NO	NAMA JURNAL
1	Jurnal Promosi Kesehatan Indonesia, Magister Promkes, Fakultas Kesehatan Masyarakat, Undip
2	Jurnal Pengabdian Masyarakat Kebidanan, UNIMUS
3	Jurnal Kebidanan Poltekkes Kemenkes Semarang
4	Jurnal Riset Kesehatan Poltekkes Kemenkes Semarang
5	Jurnal Litbang Pati
6	Jurnal LINK Poltekkes Kemenkes Semarang
7	Quality: Jurnal Kesehatan Poltekkes Kemenkes Jakarta 1
8	Journal of Applied Health Management and Technology, Program Pascasarjana Poltekkes Kemenkes Semarang
9	Jurnal Bidan Cerdas Poltekkes Kemenkes Palu
10	Journal Embrio: Jurnal Kebidanan. Program Studi S1 Kebidanan Universitas PGRI Adi Buana Surabaya
11	Abdihaz: Jurnal Ilmiah Pengabdian pada Masyarakat, Universitas Prof. Dr. Hazairin, SH, Bengkulu
12	Jurnal Kebidanan Poltekkes Kemenkes Sorong
13	Jurnal Kebidanan, Program Studi Kebidanan Fakultas Ilmu Keperawatan dan Kesehatan Universitas Muhammadiyah Semarang, Indonesia
14	Reviewer Proposal & Hasil Penelitian dan Pengabdian kepada Masyarakat Poltekkes Kemenkes Semarang
15	Reviewer Proposal Penelitian dan Pengabdian kepada Masyarakat Tahun Anggaran 2021 STIKES Guna Bangsa Yogyakarta
16	Reviewer Proposal Penelitian dan Pengabdian kepada Masyarakat Tahun Anggaran 2021 – 2022 Program Studi DIII Kebidanan Jurusan Kesehatan Politeknik Baubau

Semua data yang saya isikan dan tercantum dalam biodata ini adalah benar dan dapat dipertanggungjawabkan secara hukum. Apabila dikemudian hari ternyata dijumpai ketidaksesuaian dengan kenyataan, saya sanggup menerima sanksi.

Demikian biodata ini saya buat dengan sebenarnya.

Semarang, 24 Maret 2024



Dr. Melyana Nurul Widyawati, SSiT, Bdn, M.Kes.



Thomas Mohan Felix
Program Lead (Nursing)
Parkway College of Nursing and Allied Health,
Singapore.

Mr. Felix is a Registered Nurse in Singapore, Malaysia and India and is actively practicing in Singapore now. Currently, he is appointed as Program Lead for Nursing Department, Patient Care Associate Programme and Basic Mental Health First Aid Provider Course. He has fulfilled his role as Program Director for BCLS AED Training Centre for 2 years. He has received many medals, awards and prizes for his academic performances and research works in both national and international level. He is also enthusiastic in presenting innovative projects, scientific papers and posters. He obtained his masters qualification in 2008 and completely involved in training of health care professionals, including nurses. He also gained clinical experience in training students from various Pantai Hospitals in Malaysia and Parkway Group Hospitals in Singapore.

A dedicated professional, specialized in the field of education, psychology, mental health and nursing. He is well trained in the field of Mental Health from three different countries which provided him a strong foundation in the said specialty. He is always committed to his profession and is using innovative training approach in his teachings and trainings. Motivation and creativity are the special elements in his facilitation. He always hunger for new learning's and this made him update his professional knowledge and skills. Felix is also involved in facilitating special groups of health care professionals from various countries such as China, Thailand, Japan and Korea. He is efficient in organizing and guiding special projects such as LMS Implementation, Mental Health Exhibition, Motivational Talks, Gaming, etc.

Excellent Adult Educator, he is involved in training nurses for their Diploma, Degree, Masters and Advanced Diploma courses and he developed curriculum for those. He maintains good rapport and communication with SRFAC, Restructured, Community and Parkway Pantai Hospitals in organizing student nurse's clinical practicum and Staff Training. He is very effective in facilitating short courses for the different groups of health care professionals.

