

13TH EDITION - VOL. 1

PERISCOPE

A MAGAZINE PUBLISHED TRIANNUALLY BY **SCOPE CIMSA**

Main Theme

Digital Health Ethics
by Andhika Putra D.

Event Report

Asia-Pacific Regional Meeting
August Meeting

Exchange Stories

Exchange Adventures In The Heart
of Lithuania
by Farsya Putri Kamiko Fakhri

Project Corner

BASOPHIL by CIMSA UNAIR

Alumni Corner

dr. Rifky Ramadhan

STANDING COMMITTEE ON PROFESSIONAL EXCHANGE

about us



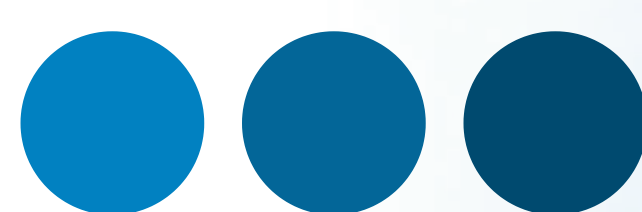
Center for Indonesian Medical Students' Activities (CIMSA) is a non-profit and non-governmental organization independent, nationalist, non-political, and non-partisan with activity-based programs. CIMSA consists of 6 standing committees related to health issues: sexual & reproductive health and rights including HIV/AIDS, public health, medical education, human rights and peace, research exchange, and professional exchange.

Having 33 active locals throughout Indonesia, CIMSA is affiliated with the **International Federation of Medical Students' Associations (IFMSA)**, the most prominent student organization in the world with recognition from the United Nations. With the mission to empower medical students to actively learn and create, plan strategies, and execute movements to improve the nation's health and well-being, CIMSA continues its struggle to create a healthier, more secure, and more prosperous Indonesia with equal opportunities in education and health, and also to improve lives and reach prosperity and social justice.

Standing Committee on Professional Exchange (SCOPE) is one of the six (6) standing committees of the Center for Indonesian Medical Students' Activities (CIMSA) that engages in the field of professional exchange and has 17 locals spread in various faculties of medicine throughout Indonesia. Two national officers lead SCOPE CIMSA; National Exchange Officer for Incoming (NEO-In) and National Exchange Officer for Outgoing (NEO-Out), as well as maintained nationally by the National Exchange Committee.



SCOPE is a standing committee focusing on **incoming hosting and outgoing sending, exchange promotions, global health awareness, and cultural understanding**. SCOPE CIMSA is affiliated with IFMSA and develops good cooperation with various stakeholders and relevant external parties to facilitate student exchange. SCOPE CIMSA also organizes various projects as a form of character development for the members of SCOPE itself and conducts joint activities within CIMSA to improve the nation's health.



preface from NEOs



Ester Melati H. P.

National Exchange Officer for Outgoing
SCOPE CIMSA 2023/2024



Malika Nurbaiti D.

National Exchange Officer for Incoming
SCOPE CIMSA 2023/2024

Dearest **SCOPE**ople,

We are delighted to give you a warm welcome as you embark on a journey through the pages of **PERISCOPE 1.0**. Within these covers, you'll discover a treasure trove of insights, experiences, and reflections stemming from the rich tapestry of recent activities conducted by SCOPE Local Committees during this first period of our journey.

After more than two years, we're limited to implementing online activities. This year, we are beginning to develop additional offline activities to achieve more impact for our **SCOPE CIMSA** members.

This edition features compelling international meeting stories from The Philippines and India and various activity reports from SCOPE Local Committees celebrating the World Bioethics Campaign 2023 with the theme "Digital Health Ethics: Navigating Social Media for Adolescent Well-Being." Collaborating with external partners, we hosted public discussions and talk shows, valuable especially for adolescents in Indonesia. Mesmerizing exchange stories, both incoming and outgoing, and noteworthy insights from our SCOPE alumni at our **Alumni Corner**.

The new **National Exchange Committee** is thrilled to present this edition of **PERISCOPE**, showcasing the collective passion, curiosity, and commitment of all SCOPE CIMSA members.

We hope this magazine serves not only as a compilation of stories and photographs but also as motivation for all SCOPE members to create more impactful activities, marking the beginning of an incredible journey ahead.

"Empower the young, for in their passion lies the fuel for change. To be impactful is not a choice; it's a responsibility they carry to shape a future that echoes with the resonance of their dreams."

Blue Hugs,
Ester and Malika
National Exchange Officers
SCOPE CIMSA 2023/2024

editorial page

Howdy!

Welcome to the thirteenth edition of **PERISCOPE**!

We offer you our warmest regards on behalf of the **National Exchange Committee** and our dedicated editorial team, the Media and Communication Team. We wish you a pleasant reading experience.

In this issue, we are excited to unveil the renewed leadership of SCOPE CIMSA with the introduction of the new executives of **National Exchange Committee 2023/2024**, called **NEChanted**. We hope that **NEChanted** and the **Local Exchange Officers** of 2023/2024 will collaboratively improve SCOPE CIMSA locals all across Indonesia.

Within this volume of **PERISCOPE**, readers will gain insight into the exceptional nature of our local activities. The information presented aims to broaden readers' perspectives, especially those aspiring to become future healthcare professionals.

Thank you so much to my dearest **NEChanted** and Media and Communication Team, who have worked hard in crafting this remarkable edition of **PERISCOPE**. We also thank all **SCOPE** people who have contributed articles to this edition. We hope this **PERISCOPE** will take you on a journey to various parts of the world. Just as we've fostered global connections among people, we now aim to bring the world closer to you.

Warmest blue hugs,

Almira Nahla Salsabil R.

