



13TH EDITION - VOL. 2

PERISCOPE

A MAGAZINE PUBLISHED TRIANNUALLY BY **SCOPE CIMSA**



Main Theme

Navigating the Debate on
Universal Health Care, with a
Glimpse at Indonesia's Journey
by Nadia Pranasiwi

Exchange Stories

Egyptian Mosaic A Tapestry of
Cultural Exchange
by N. Mohabbath Zikrullah S. M.

Project Corner

TREATS
by CIMSA FK UNPAD

Alumni Corner

dr. Farhan Mari Isa

STANDING COMMITTEE ON PROFESSIONAL EXCHANGE

about us



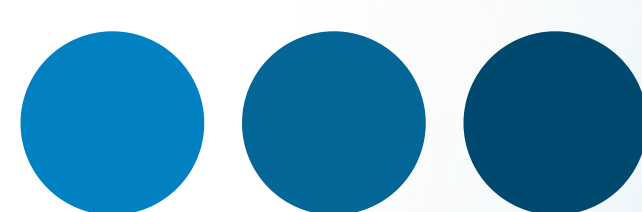
Center for Indonesian Medical Students' Activities (CIMSA) is a non-profit and non-governmental organization independent, nationalist, non-political, and non-partisan with activity-based programs. CIMSA consists of 6 standing committees related to health issues: sexual & reproductive health and rights 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 extend a warm welcome to you as you embark on a journey through the pages of **PERISCOPE 2.0**. Within these covers, you will find a treasure trove of insights, experiences, and reflections stemming from the rich tapestry of recent activities carried out by SCOPE Local Committees during this 2nd 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.

In this **PERISCOPE 2.0**, you will come across a main theme story, Navigating the Debate on Universal Health Care, with a Glimpse at Indonesia's Journey, various activities reports from SCOPE Local Committees in the 2nd period, mesmeric exchange stories, both from our incoming and outgoing, and also noteworthy insights from our SCOPE alums at the Alumni Corner.

The **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.

We are thrilled to present in this issue the amazing projects that have been crafted with great intricacy by SCOPE CIMSA locals in the second period.

This volume of **PERISCOPE** not only offers valuable insights into the exceptional nature of our local activities but also includes interesting exchange stories from our beloved incomings and outgoings. We hope that the information presented can broaden readers' perspectives, especially those who aspire 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