Professional Qualifications

- ❖ Post Graduate Diploma in Higher Education (NTU), Singapore
- ❖ Diploma in Design and Development of Learning and Performance (IAL), Singapore
- ❖ Advanced Certificate in Learning and Performance (IAL), Singapore
- ❖ Master of Science in Nursing (Psychiatric Nursing)
- ❖ Master of Science in Psychology
- ❖ Post Graduate Diploma in Hospital Administration
- ❖ Bachelor of Science in Nursing

Lampiran 3 : Flyer dan Background

Kampus Merdeka

Proudly present

Kuliah Pakar

"Asuhan Komplementer Dalam Pelayanan Kebidanan"

Sekolah Tinggi Ilmu Kesehatan MITRA RIA HUSADA JAKARTA

Welcome Speech :

Dra. Sri Danti Anwar MA
Ketua Stikes Mitra Ria Husada Jakarta

Speakers :

Dr. Mariyammah A/P Masalamani
Associate Professor and Senior Lecturer at MAHSA University, Malaysia

Dr. Melyana Nurul Widyawati, S.Si.T, M.Kes.
Dosen Poltekkes Kemenkes Semarang

Mr. Thomas Mohan Felix
Program Lead (Nursing) Parkway College of Nursing and Allied Health, Singapore

Topik 1
Sehat dan Bugar Selama Kehamilan, Persalinan dan Nifas dengan Asuhan Komplementer

Topik 2
Aspek Legal Terapi Komplementer di Indonesia

Topik 3
Terapi Herbal dalam Pelayanan Kebidanan

16 Mei 2024
09 : 00 WIB s.d Selesai

Moderator :
Bd. Perwita Sari, S.Tr.Keb, M.Keb
Dosen Stikes Mitra Ria Husada Jakarta

Mahasiswa : Rp 25.000,-
Umum : Rp 35.000,-

link akan diberikan setelah registrasi

Registrasi : +6281908881483 (Eka) +6285219420946 (Nina) +6285223274502 (Yati)

mitrariahusada www.mrhj.ac.id info@mrhj.ac.id

Kampus Merdeka

Kuliah Pakar Internasional

"Asuhan Komplementer Dalam Pelayanan Kebidanan"

Sekolah Tinggi Ilmu Kesehatan MITRA RIA HUSADA JAKARTA

16 Mei 2024

mitrariahusada www.mrhj.ac.id info@mrhj.ac.id

Lampiran 4 : Rundown Acara

RUNDOWN KULIAH PAKAR

“ASUHAN KOMPLEMENTER DALAM PELAYANAN KEBIDANAN”

No	Waktu	Kegiatan	Pelaksana
1	08.00 – 08.30 WIB	Persiapan dan Registrasi Peserta	Eka Maulana N
2	08.30 – 08.40 WIB	Pembukaan	MC : Nurul Azmi
3	08.40 – 08.50 WIB	Menyanyikan lagu Indonesia Raya dan MARS SMRHJ	Share screen : Sinta Dwi Juwita
4	08.50 – 09.00 WIB	Sambutan Ketua SMRHJ	Dra. Sri Danti Anwar, MA
5	09.00 – 09.40 WIB	Paparan Narasumber 1 : “Sehat dan bugar selama kehamilan, persalinan dan Nifas dengan asuhan komplementer”	Dr. Mariyammah AA/P Masalamani (lecture at MAHSA University, Malaysia)
6	09.40 – 09.55 WIB	Diskusi Narasumber 1	Moderator : Perwitasari
7	09.55 – 10.00 WIB	Penyerahan Sertifikat Narasumber	Moderator : Perwitasari Share screen : Nina Tresnayanti
8	10.00 – 10.40 WIB	Paparan Narasumber 2 : “Aspek legal terapi komplementer di Indonesia”	Dr. Melyana Nurul Widyawati, S.SiT., M.Kes (Pakar komplementer dan Dosen Poltekkes Kemenkes Semarang)
9	10.40 – 10.55 WIB	Diskusi Narasumber 2	Moderator : Perwitasari
10	10.55 – 11.00 WIB	Penyerahan Sertifikat Narasumber	Moderator : Perwitasari Share screen : Nina Tresnayanti
11	11.00 – 11.40 WIB	Paparan Narasumber 3 “Terapi herbal dalam pelayanan kebidanan”	Mr. Thomas Mohan Felix (Program Lead Parkway Collage of Nursing and Allied Health, Singapore)
12	11.40 – 11.55 WIB	Diskusi Narasumber 3	Moderator : Perwitasari
13	11.55 – 12.00 WIB	Penyerahan Sertifikat Narasumber	Moderator : Perwitasari Share screen : Nina Tresnayanti
14	12.00 – 12.05 WIB	Penutup	MC : Nurul Azmi