Media and Communication Coordinator
SCOPE CIMSA 2023/2024

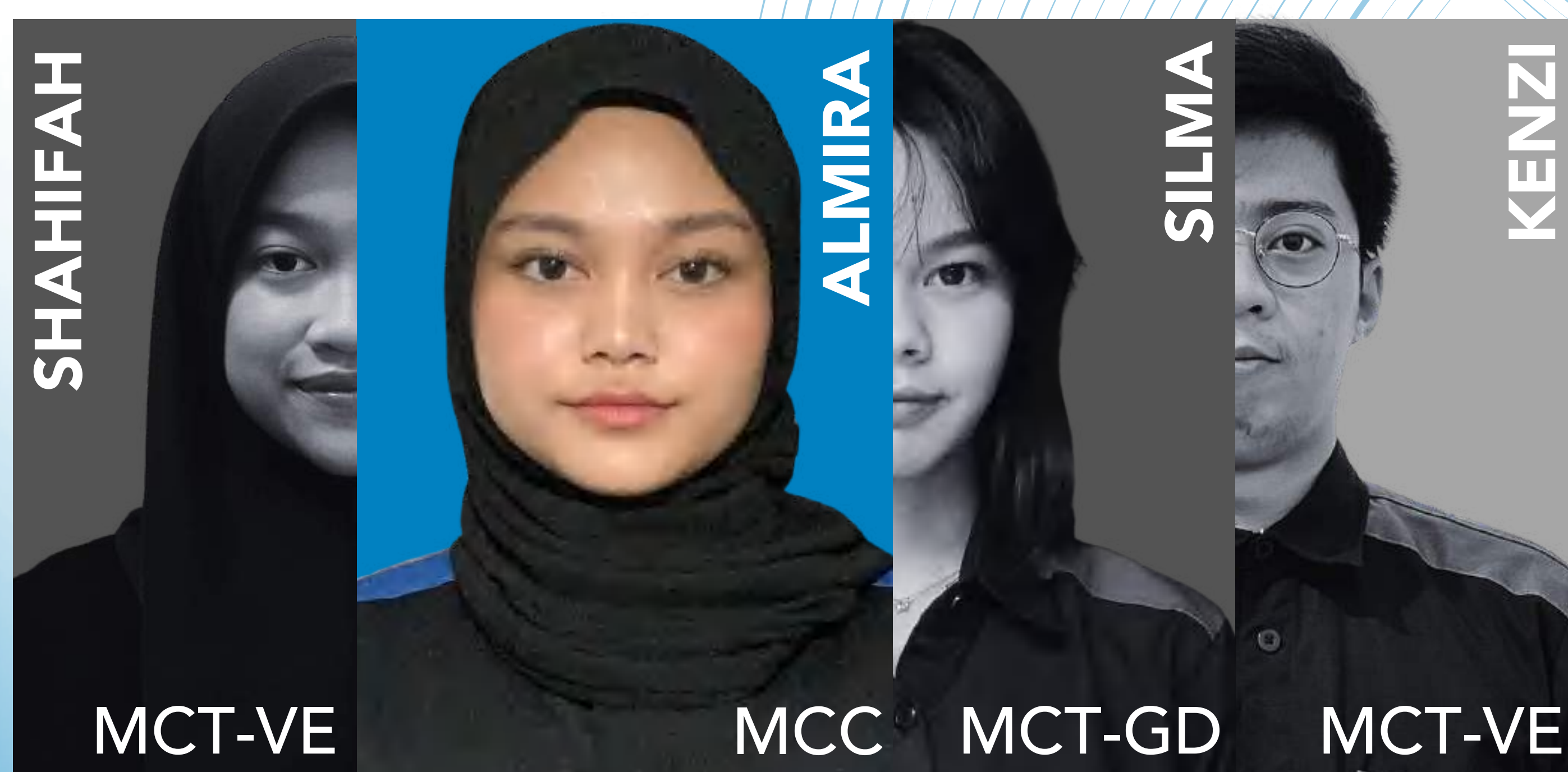


table of contents

01	About Us
02	Preface from NEOs
03	Editorial Page
05	NEC 2023/2024
06	NEC Team 2023/2024
07	Local Officers of SCOPE
09	Main Theme Section
11	Digital Health Ethics
13	Event Report
15	Asia-Pacific Regional Meeting
17	August Meeting
20	Exchange Stories
22	Outstanding Exchange in Indonesia
24	Exchange Adventures in The Heart of Lithuania
26	Project Corner
28	BASOPHIL - Navigating Adolescence, Unraveling Beauty Standards in the Digital Age
30	PREBIOTHICS 4.0
32	PRIMUM NON NOCERE
34	Alumni Corner
36	Alumni Corner - dr. Rifky Ramadhan
38	SCOPE Local Committee
39	Contact Us!

INTRODUCING National Exchange Comittee

SCOPE **CIMSA** 2023/2024



Ariana Safitri P.
SCOPE Advisory Team



Ester Melati H. P.
National Exchange Officer
for Outgoing



Malika Nurbaiti D.
National Exchange Officer
for Incoming



Salsabila
SCOPE Advisory Team



Izzy Vicra W.
Vice NEO for
Internal Affairs



Rifqi Septyananda A.
Vice NEO for
External Affairs



Arifah Azzami
Secretary



Sabiya Azalia
Fundraising and Merchandise
Coordinator



Andhika Putra D.
Project Coordinator



Almira Nahla S. R.
Media and Communication
Coordinator



Siti Razqy A. T.
Treasurer



Raiqa Zakaria
Human Resource Development
Coordinator

National Exchange Committee Team

SCOPE **CIMSA** 2023/2024

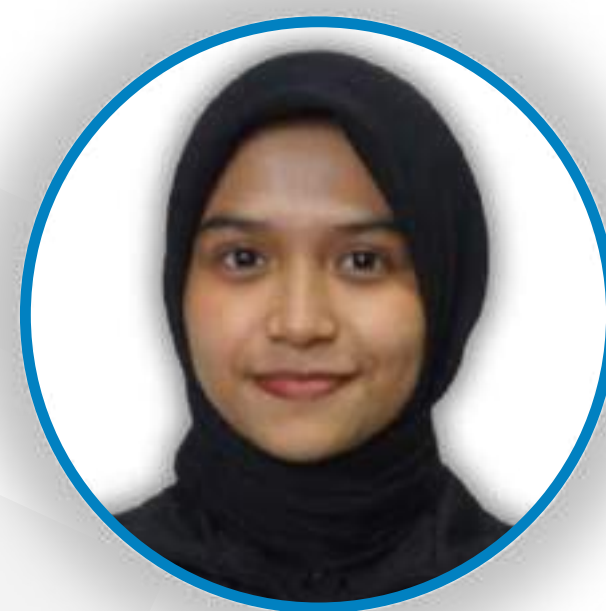
Fundraising and Merchandising Team



Aira Putri M.
CIMSA UGM



Cahaya Mustika W. S.
CIMSA UNPAD



Fiena Febriyana
CIMSA UIN SH



Gusaldi Wachid
CIMSA UNS

Human Resource Development Team



Jessica Christella A.
MSCIA UB



Muhammad Alwi A. F.
CIMSA UNEJ



Puti Alexandra C. D.
CIMSA UPH



Theresia Haro
CIMSA UI

Media and Communication Team



Kenzi Naufaldi M.
CIMSA UI



Shahifah Mutiara A.
MSCIA UB



Silma Alfazila R.
CIMSA UPH

Project Team



Azura Yuditia Z.
CIMSA UIN SH



Jilan Tasya K.
MSCIA UB



Nadia Pranasiwi J. D.
CIMSA UGM



Rahmi Puspa M.
CIMSA BEM KM FK
UNAND

INTROD

Local Ex

Offic

SCOPE CIMS



Dzikri Zayyan P. S.
CIMS FK USK



Muhammad Ridwan H.
CIMS FK USK



Syafira Azzahra H.
CIMS-BEM KM FK
UNAND



Nada Sakinah B.
CIMS-BEM KM FK
UNAND



Wahyuning Lestari
CIMS UNRI



Adinda Elisabet
CIMS UNRI



Naomi Lidwina M.
CIMS UI



Teguh Sasmito
CIMS UI



Raihana
CIMS UIN SH



Nadya Harimurti
CIMS UIN SH



puti Alexandra C. D.
CIMS UPH



Syachraafi Ardiputra G.
CIMS UPH



Yasmine
MSCIA UB



Mutia Ammara
CIMS UNPAD

UCING change ers

A 2023/2024



Giovanni Surya H.
CIMS UKDW



Nicholas Adriel P.
CIMS UKDW



Ardiningrum Srinarari
CIMS UMY



Naura Dalillah D.
CIMS UMY



Abdullah Rizky
CIMS UNISSULA



Naufal Aditya R.
CIMS UNISSULA



Bryan Naufal A.
CIMS UNS



Christopher Jonathan A.
CIMS UNS



Amanda Widyadhana
CIMS UNAIR



Ludwina Rouli H. S.
CIMS UNAIR



Gita Yunita P.
CIMS UNEJ




Mohammad Yudhi P.
CIMS UWKS



Farhan Irham H.
CIMS UGM



Lulu Qurrotu
CIMS UMP



At the heart of medical ethics is the recognition that every patient is a unique individual, deserving of respect, empathy, and the highest standards of care.



MAIN THEME SECTION

Digital Health Ethics



BIOETHICS:

Digital Health Ethics

by Andhika Putra D.