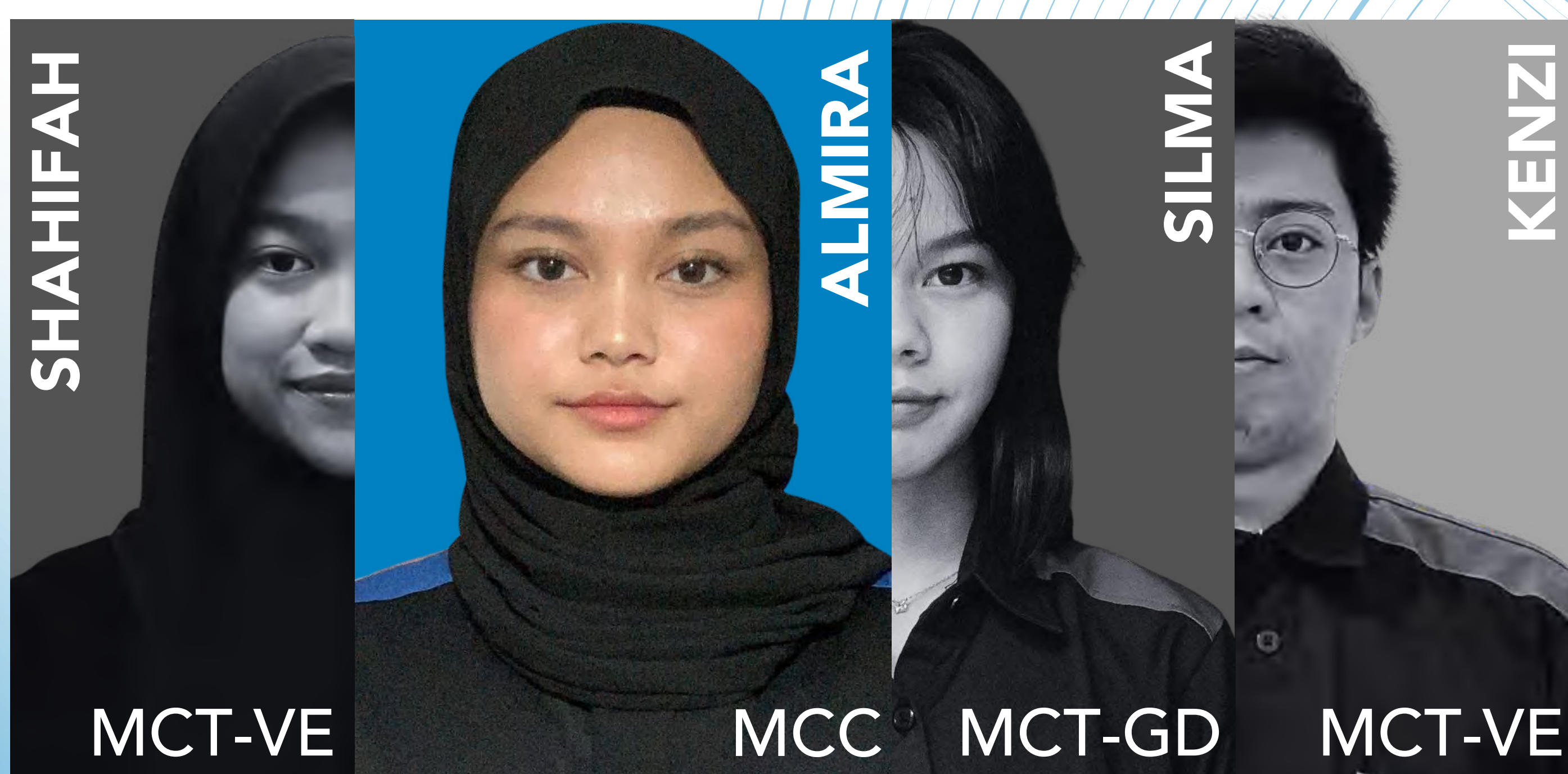


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A 2023/2024



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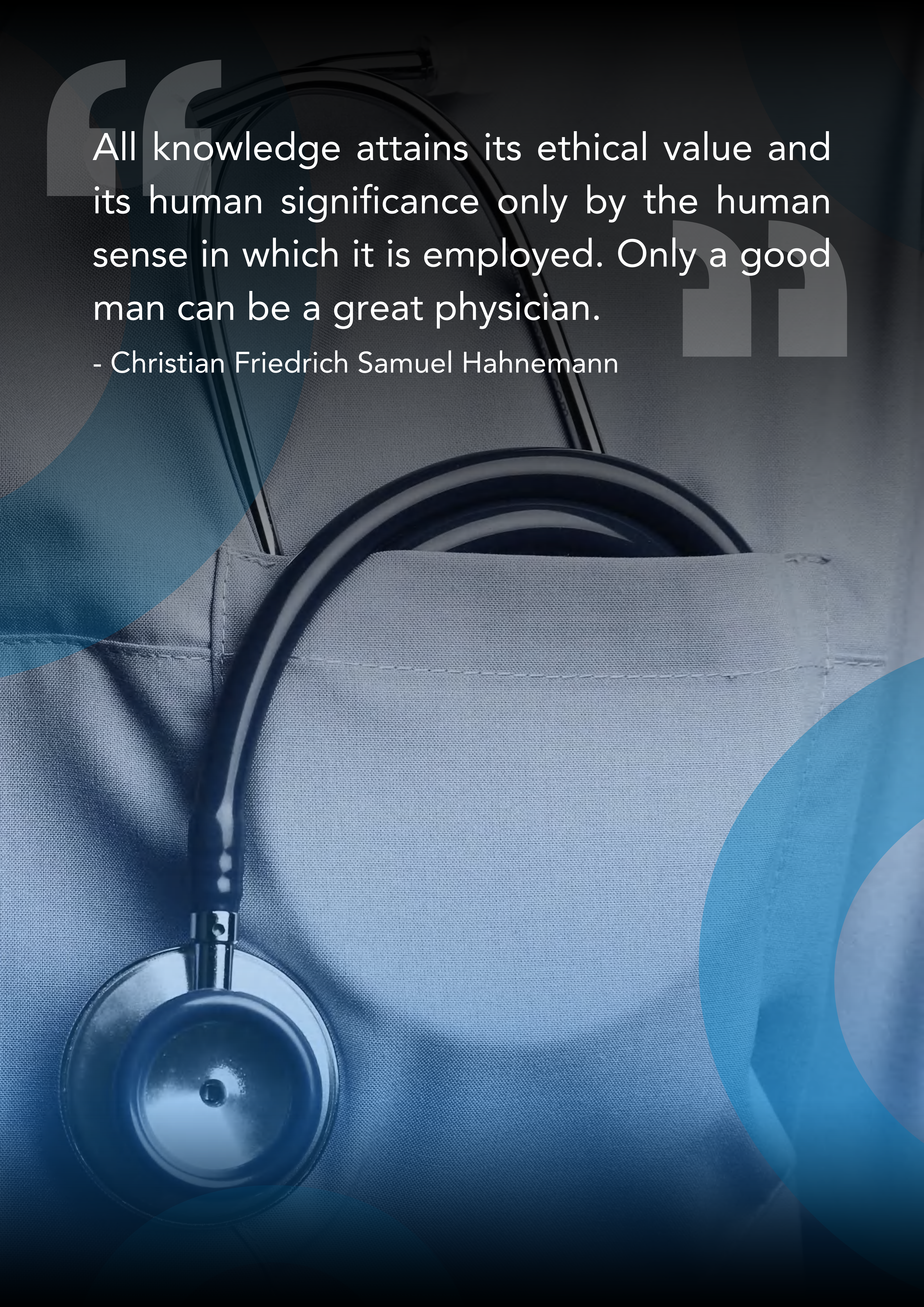
Mohammad Yudhi P.
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Farhan Irham H.
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All knowledge attains its ethical value and its human significance only by the human sense in which it is employed. Only a good man can be a great physician.