Lampiran 5 : Materi

Materi 1

SEHAT DAN BUDAK SEMASA KEMAMILAN, PERSALINAN DAN NIFAS DENGAN ASURAN KOMPLEMENTARI

ASSOCIATE PROFESSOR MARYAMAH HASALAMANI
BAHSA UNIVERSITY, SALLAMA PUTRA, SELANGOR, MALAYSIA

HIGHLIGHTS

1. Discuss Complementary and Alternative Medicine (CAM) in Maternity Care during pregnancy, birth, postnatal, puerperium and beyond.
2. Describe non traditional medical therapies used in Midwifery/Obstetrics.
3. Analyse the current evidences on CAM.
4. Discuss the benefits and harm of CAM.
5. Promote CAM in maternal care to reduce unnecessary medical interventions.

INTRODUCTION

1. Complementary and Alternative Medicine (CAM) by childbearing women is becoming increasingly popular.
2. The use of CAM is widespread in midwifery practice.
3. Common CAM use is to control nausea & vomiting, promote relaxation, reduce backache, prevent and correct anemia, induction and augmentation of labour, perineal support.
4. For successful pregnancy, labour and puerperium.

INTRODUCTION

4. Popular therapies are massage therapy, herbal medicines, relaxation techniques, nutritional supplements, aromatherapy, homeopathy & acupuncture.
5. Midwives support the use CAM as they believe it is philosophically congruent which provides safe alternatives to unnecessary medical interventions .
6. It supports the woman's autonomy in decision making and take control of their own body.

BENEFITS OF CAM IN MATERNITY CARE

- Complementary therapies and natural remedies are very beneficial to women.
- Research shows that over 80% of women use different types of natural ways to prepare for birth especially with relaxation treatments regularly in late pregnancy that helps their body to work efficiently and effectively.
- Women has spontaneous vaginal delivery without having post-dates, interventions, Caesarean section and its complications

CHALLENGES

- Midwifery education does not commonly include CAM as part of the curriculum leaving potential misinformation and unsafe practice.
- An approach to CAM education encourages collaboration between all care providers to ensure safe, woman-centred maternity care.
- Interprofessional collaboration is proposed for a safe woman-centred care.
- Hence a combination of CAM and conventional care is recommended in the curriculum and practice.

Complementary Therapies in Clinical Practice

Filling the gaps in contemporary maternity care: The perceptions of complementary medicine practitioners providing care to women during pregnancy

Abstract

Background and purpose
As many as one in two women consult with a complementary medicine (CM) practitioner for pregnancy-related health care, yet little is known about the reasons for such a high rate of use. This paper presents the perceptions of CM practitioners regarding the role they play within the existing maternity care system.

Materials and methods
Semi-structured interviews with 23 CM practitioners were conducted and the transcripts analysed using a framework approach.

Results

Key themes pertaining to the perceived role of CM practitioners in maternity care emerged: (1) becoming a maternity care provider responding to a need and filling gaps in the system; (2) characterising CM maternity care: holistic, nurturing and addressing women's health concerns and; (3) treating health complaints neglected by conventional maternity care.

Conclusion

CM practitioners often acknowledge their specialist roles as part of a multidisciplinary team of practitioners rather than attempting to offer comprehensive pregnancy care.

Complementary Therapies in Clinical Practice

Volume 14, February 2014, Pages 231-239

Midwives' personal views and beliefs about complementary and alternative medicine (CAM): A national survey

Abstract

Complementary and Alternative Medicine/Therapies (CAM) systems have increasingly been used by pregnant women, however literature describing midwives' views and beliefs towards CAM is sparse. This study aimed to investigate Australian midwives' views and beliefs about CAM.

Methods

A national survey of Australian College of Midwives (ACM) members (n = 7552) (75.8% response) included questions on midwives' views and support of CAM, and beliefs using a validated CAM Health Belief Questionnaire (CHBQ).

Results

The response rate was 80%. Most respondents believed women should have the right to choose CAM (91.3%), and didn't view CAM a threat to public health (91.7%). Nearly half (49.5%) believed that their hospital/centre did not have guidelines/principles on CAM. The CHBQ mean score was 45.43 (SD:9.98).