In the landscape of modern existence, digital technology has seamlessly integrated itself into the fabric of our daily routines.

From using smartphones to streamline tasks to the ever-expanding realms of health, the digital dimension continues to evolve.

Particularly in recent years, digital health initiatives have garnered significant attention and investment from both public and private sectors. **These initiatives aim to monitor, prevent, diagnose, and treat health-related issues across healthcare and public health domains.**

The breadth of digital health encompasses a spectrum of methods, including wearable devices, mobile health, telehealth, health information technology, and telemedicine.

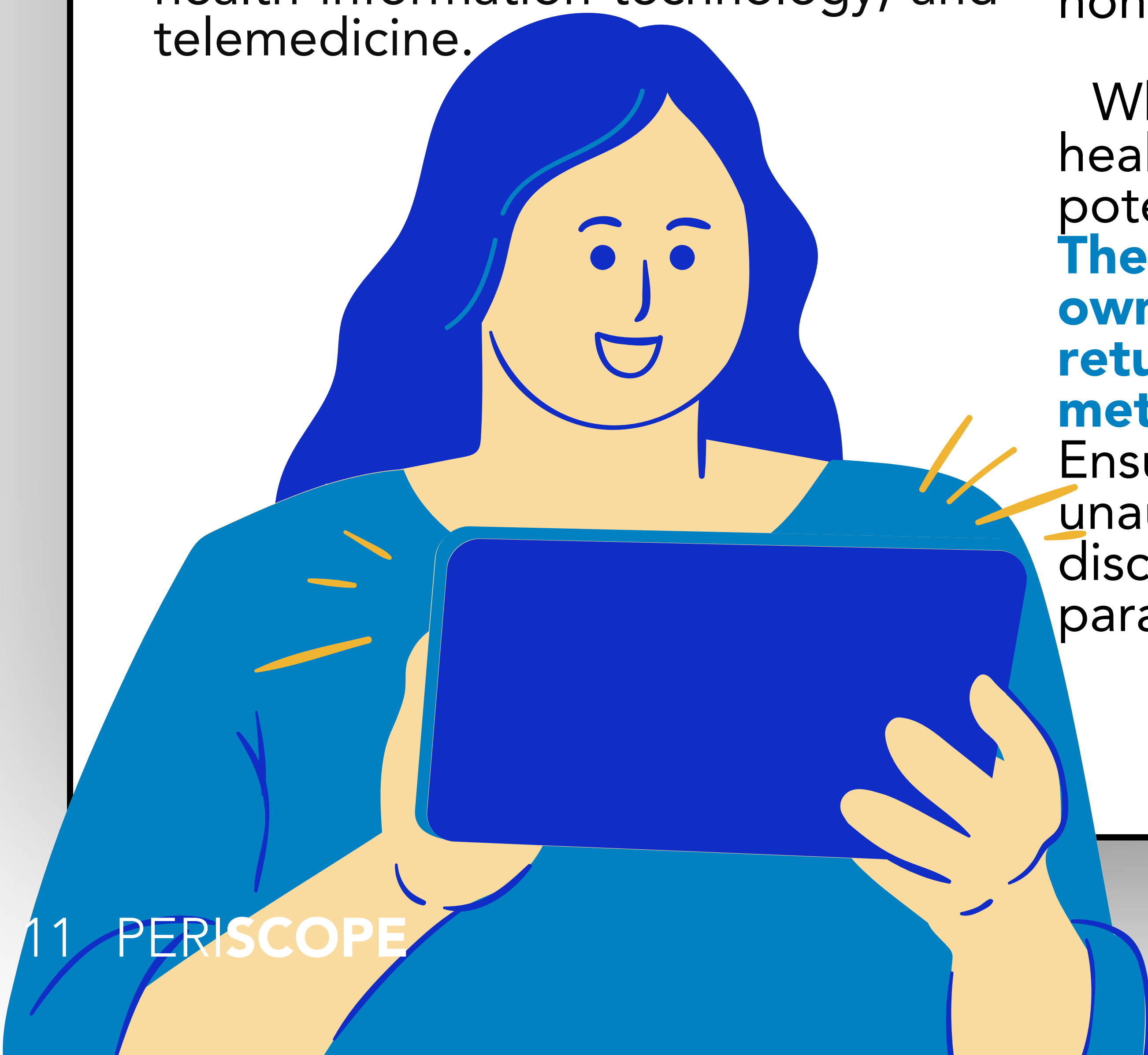
It's a multifaceted realm that not only holds promise for bolstering global health systems but also introduces a tapestry of ethical considerations.

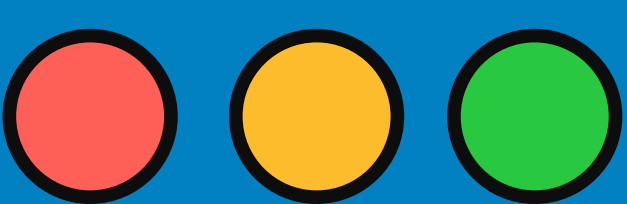
The ethical landscape within digital health spans various phases of technology usage, involving many stakeholders from medical and non-medical spheres, thereby necessitating novel approaches to governance.

Ethical challenges arise in securing data, ensuring access, maintaining ownership, and ethically disclosing results.

These concerns intertwine with privacy, confidentiality, discrimination, and the right to control personal information. The ethical quandaries embedded within digital health encompass the pillars of autonomy, beneficence, non-maleficence, and justice.

While the application of digital health technologies holds immense potential, ethical concerns are rife. **The storage, access, sharing, and ownership of data, as well as the return of results, demand meticulous ethical scrutiny.** Ensuring data security to prevent unauthorized access or discriminatory use becomes paramount.





Simultaneously, transparent and purpose-driven data access for stakeholders becomes an ethical imperative. Preserving patient dignity in healthcare delivery, especially in vulnerable situations, necessitates carefully balancing technological convenience and human-centric communication.

Scholarly discourse on the ethics of digital health largely falls into three categories: applying ethical theory, translating ethics for practice, and identifying ethical harms. These contributions delve into normative issues, translating ethical concepts into practical applications and delineating the ethical harms and challenges of digital health.

However, an overarching critique emerges regarding the predominant bioethical approach dominating the discourse, suggesting a need for a more comprehensive socio technical ethics framework. **This paradigm shift broadens the ethical discourse beyond the technology itself to encompass the socio-normative systems implicated by digital health technologies and their impact on communities.**

This approach emphasizes solidarity and social justice, aiming to create a world better for all rather than favoring only a few stakeholders. Amidst the ethical complexities, digital health presents a double-edged sword—offering opportunities to revolutionize healthcare systems while accentuating challenges related to access, literacy, and consent disparities.

It is incumbent upon all stakeholders, especially digital health providers, to ensure that ethical considerations are central to designing and implementing digital health interventions.

By prioritizing fairness, equity, and accessibility, digital health can evolve into an opportunity for all, fostering a world where healthcare is both technologically advanced and ethically grounded.

In conclusion, the ethical terrain of digital health beckons for a comprehensive and inclusive approach—one that not only champions technological innovation but also ensures that its benefits are equitably distributed, safeguarding the rights and dignity of every individual in this digital age.



EVENT REPORT

MEDICAL ST
INDON



STUDENT OF
INDONESIA

Individually, we are one drop. Together,
we are an ocean.

- Ryunosuke Satoro

APRM Asia Pacific Regional Meeting

by Ester Melati H. P. and Malika Nurbaiti D.

Mabuhay!

Asia-Pacific Regional Meeting is an annual meeting that brings medical students across Asia Pacific.

