

CURRICULUM VITAE

Dr. Khoirul Rista Abidin, Ns., M. Biomed



Lecturer / Researcher: Politeknik 'Aisyiyah Pontianak

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I. Personal Information

- a. Full Name : Dr. Khoirul Rista Abidin, Ns., M. Biomed
- b. Status : Lecturer / Researcher – Head of Research & Community Service Politeknik Aisyiyah Pontianak (Polita Pontianak)
- c. Current Institution : Polita Pontianak
- d. Expertise : Biomedical Science / Biotechnology / Wound Care / Medical Laboratory Technology

SINTA ID : 6757386 (<https://sinta.kemdikbud.go.id/authors/profile/6757386>)

II. Education

Degree	Institution / University	Field / Program	Year / Note
Doctor (Ph.D.)	Universitas Padjadjaran	Biotechnology	Graduated on August 12, 2024
Master	Universitas Gadjah Mada	Master of Biomedical Science	Graduated on July, 2018
Bachelor	Universitas Tanjungpura	Bachelor of Nursing	Graduated on August, 2014

III. Professional Experience

- 1. Lecturer at Politeknik 'Aisyiyah Pontianak — Department of Medical Laboratory Technology, 2019 – Now
- 2. Reviewer of Scopus Journal (Q4) – Biotrop Journal, 2024
- 3. Reviewer of Scopus Journal (Q3) – Adcanvements in Life Sciences, 2024
- 4. Wound Care Nurse at Kitamura Clinic, Pontianak, 2014 – 2016

IV. Research Grants

Year	Title / Research Topic	Funding Source / Scheme
2025	Development of Ethanol Extract Cream from Gambir Leaves (<i>Uncaria gambir</i> Roxb) as Topical Therapy for Psoriasis in Imiquimod-induced Rats	National Competitive Grant (Kemdiktisaintek Grant)
2025	Oral Preparation Activity Test of Kratom (<i>Mitragyna speciosa</i>) as an Anti-Acne Agent in Wistar Rats Induced by <i>Propionibacterium acnes</i> : A Histopathological Study	Aisyiyah Grant
2025	Formulation of Kratom Leaf Extract Cream as Antipsoriasis in Psoriasis Rat Model (Supervisor)	PKM-RE (Belmawa Dikti)
2025	Geotagging Project	WHO
2024	Development of <i>Mitragyna speciosa</i> Extract Nanoparticles as Adaptive Thermogenesis Stimulators in High-Fat Diet-Induced Rats	Polita Dissertation Scholarship
2023	Potential Role of Mitragynine as a Lipolysis Stimulator via Adrenergic Signalling	Internal Grant (Polita)
2020	Effectiveness of SkedIt App for Controlling High-Protein Diet on Lipid Profile in Diabetic Wound Patients	National Competitive Grant (Kemdiktisaintek Grant)
2018	Effects of Alpha Lipoic Acid (ALA) and Caffeine Supplementation on Oxidative Stress Status in the Liver of Diabetic Rats	LPDP Thesis Funds

V. Publications & Scientific Works

Year	Title	Journal / Publisher	Authors	DOI / Link
2024	Advancements in Managing Wound Biofilm: A Systematic Review and Meta-analysis of Randomized Controlled Trials on Topical Modalities	<i>Foot & Ankle Specialist</i>	Adam Astrada, Rian Adi Pamungkas, Khoirul Rista Abidin , et al.	10.1177/19386400231225708
2024	In Silico Identification of Bajakah Root (<i>Spatholobus littoralis</i> Hassk) Alkaloid	<i>Science & Technology Asia Vol.</i>	Khoirul Rista Abidin , Ariffialdi	Link

	Compounds to Stimulate Lipolysis Through Inhibition of Phosphodiesterase-4	29(3)	Nurhidayatu Iloh, Nurmah	
2023	Effects of Caffeine Mixed with Alpha Lipoic Acid in Preventing Streptozotocin-Induced Diabetes in Rats: In Silico and In Vivo Study	<i>Journal of Health Science and Medical Research (JHSMR)</i>	K. R. Abidin , Andreanyta Meliala, Sri Lestari Sulisty Rini	Link
2022	Potential Role of Mitragynine as Lipolysis Stimulator via Adrenergic Signalling: Docking Model Study	<i>Pharmacognosy Journal</i> Vol. 14(5)	K. R. Abidin , Ronny Lesmana, Mas Rizky A. A. Syamsunarno, Kelana Kusuma Dharma	10.5530/pj.2022.14.130
2021	Implementation of teleHealth using SKEDit for Protein Diet Education for Diabetes Patients	<i>Open Access (Health/Medical Journal)</i>	Khoirul Rista Abidin , Eka Riana	Link

More publications: https://scholar.google.com/citations?user=-VV9e_EAAAAJ&hl=id&oi=ao

VI. Skills & Competencies

- Clinical expertise in wound care
- Medical Laboratory Technology (biomedical analysis, laboratory techniques)
- Research methodology & statistical analysis
- Scientific writing and publication
- Digital health tools and telehealth application
- Topical formulation development (cream / nanoparticle)
- Supervision of students & research collaboration

VII. Academic Service / Student Supervision

- Supervisor of PKM-RE project: Formulation of Kratom Leaf Extract Cream (Student: M. Dzaki Al-Ghifari)

VIII. Awards & Achievements

- Silver medal at Health Technology Innovation in International Conference of Health & Technology, Kuching, Sarawak, 2025
- Earned Ph.D. in Biotechnology, Universitas Padjadjaran, 2024
- Recipient of national and institutional research grants (SINTA registered)

4. LPDP Scholarship for Master Education, 2016 – 2018