Conclusion

Most respondents agreed with the fundamental beliefs of CAM. This study confirms the need for a national CAM policy for midwives, and research on midwives' CAM training.

Journal of Nurse-Midwifery

Volume 14, Issue 1, May/June 2014, Pages 205-214

A national survey of herbal preparation use by nurse-midwives for labor stimulation: Review of the literature and recommendations for practice 1

Abstract

To determine the use of herbal preparations for cervical ripening, induction, and augmentation of labor by certified nurse-midwives (CNMs) and nurse-midwifery education programs, a national survey of 260 members of the American College of Nurse-Midwives was conducted. They were asked to describe their use of herbal preparations for cervical ripening, induction, or augmentation of labor. The results of this study, a review of the literature, professional norms, and recommendations for clinical practice are presented in this article. Of 168 questionnaire replies to 260 members, 108 were returned from CNMs who used herbal preparations to ripen cervix (40%), induce cervical dilation (24%), and use herbal preparations to stimulate labor. These practitioners were included due to incomplete data or blank questionnaires.

The significant differences were noted in relation to geographical region, midwifery education, or highest level of education between the CNM respondents who did and those who did not use herbal preparations for cervical dilation. Of the 108 who used herbal preparations to stimulate labor, 64% used their clinical, 45% used their academic, 82% used and 74% used 100% herbal preparations to stimulate labor more than once in 48 hours. 41 years (P < .05) and more likely to deliver in hospital or in an in-hospital or non-in-hospital birth care setting (P < .05) were those who used herbal preparations to stimulate labor. The most (36%) used for using herbal preparations to stimulate labor was that they were "satisfied" with the more conservative approach for not using herbal preparations. The lack of research on experience with the safety of these preparations, the use of herbal preparations to stimulate labor, and the use of herbal preparations to stimulate labor was noted using their data before 2006. Of those listed research participants, and more than 1000 female

education programs. Although 70% of the CNMs who used herbal preparations to stimulate labor directly prescribed them and 30% indirectly suggested them to clients, only 23% had included them within their written practice protocols. Seventy-five percent of the CNMs who used herbal preparations to stimulate labor used them first or instead of labor. Twenty-one percent reported complications including preterm labor, uterine contractions, nausea, and vomiting. Sixty-four percent of the nurse-midwifery education programs included instruction in the use of herbal preparations to stimulate labor in their formal curricula, and 92% included informal discussions on the use of herbal preparations. Evening primrose oil was the most common herbal preparation discussed in nurse-midwifery education programs. Cane oil was the most commonly used herbal preparation used by nurse-midwives in clinical practice.

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J Obstet Gynecol Neonatal Nurs 2010; 29(2): 61

COMPLEMENTARY THERAPY IN PREGNANCY: INDIANIAN PREGNANT WOMEN'S INSIGHT

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ARTICLE INFO — ABSTRACT

Background: Complementary therapies are increasingly prescribed by physicians as part of integrative medical care. Patients who are exposed to herbs from complementary therapy believe it can be better than conventional therapy and they have a high degree of control over their health care. The study aims to explore pregnant women's insight into complementary therapy. **Methods:** The study employed two methods to explore pregnant women's insight into complementary therapy. Results show that 80% of pregnant women is unaware from a good perception of complementary therapy. They believe, including 10 different of complementary therapy. In general, perception of complementary therapy is positive. **Conclusion:** All pregnant women of complementary therapy, support the insight on complementary therapy in pregnancy. **Conclusion:** This study demonstrates that pregnant women in Indonesia have a positive perception of complementary therapy. However, health promotion centered on complementary therapy is relevant as a supplement to conventional therapy.

KEYWORDS: complementary therapy, pregnancy, pregnant women, integrative.

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What is CAM?

• CAM - Complementary Alternative Medicine

• Various Types of CAM:

- Acupuncture
- Ayurvedic
- Naturopathic
- Chiropractic
- Herbal
- Massage Therapy
- Reiki



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MIDWIFE'S ROLE IN CAM THERAPY

- Cultural competence is a sensitivity and respect for practices and philosophies different from one's own
- Nurses need to understand CAM therapy, how it can be used and how it may interact with medical management.
- Nurses need to understand basic underlying philosophies and beliefs concerning CAM interventions.