This year, this meeting was held by AMSA Philippines, which took place in Manila on 3rd -5th July 2023. There were 18 delegates from CIMSA Indonesia and more from all across the Asia Pacific, which made it more fun than ever!

From the 1st day we arrived in Manila, we enjoyed the welcome party they held, and it was super exciting-

because we could meet other delegates from other NMOs and enjoyed all the performances they provided.

Moving on to the 2nd day, we went directly to the Exchange Session and started it with an enjoyable introduction game. After that, we got training from all of the Exchange Trainers about 'How to be A Perfect Exchange Officer' and 'Intercultural Learning and Ethics in Exchanges.'

It was fun to exchange our thoughts with other SCOPE enthusiasts from other NMOs. During the training, we also had a session with SCOPH, where we discussed the Public Health Exchange.



And the one session we waited for was the Exchange Fair! The Exchange Fair is an event where every NMO presents their exchange activities, starting from how many LCs they have, their country's specialties in food or scenery, their culture, and what they do for social programs.

We proudly announce that we won 1st Place for the Exchange Fair agenda!!

After the Exchange Fair, we also had the Activity Fair and Cultural Night, which is, in my personal opinion, the best plan throughout the APRM because we got to show our culture to other NMOs as well as get to know other NMOs' culture!!

In conclusion, this year's APRM has facilitated collaboration and knowledge-sharing. As we disperse, let's carry the insights gained, connections made, and the inspiration to drive positive change in our NMO.

Gratitude to all who contributed—see you in APRM 2024!



August MEETING

by Ester Melati H. P. and Malika Nurbaiti D.

Namaste!

August Meeting is one of the international meetings held by the International Federation of Medical Students' Association (IFMSA). The General Assembly was born in New Delhi, India, from August 1 until August 7, 2023. August Meeting is the same as CIMSA national meetings. There were standing committee sessions with many activities inside them. We were very delighted to join all of the sessions in this General Assembly.

On the first day of arrival, we had a fantastic plenary session and welcoming party. At the opening of a plenary session, each NMO showed their song.



This was the best thing in the plenary session because we could hear each NMO's fascinating song. Next to the opening ceremony, we had a great dinner and met other delegates from across the globe. All of the representatives were wearing suits and dresses since its formal session. We had a fantastic time at the opening ceremony!

On the second day, we were in the SCOPE Session, which had 4 training sessions. In the first training, we were talking about SCOPE. It was an excellent start to the session because we learned better about SCOPE and then spoke about strategy lounges in SCOPE.

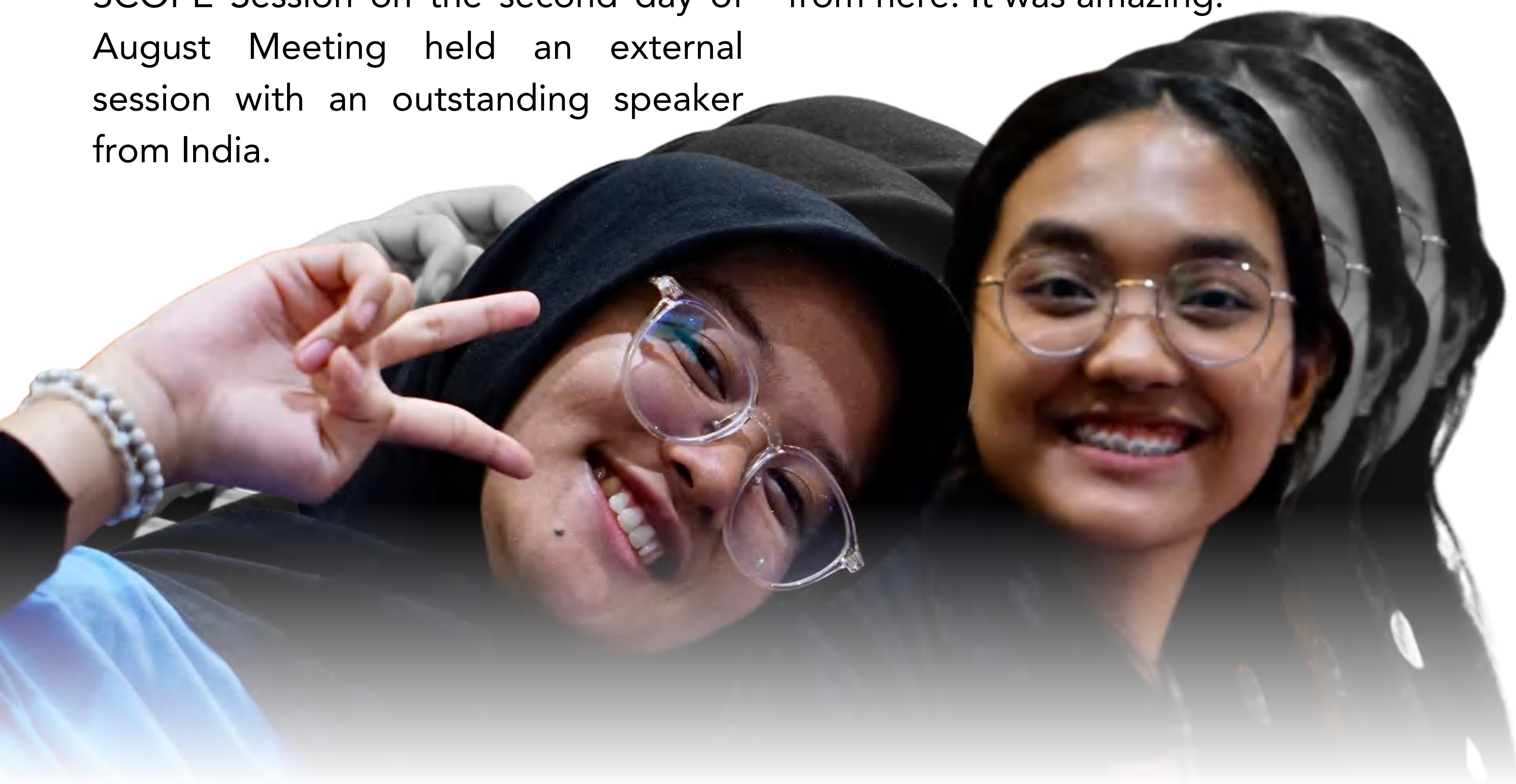
We were split into two different topics in the next training session. Those were about Professional and Research Exchange Training (PRET) and educational activities within an exchange. The last training session talked about either SCOPE Initiatives or Guide to Database. We enjoyed our first SCOPE Session!

Lunch after the first SCOPE session was yummy! They served an Indian dish for our lunch. We had an NMO hour to talk about the Candidates of Officials IFMSA. On that night, we had a cultural night session. It was a fantastic session because many NMOs showed their cultural things that night. Directly after it, we had **a National Foods and Drinks Party (NFDP).** We brought food from Indonesia. Of course, we didn't forget to get our essential food, Indomie! All delegates who came to our stand and tried Indonesia were in love with Indomie! We both also tried some foods from other countries. They had unique foods which had different tastes from us. We liked that night!

We were amazed that the second SCOPE Session on the second day of August Meeting held an external session with an outstanding speaker from India.

She brought up a topic about Initiatives for Safe Surgery and Anesthesia Globally. The second day of the August Meeting was closed with a plenary session. On the third day, we had a SCOPE Director and LSR Debate on the SCOPE Session. There were 3 candidates for SCOPE Director. Then, we had a plenary session for SCOPE. On the third night, we prepared for the Exchanges Fair the next day.