- Christian Friedrich Samuel Hahnemann

MAIN THEME SECTION

Universal Health Care



Navigating the Debate on **Universal Health Care** with a Glimpse at **Indonesia's** Journey

by Nadia Pranasiwi
SCOPE CIMSA UGM

Universal health care, a system where all residents have access to quality healthcare without experiencing financial hardships, has sparked spirited debate for decades. Proponents hail it as a human right, emphasizing its potential to improve health outcomes for everyone, while opponents raise concerns about cost, efficiency, and potential waiting times.

At its core, **universal healthcare aims to remove financial barriers to healthcare access.** This can alleviate financial hardship associated with medical bills, encouraging preventative care and early intervention. Proponents argue that healthier populations contribute more to the economy and enjoy improved quality of life. Additionally, they point to successful implementations in several countries, citing lower infant mortality rates and higher life expectancies.

Thus, UHC is a symbol of a **government's dedication to enhancing the well-being of all of its residents** and offers a means of bringing global health, the battle against poverty, and the reduction of social injustice altogether.

However, **concerns regarding cost and efficiency remain central to the debate.** Opponents argue that government-run systems lack competition, leading to increased wait times and potential shortages of resources. They also express concerns about rising costs and the potential burden on taxpayers. Additionally, some worry about potential government control over healthcare decisions and limiting patient choice.

The debate around universal healthcare is complex, with valid arguments on both sides. Evaluating existing systems, considering cultural and economic factors, and fostering open and informed dialogue is crucial before making significant changes.

Ultimately, the decision rests on carefully weighing the potential benefits and drawbacks within the specific context of each nation.

Indonesia's journey with JKN, its national health insurance scheme launched in 2014, offers a model of UHC implementation's complexities. One of the objectives of JKN was to **enhance equitable access to health services across the country without putting people in danger of poverty**, in line with the WHO's vision for UHC. The rapidly growing scheme reports over 220 million participants by 2020, making it one of the largest single-payer schemes in the world. However, the registration of individuals may not directly translate to actual "coverage" due to the limited provision of health care.

While having 80% of the population enrolled, the program continues to navigate challenges and adaptations. Supporters highlight its **success in reducing financial hardship due to medical bills and enabling access to essential healthcare services for many**.

On the other hand, critics raise concerns about the program's financial sustainability and vast differences in the availability of excellent healthcare services throughout socioeconomic and geographic groups. For instance, health outcomes are lower among those with the lowest wealth in rural areas and many provinces in Eastern Indonesia. Critics point to overcrowded hospitals, limited access to specialists, and bureaucratic hurdles within the system. Additionally, **concerns regarding long-term financial stability remain persistent**, with discussions ongoing about revising premium structures and optimizing resource allocation.