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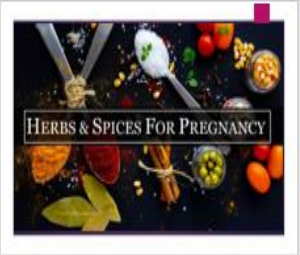
HOMEOPATHY WITH PLANTS, HERBS AND FLOWERS

- A system that use natural substances or remedies to stimulate a person immune and defense system.
- Used to reduce nausea and vomiting, heartburn, skin itch, fatigue, swelling, stress and stretch marks.
- Homeopathy is used to reduce medicine side effects to pregnant women and fetus.

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AYURVEDIC IN CAM

- Healthy ayurvedic diet in pregnancy.
- Taken with caution.
- Herbs could interact with GDM, HDP, cardiac drugs and others.
- Affect glucose control in patients with diabetes.
- May lower or increase BP levels in HDP.
- The use of some drugs with herbal remedies can be dangerous.

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AN AYURVEDIC DIET FOR PREGNANCY

- Consume foods that are mild and easy to digest
- Avoid spicy foods
- Maintain regular and consistent eating times
- Avoid leftovers, stale food, and frozen food
- Try to eat whole, organic, fresh cooked foods as much as possible
- Drink 1-2 cups of bone broth each day, click here for a nourishing Bone Broth Recipe
- Avoid over or under eating
- Avoid eating out too much
- Avoid too much raw, cold food

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AN AYURVEDIC DIET FOR PREGNANCY

1. Favor warm, moist, cooked foods like soups, stews, kichari and casseroles
2. Try to get a balance of all 6 tastes
3. Eat a diet rich in a variety of colors
4. Eat foods that are tasty, nourishing and delicious
5. Use digestive spices in the food such as turmeric, ginger, black pepper, papaya, fennel, cardamom, cinnamon, fenel, coriander and brown mustard seed
6. Avoid heavy, dense food and favor more liquid/semi-liquid options

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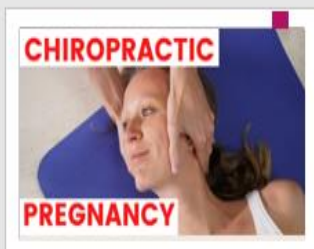
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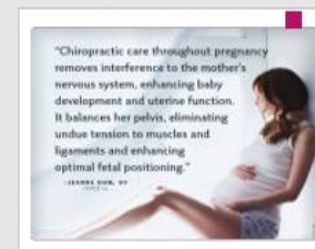
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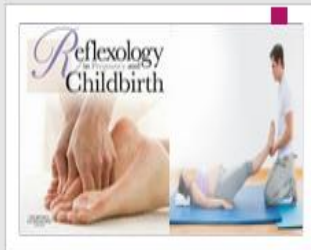
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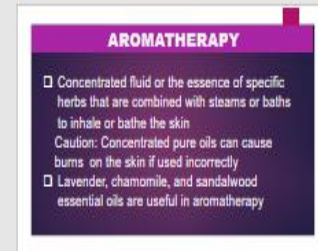
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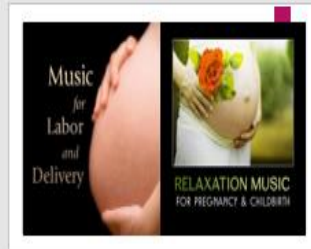
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Materi 3

Herbal Therapy in Midwifery Services

Parkway College of Nursing & Allied Health Pvt. Ltd.

Mr Thomas Mohan Felix
16 May, 2024

Contents

- 01 Introduction
- 02 Herbal Therapy in Midwifery
- 03 Benefits
- 04 Research Evidence
- 05 Important Considerations
- 06 Resources
- 07 Research Critique

01 Introduction

Complementary and Alternative Medicine

World Health Organization defines "complementary and alternative medicine" (CAM) as a "broad set of health care practices that are not part of that country's own tradition and are not integrated into the dominant health care system"

Complementary therapy is usually used in combination with current treatments, and alternative treatments are used instead of current treatments.

Commonly utilized types of CAM include acupuncture, aromatherapy, herbal and homeopathic medicines, meditation, movement therapies, chiropractic and osteopathic manipulation and so on

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In Midwifery

Many women prefer to use CAM during pregnancy because of fewer side effects compared to chemical drugs.

Common types of CAM that are recommended by midwives were:

- Massage therapy
- Herbal medicines
- Relaxation techniques
- Nutritional supplements
- Aromatherapy
- Homeopathy
- Acupuncture



Statistics

Studies have shown that 73% of pregnant mothers in Australia and 83.7% in Mashhad city used CAM during pregnancy.