This day has come, the Exchange Fair! SCOPE and SCORE have already prepared many things, such as souvenirs, contracts, posters, exchange profile books, etc. We were proudly bringing our Exchange Program on SCOPE CIMSA to all of the delegates who came to Indonesia. We got lots of exchange contracts from here. It was amazing!



In a regional session, Asia Pacific, we held a plenary session to talk about APRM 2024. Thailand became the one who will host APRM 2024. We guess it would become a significant regional meeting. Then we attend the plenary session and social program, Indian Mela. It was an Indian Bazaar that offered a kaleidoscope view into India.

The 4th day of the August meeting was closed with the Rex Crossley Awards Gala which showed some fantastic projects from NMO worldwide, one being from SCORA CIMSA Indonesia.



On the last day of the SCOPE Session, also the last day of the August Meeting, we had a great, memorable time with other delegates. We took a lot of pictures together. We said to see you again with other SCOPE delegates because we ensure that we will meet again.

A closing ceremony was the last agenda for the last day of the August Meeting. Many people said goodbye to each other, and so did we. Until we meet again, IFMSA International Meeting!



The joy of life comes from our encounters with new experiences, and hence there is no greater joy than to have an endlessly changing horizon, for each day to have a new and different sun.

- Christopher McCandless





EXCHANGE STORIES

#WonderfulExchangewithCIMSA

Outstanding Exchange in INDONESIA

by Emilija Zimnickaitė
Surabaya, Indonesia

My internship in the dermatology department in Indonesia was an exciting experience that not only deepened my medical knowledge but also exposed me to the unique challenges and diverse patient populations in the region.

During this month, the internship provided invaluable insights into dermatology practice in a developing country, broadening my perspective on healthcare and cultural nuances. From the outset, I was welcomed by a team of dedicated and passionate dermatologists who were eager to share their expertise.



First Day!

The dermatology department, situated in a bustling hospital in Surabaya, served as a hub for patients seeking treatment for various skin conditions. The caseload was diverse, encompassing tropical infections, common skin disorders, and unique dermatological challenges prevalent in the Indonesian population. One of the notable aspects of my internship was the prevalence of infectious skin diseases.

Tackling tropical infections such as leprosy and fungal infections presented a distinctive set of challenges. It required not only a solid understanding of dermatological principles but also cultural sensitivity in approaching patients. The experience underscored the importance of adapting treatment plans to the local context and considering socio-economic factors that could impact adherence to medical advice.

Furthermore, I witnessed the impact of environmental factors on dermatological health.

The prevalence of skin conditions related to sun exposure, humidity, and environmental pollutants was higher than what I had encountered in more temperate climates. This exposure heightened my awareness of the need for public health initiatives promoting skin protection and education on the early signs of skin disease.

The language barrier proved a significant challenge, but it also became an opportunity for personal and professional growth. Learning some words in Bahasa Indonesia and Javanese allowed me to communicate with patients and colleagues, fostering a deeper connection with the local community and showing respect for their language(s). This experience underscored the importance of effective communication in healthcare, transcending linguistic differences.

I also enjoyed the various cultural aspects of my internship. I got to explore Indonesia's beautiful scenery and landmarks, such as the Borobudur and Prambanan temples and the Mount Bromo and Kawah Ijen volcanos.

I also tried many delicious dishes and fruits, such as nasi goreng, gado gado, dragonfruit, and durian. I made great friends with the locals and the other interns, who showed me the local sights, introduced me to the local cuisine, and gave me some invaluable tips.

In conclusion, my internship in the dermatology department in Indonesia was a multifaceted experience that enriched my medical education and cultural understanding. The exposure to a diverse range of cases, the emphasis on communication, and the necessity of adapting medical practices to the local context have left an indelible mark on my approach to healthcare. This internship deepened my passion for dermatology and instilled in me a commitment to culturally sensitive and community-oriented medical practice. I would highly recommend this internship to anyone interested in infectious diseases and dermatology while also getting to know the unique country in Southeast Asia.



Exchange Adventures in The Heart of LITHUANIA

by Farsya Putri Kamiko Fakhri
Vilnius, Lithuania

Hi! Let me introduce myself first - my name is Farsya Putri Kamiko Fakhri, but people usually call me Farsya. In July 2023, I participated in the IFMSA SCOPE Student Exchange Program in Lithuania. Before this exchange, I had no knowledge about Lithuania, but when I was reviewing my country options, I stumbled upon Lithuania and immediately fell in love with it.

If I had to describe the city that I was accepted in, Vilnius, in one word, it would be calm. Vilnius is the capital city of Lithuania, it is also the largest city there, yet the city is not too crowded.

On the first day, my CP and her friend, they took me EVERYWHERE! We went to a cafe, we walked around the city center, we bought some traditional food, and we went sightseeing. It was so fun and made a really good first impression of Lithuania to me.



First Day!

On the first day of the clerkship, I was so nervous because not all doctors knew English, and I was scared that I wouldn't be able to communicate well with them, but my CP helped me find my tutor. I was placed in the Pediatric - Surgery Department, and they were a special hospital for children, so I got separated from the other incomings that went to the main hospital. Honestly, my first day was kind of blurry and confusing because my tutor is the head of the Department of Pediatric - Surgery, and he is always so busy, so I was left with one of the residents there, dr. Geiste, but I managed to see 3 whole surgeries with her!

Honestly, my first day was kind of blurry and confusing because my tutor is the head of the Department of Pediatric - Surgery, and he is always so busy, so I was left with one of the residents there, dr. Geiste, but I managed to see 3 whole surgeries with her!

I really loved being at the hospital because the children's hospital is not too crowded, and the doctors and nurses were super kind and nice, so sometimes I like to stay a little bit longer there and interact with the health workers there!

Not only the hospital life that I get to enjoy but the social programs, too!!! There were actually 2 "official" social programs that were managed by the locals there. In the first week, we went on a seaside trip! And in the second week, we went around Lithuania. But besides those 2 trips, me and the other would go out every day, yeah, like every day!

We went to a museum, grabbed some coffee, went on a picnic, went to the lakes, went to some tourist attractions, went to a karaoke place, went for a walk, and played billiards. And there was always something that we did after our clerkship was done.

This exchange was an exciting and one-of-a-kind experience for me. Me and the other incomings exchange a lot of knowledge and insights with each other about our country's health systems, academic perspectives, politics, even public transportation, and many more! I realized that it was so different from one country to another, but that's the beauty of it! Would I join another exchange program? I WOULD LOVE TO if I have the opportunity and time in the future. I left Lithuania with a smile on my face and unforgettable memories



PROJECT CORNER



A group of approximately 20 students, mostly young adults, are posing for a group photo in a classroom or lecture hall. They are arranged in several rows, with some standing in the back and others sitting or kneeling in the front. The students are diverse in appearance and are smiling at the camera. In the background, a large projection screen displays the text "AL VISIT" in grey and "GION 3" in blue. To the right of the screen, a whiteboard is visible. The room has a grey wall and a blue carpet. A large, semi-transparent grey circle is overlaid on the right side of the image.

AL VISIT GION 3

A sense of community is indispensable for man. It is a determining fact in his life; it is a fact of nature and society.

- Jean Piaget

BASOPHIL:

Navigating Adolescence, Unraveling Beauty Standards in the Digital Age

by SCOPE CIMSA UNAIR

In a groundbreaking research article published in 2020 titled "Fear The Instagram: Beauty Stereotypes, Body Image, and Instagram Use in A Sample of Male and Female Adolescents," the intricate relationship between social media and body image standardization was explored. The study shed light on how adolescents perceive their body image under the influence of societal standards perpetuated through platforms like Instagram. **It highlighted the pervasive pressure on adolescents to conform to these unrealistic beauty ideals.**

In homage to World Bioethics Day 2023, SCOPE CIMSA UNAIR curated BASOPHIL, "Body Image and Social Media: Supporting Healthy Self-Perception among Adolescents", as an educational initiative reaching beyond the surface.

Positioned as an event transcending traditional boundaries, BASOPHIL delved into the application of bioethics in medicine and research. **Remarkably, it also tackled the nuanced influence of social media on adolescents' body perceptions, recognizing the need for ethical considerations in the era of digital dominance.**





The overarching goal was clear – to enhance knowledge, understanding, and ethical behavior concerning bioethical principles, especially in the context of social media's impact on body image.

The event featured an upgrade with topics on bioethics and leveraging online campaigns to raise awareness. Also, riveting talk shows addressed the pressing issues of 'Unraveling Ethics in the World of Social Media' and 'Self-Image in the Social Media Era: New Standards or New Burdens?'. A focal point of the event was the engaging focus group discussion, delving deep into the intricate interplay of bioethics, medicine, and the influence of social media on adolescents' body perception.

Participants actively contributed to the discourse, sharing personal experiences and perspectives, creating a rich tapestry of insights.

As the transformative experience of BASOPHIL concludes, it leaves us with a mission – to carry forward the gained insights. **The emphasis is not just on being aware of bioethical principles but also on actively striving to create a healthier digital landscape.**

By fostering awareness and encouraging ethical behavior, we can contribute to a shift in societal norms, creating an environment where adolescents feel empowered to embrace their unique identities without succumbing to unrealistic standards propagated by social media.

Together, we can pave the way for a future where the digital realm fosters positivity, inclusivity, and a genuine celebration of diverse body images.



PREBIOTHICS 4.0

SCOPE BIOETHICS DAY

by SCOPE CIMSA UNAND

Understanding bioethics is paramount for health professionals, particularly aspiring medical students like us, as it forms the foundation of our future engagements with the human body and individual lives. Proficiency in bioethics is crucial, ensuring that we approach our responsibilities with a solid ethical grounding.

World Bioethics Day 2023 provides momentum for us to address the emerging bioethical challenges accompanying technological development, especially the integration of Artificial Intelligence (AI) in the healthcare sector. In commemoration, we present PREBIOTHICS 4.0 (SCOPE Bioethics Day 4.0), an activity blending elements to explore bioethics and its constraints in AI Implementation in healthcare.

The activities include a social media campaign, an interactive quiz, and an open-to-the-public seminar. The series began with a social media campaign and an interactive quiz on October 19, 2023, aligning with World Bioethics Day. The campaign shared on Instagram stories of SCOPE CIMSA-BEM KM FK UNAND members and @cimsaunand reached 30 Instagram accounts.

Simultaneously, an interactive quiz on bioethics concepts engaged 45 Instagram viewers on the @cimsaunand Instagram account. Concurrently, a social media experiment video portrayed the perspectives of medical students on bioethics and AI use in healthcare. Interviews with 3 students from different cohorts gauged understanding levels. The video was aired on November 10, 2023, via CIMSA Unand YouTube account, currently gaining 100 viewers.

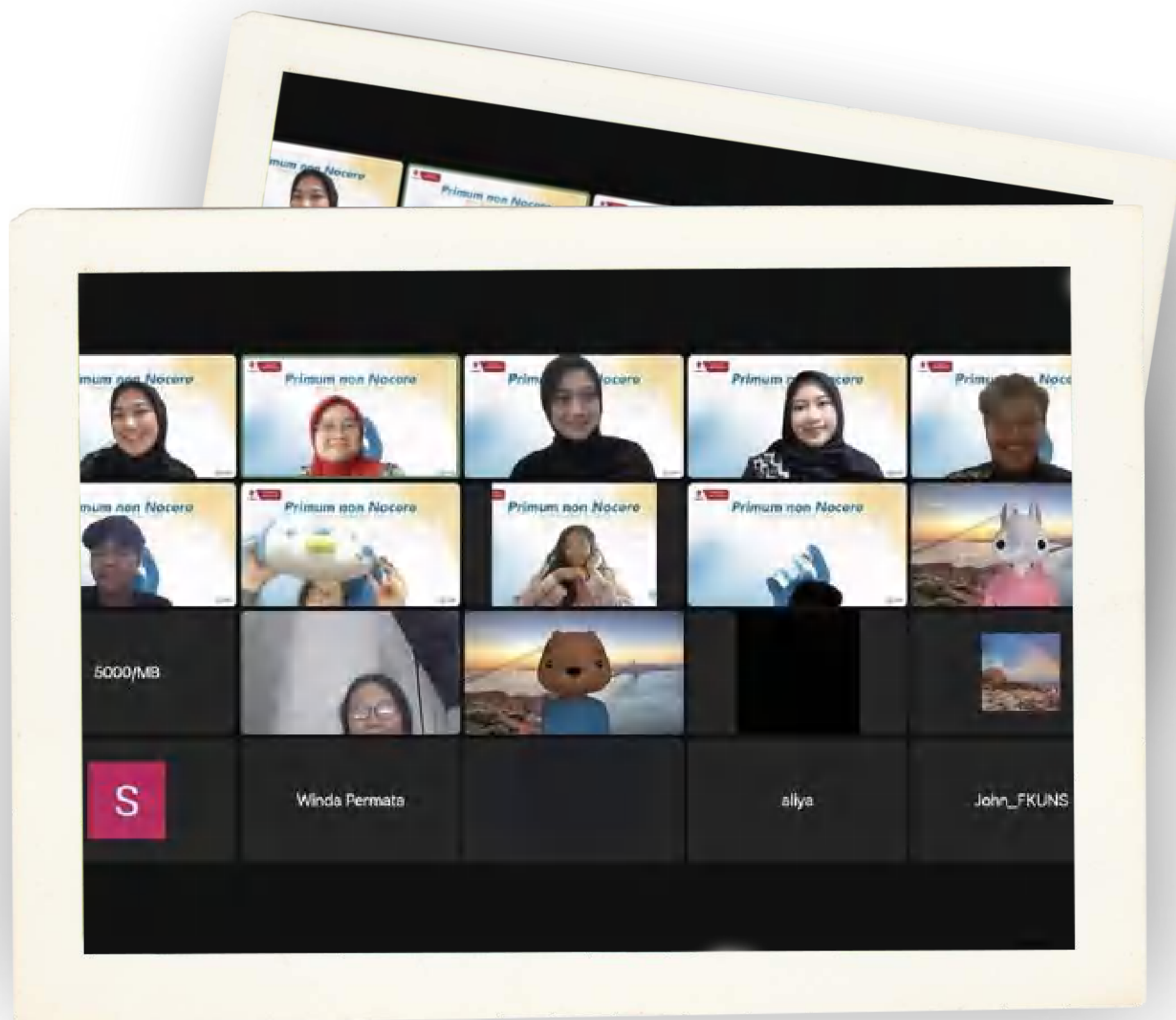
The main event featured the seminar, "PREBIOTICS 4.0 Seminar: The Bioethical Boundaries of AI Technology in Healthcare." Held in hybrid format on and offline, speakers included Raiqa Zakaria as Exchange Trainer from SCOPE CIMSA, Dr. dr. Roni Eka Sahputra, Sp.OT (K) SPINE, Chairman of IDI West Sumatera and Lecturer of Faculty of Medicine, Andalas University, and dr. Nur Azid Mahardinata of CBMH FK-KMK UGM. **Insights from expert speakers covered Basic Bioethics, Bioethical Boundaries of AI Usage in Healthcare, and an Update on AI in Indonesia's healthcare sector, followed by Q&A sessions.**

PREBIOTICS 4.0 provides a holistic platform to deepen understanding of bioethics and address critical questions on AI use in healthcare. Through this initiative, we aim to encourage people to think, engage in discussions, and bring about positive changes by using technology for the greater good.