Today, around the worldwide, midwives use complementary therapies in their profession more than the other medical practitioners.

A literature review estimated that between 65% - 100% of midwives have used one or more complementary therapies.

Another study also showed that 44% of midwifery students had recommended CAM therapies to others.

CAM Methods

One survey in Iran found that CAM methods are prescribed by 37.3% of obstetricians with the most common methods being acupressure, massage and herbal therapy.

These methods can be used for treatment of nausea and vomiting, back pain, anxiety, postpartum depression, anemia, striae gravidarum, insomnia, hemorrhoid, vaginal infection, mal-presentation, augmentation and induction of labor, perineal care, retained placenta and lactation problems

SECTION
02

Herbal Therapy in Midwifery

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What is Herbal Therapy?

In midwifery, herbal therapy refers to the use of plants or plant parts to support women's health during pregnancy, childbirth, and postpartum recovery.

It complements traditional midwifery care by offering natural remedies for common discomforts and promoting overall well-being.



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SECTION

03

Benefits



Benefits

Pregnancy: Certain herbs can help alleviate common discomforts like morning sickness, heartburn, and constipation. Some may even support relaxation and sleep.

Labor: Herbs can potentially ease pain, enhance uterine contractions, and promote relaxation during labor.

Postpartum: Herbal remedies can aid wound healing, support lactation (breast milk production), and address emotional well-being after childbirth.



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Examples

Raspberry Leaf Tea: Traditionally used to tone the uterus and potentially shorten labor.

Ginger: Known for its effectiveness against nausea and vomiting, making it helpful for morning sickness.

Nettle Leaf: May help reduce postpartum bleeding due to its astringent properties.

Fennel Seed: Traditionally used to relieve gas and bloating, common issues after childbirth.



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SECTION

04

Research



Research Evidence

Some herbs have shown promise in clinical studies for specific uses during pregnancy and childbirth.

Example

Ginger: Effective in reducing nausea and vomiting during pregnancy
Raspberry Leaf Tea: May shorten labor and improve contractions, although evidence is mixed
Lavender Oil: May reduce anxiety and pain during labor

However all this require further studies.



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Limitations and Considerations

Limited Research: Many herbal remedies lack extensive research, especially regarding safety and efficacy during pregnancy and breastfeeding.

Standardization Issues: Unlike pharmaceuticals, herbal products are not as strictly regulated, leading to variations in quality and effectiveness.

Dosage Dependence: The effectiveness of herbs can depend on the specific dosage and preparation method.



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SECTION

05

Important Considerations



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Important Considerations

Midwife Consultation: A qualified midwife should assess a woman's individual needs and determine if herbal therapy is suitable. They can also advise on proper dosage and potential interactions with medications.

Safety and Regulation: Research on herbal therapies is ongoing, and some may not be safe during pregnancy or breastfeeding. Midwives can ensure clients use high-quality, ethically sourced herbs.

Informed Consent: Open communication is crucial. Clients should be informed about the potential benefits and limitations of herbal therapy before using it.



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Importance of Consulting a Midwife

Individualized Assessment: Midwives can assess a woman's specific needs and medical history to determine if herbal therapy is safe and appropriate.

Dosage Guidance: They can recommend proper dosages based on the specific herb and the woman's individual circumstances.

Interaction Monitoring: Midwives can monitor for potential interactions with medications the woman is already taking.

Ethical Sourcing: They can guide women towards reputable sources for high-quality, ethically sourced herbs.



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SECTION

06

Resources



Resources

Midwifery journals: Look for research articles published in reputable midwifery journals.

Credible herbal medicine websites: Websites of reputable organizations like the American Botanical Council (<https://www.herbalgram.org/>) can provide evidence-based information on herbs.

National Institutes of Health (NIH) National Center for Complementary and Integrative Health (NCCIH): The NCCIH website provides information on the research behind various complementary and integrative health practices, including some herbal therapies (<https://www.nccih.nih.gov/>).



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SECTION
07

Research Critique

Research Critique

"Analysis of the Use of Herbal Therapy to Reduce Labor Pain (Literature Review)"



Thank You



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Lampiran 6 : Penyerahan Sertifikat kepada Narasumber



Lampiran 7 : Absensi

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