PRIMUM NON NOCERE

by CIMSA UNS



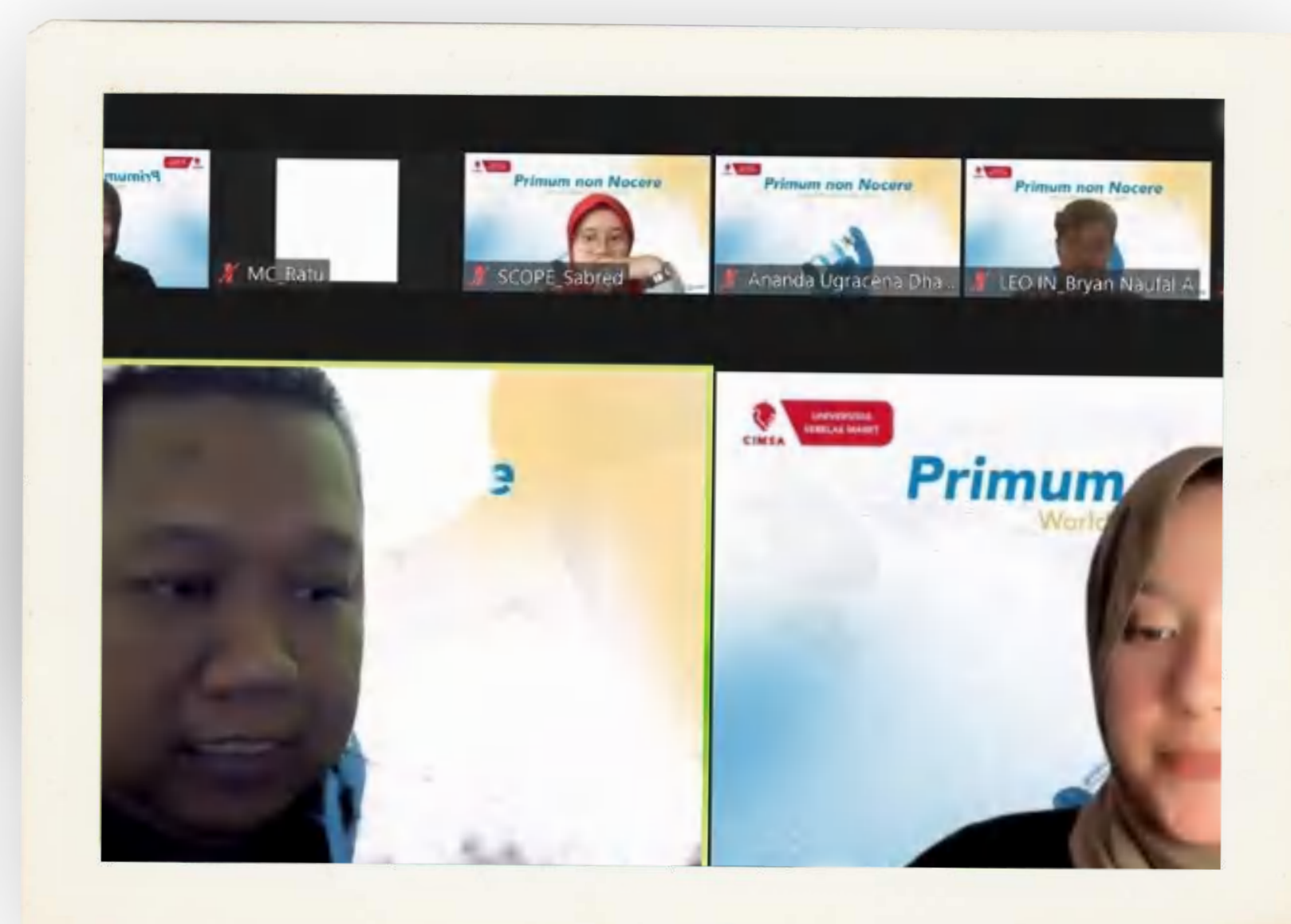
Primum Non-Nocere is an activity of SCOPE CIMSA FK UNS to celebrate World Bioethics Day, which is celebrated every October 19. The theme discussed at this year's WBD CIMSA FK UNS Celebration is "The Ethics of Digital Health: Navigating Social Media for Adolescent Well-Being."

This theme was raised because it appears that the public, particularly students, still have little awareness of the bioethical issues surrounding social media in adolescent health, as well as the knowledge and skills needed to be able to use social media responsibly and promote ethical decision-making and adolescent well-being the digital landscape, as evidenced by the results of the primary assessment conducted among medical students in Surakarta, which revealed that up to 20% of respondents chose the wrong answer regarding some aspects of the scope of bioethics.

Therefore, this activity was carried out to increase knowledge and awareness of digital bioethics topics and issues among active CIMSA FK UNS members, Indonesian medical students and the general public through webinars and campaigns that were measured based on an increase in pretest to post-test scores of 20% after holding the webinar for one day as well as a public poster competition with a minimum of 5 participants.

The Primum Non-Nocere activity series began with an open submission for a public poster competition and a BINGO campaign via Instagram stories of active CIMSA FK UNS members as well as public poster participants that will take place starting October 10, 2023.

Then, we continued with the main event, namely a webinar on October 21, 2023, on the theme "Digital Health Ethics: Navigating Social Media for Adolescent Well-Being," presented by Dr. Adji Swandono, S.H., Sp.F. as resource person and Funica Asri Rachmawaty as moderator.



The series of activities concluded with the announcement of the winners of the public poster and infographic competition, which was uploaded to Instagram CIMSA FK UNS on November 4, 2023.

This activity produced some significant results, including the successful holding of a webinar in which 29 people participated and the successful increase in the knowledge of webinar participants through the pretest and post-test by 40,53%.

Apart from this, there was also a BINGO campaign in which 27 people participated, including the participants of the public poster competition. The public poster competition had 6 participants. **This event had a tremendous impact and found interest among the participants.**



In the grand symphony of life, reunions are the crescendos that fill our hearts with gratitude and joy.





ALUMNI CORNER

Rifky Ramadhan

ALUMNI CORNER

dr. Rifky Ramadhan

Past Position in CIMSA:

- LEO for Incoming CIMSA Universitas Andalas (2017/2018)
- NEO for Incoming CIMSA Indonesia (2018/2019)
- Supervising Council CIMSA Indonesia (2019/2020)

Past Position in IFMSA: -

Hello, kak Rifky! How are you? What have you been busy with recently?

Hi SCOPEOPLE, I'm doing well. My current activity is as a general practitioner at Rumah Sakit Krakatau Medika

Can you tell us about your experience in CIMSA and IFMSA?

Several anecdotes exist about how CIMSA has made people better versions of themselves. These stories also came to me, and I am proud to write about my journey and experiences at CIMSA here.

I began my career at CIMSA as a Local Exchange Officer for Incoming CIMSA BEM KM FK Unand; the following year, I became a National Exchange Officer for Incoming and finished my time at CIMSA as a Supervising Council.

I can say that CIMSA took up the majority of my time during medical school, beginning with taking care of incoming people who came to Padang when I was a LEO, organizing incoming hosting, providing training to members, visiting new places through national meetings, and the Team of Official Meeting, and holding audiences with various external parties ranging from youth/student organizations, non-government/government organizations, and even the United Nations.

Among these, the audience at the Ministry of Tourism and Creative Economy and the Ministry of Education, Culture, Research, and Technology stood out for me. For me, this is a priceless asset that I would not have had if CIMSA did not exist.

What motivates you to be active in CIMSA and IFMSA?

Whenever I write a motivation letter for a CIMSA activity, I always include **"learn, earn, and return."** Yes, these three powerful phrases sum up my experience at CIMSA. I learned a lot of things through training and capacity building till I recognized the importance of CIMSA itself.

Then, **CIMSA provided me with education, a family, and various possibilities to grow** as a CIMSA member, a medical student, and a person, even now that I am a general practitioner.

I've seen more of the world than I ever imagined, met incredible individuals from all over the world, and realized that the more I gain, the more I have to give. These factors motivate me to be active in CIMSA.

Can you tell us about your international meeting experience with SCOPE?

My first and final international meeting is the IFMSA General Assembly March Meeting 2019, Slovenia. Being a SCOPE CIMSA Indonesia representative is an honor and a responsibility. It was a wake-up call for me.

Each session was elegantly presented, providing **the opportunity to meet excellent speakers from all over the world and learn about cultural variety** through a national food and drink party. One of the SCOPE sessions at the time was "NMO Exchange Glory," where I was the SCOPE CIMSA representative and could present "Weekend Exchange Training" as one of the five selected SCOPE activities.

I can say that I thoroughly loved each of the scope sessions at GA, and I received an award for being the Best Participant in the Scope Session of the IFMSA General Assembly March Meeting 2019 in Slovenia.

Do you think having an international exchange is beneficial? If yes, why do you think it does?

Exchange, in my opinion, is a priceless and life-changing event. **We may widen our perspectives, learn more about another country's health system, and learn about cultural differences by participating in an exchange.** I spent year after year contributing to the management of the SCOPE exchange, and I think it was a great mistake for me not to participate in the exchange itself. To cut a long tale short, I was allowed to complete my exchange in Poland, but I could not attend because of the pandemic.

Any words or advice for SCOPEOPLE?

Dear SCOPEOPLE,

Being a CIMSA member means you are ready for life's beautiful adventures, to begin a new life, to enrich your mind, and to broaden your knowledge. SCOPE is eagerly awaiting your contribution! Have fun and relish your SCOPE experiences!



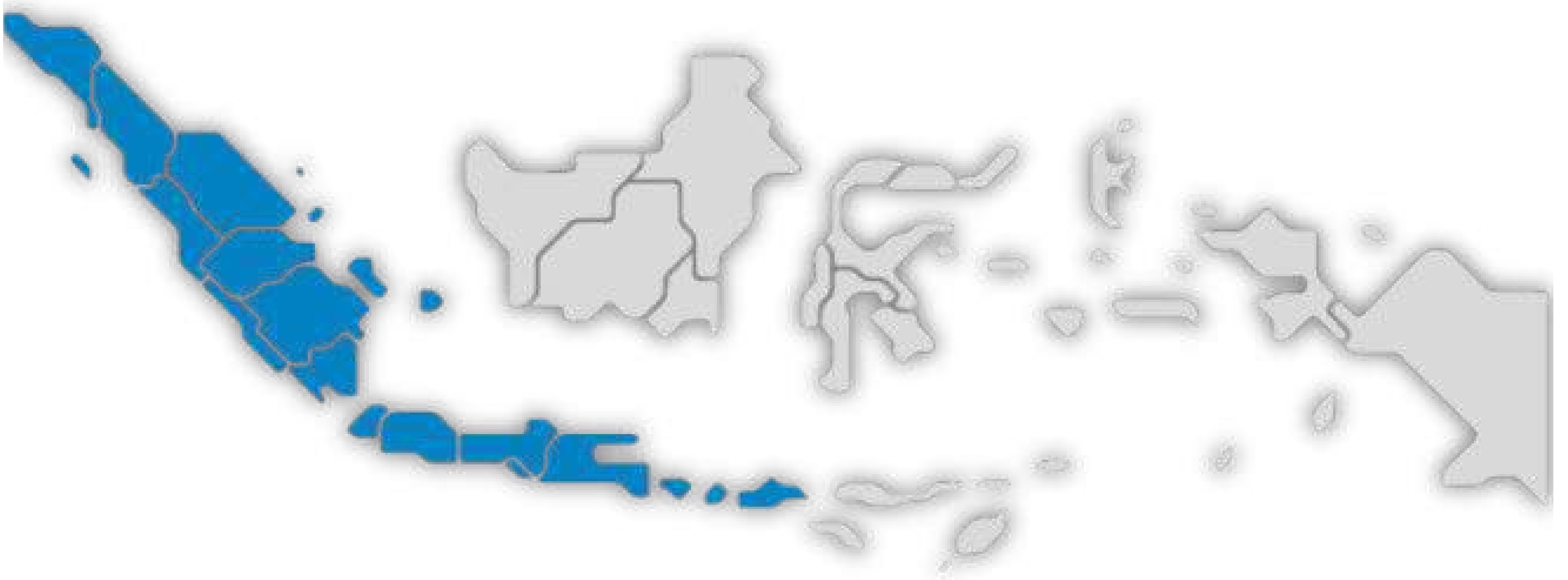
SCOPE

Locals

SCOPE CIMSA has grown to 17 LCs nationwide now, concentrated mostly in Java and Sumatera.

SCOPE CIMSA is constantly growing and looking forward to empowering even more Indonesian medical students in exchange programs.

UNIVERSITAS SYIAH KUALA
UNIVERSITAS ANDALAS
UNIVERSITAS RIAU
UNIVERSITAS INDONESIA
UNIVERSITAS PELITA HARAPAN
UNIVERSITAS ISLAM NEGERI SYARIF HIDAYATULLAH
UNIVERSITAS PADJADJARAN UNIVERSITAS GADJAH MADA
UNIVERSITAS KRISTEN DUTA WACANA
UNIVERSITAS MUHAMMADIYAH YOGYAKARTA
UNIVERSITAS SEBELAS MARET
UNIVERSITAS ISLAM SULTAN AGUNG
UNIVERSITAS MUHAMMADIYAH PURWOKERTO
UNIVERSITAS JEMBER UNIVERSITAS BRAWIJAYA
UNIVERSITAS AIRLANGGA
UNIVERSITAS WIJAYA KUSUMA SURABAYA



FIND US ON



INSTAGRAM

[@scopecimsa](#)



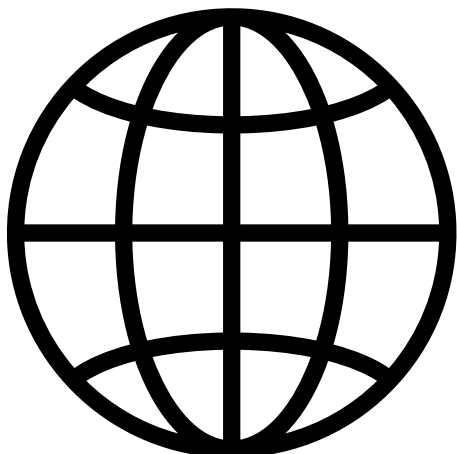
TWITTER

[@scopecimsa](#)



FACEBOOK

[SCOPE CIMSA](#)



WEBSITE

scope.cimsa.or.id



SPOTIFY

[SCOPE CIMSA Indonesia](#)



YOUTUBE

[SCOPE CIMSA](#)



ISSUU

[SCOPE CIMSA](#)



PERISCOPE

13TH EDITION



SCOPE
Professional Exchange