Despite these challenges, Indonesia's experience serves as a valuable case study. To ensure equitable access, quality care, and financial sustainability – crucial aspects for any successful UHC program, manifold recommendations include modernizing health facilities, expanding health facilities across the country, redistributing health staff to remote areas, and stepping up disease prevention and health promotion. As Indonesia strives to refine its JKN program, its journey offers valuable insights and lessons for other nations embarking on similar paths toward universal healthcare.

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

Sunda and Its Amazing JOURNEY

by Saida Alkhateeb
Bandung, Indonesia

Halo Indonesia!

My name is Saida Alkhateeb from Sudan, and I am a passionate clinical year student who had the pleasure of participating in this exchange program season in Indonesia. I applied at the start of the year to do my exchange in general surgery as the specialty. I am highly interested in a country which Indonesia was amongst! I wanted to go exceptionally out to explore the health system in Indonesia. Besides, I've always wanted to visit Asia, and I am happy this experience was my portal after my country went through war for the past eight months. I wouldn't have made it without the support from my family, fellow Sudanese diaspora, and working part-time to make this accurate for me. I aspire to be a potential surgeon this experience just add up to my journey of development to reach this ultimate goal.

My journey started precisely three days before the arrival time, considering my country status. I had to flee several countries to transit to Indonesia, which took 72 hours of traveling! It was beneficial to connect with the host contact person and the team behind as they provided thorough details on transportation options, recommendations, and pick-up, which were much needed.

It just felt like home to have them backing us up. We stayed in a dorm near the hospital. It is pretty near, for us obviously, as everyone else would take a motorcycle or a car however we walked, which was fun and got us to know the area even more.



My first day at the Hassan Sadikin Hospital was exciting. I met with our tutors and was warmly greeted by other staff, showing support and readiness to help facilitate our experience. I believe Indonesia's national hospital system and medical education are similar to Sudan's with view differences.

In Hassan Sadikin, the facility itself was different and new, and I liked how the staff worked in harmony and responsibility. I had the chance to stand near scholars and consultants from the hospital who were skillful and knowledgeable. With my educational level, I had the barrier of being part of surgeries, but I learned a lot through observation and had the chance to participate in minor surgeries.

I rotated all departments in surgery and settled for the last two weeks in the digestive department. I found it interesting how the country's epidemiology shapes the significant number of hospital patients. Culturally wise, people tend to be helpful and practical. I am faced with respect and understanding with all that I come across.

My biggest challenge was the food. However, it was great to experience padang, Sundanese, and street food. My favorite meal would be Rendang and kamang sari. I also find it amazing how people respect each other and the way of greeting senior or elderly people.



The most exciting part of my experience was working closely with the residents in managing patients and learning together, attending night shifts. Be part of emergency response, and the most important is following the morning reports as I consider them a crucial part of knowledge and experience transfer from one generation to another among doctors and consultants.

Indeed, I would like to say "Terima Kasih" to Mutia, the LEO, her team, and the contact person who were always there to support us and lend a hand by creating the best cultural experience through the social program where we visited delightful places amongst the Orchid Forest as one of my best views and refreshing places. I would also like to thank Dr. Reno and Dr. Euis for their tremendous support, not forgetting the champion residents who were always there making sure we got the best experience out of our hospital stay.



EGYPTIAN MOSAIC

A Tapestry of Cultural Exchange

by N. Mohabbath Zikrullah S. M.
Benha, Egypt

IFMSA Exchange has been an unforgettable experience for me. I chose Egypt and went there in July 2023. Egypt is a country with thousands of histories and stories. I chose Egypt because it was suitable for my first-time exchange experience. From the medical side, Egyptians have studied medical science from ancient times, especially anatomy and surgery. From the practical side, Egypt is a Muslim country, so I don't have to worry about my daily life and the halal food there. And from the cultural and social programs side, Egypt has an Arab culture that I want to know more about, especially the famous destination, the pyramids.

To make the exchange experience perfect I tried to prepare everything I needed before traveling to Egypt. Not only pre-departure preparation (visa, plane ticket), it is also crucial to find information about the destination country, such as the season, the state of the city, the clothes that should be used, information about where to live, the estimated costs needed for one month, and the items needed to do the exchange there.

I chose the General Surgery department at Benha University Hospital. I chose General Surgery because I was interested in the subject, and wanted to learn more and see different types of surgery. Entering the operating room, especially in another country, is an extraordinary experience. During the exchange program, I saw various kinds of surgeries, examinations at the clinic, patients wound management, attended MDT (an activity to plan treatment and therapy for patients), and attended workshops on how to suture wounds.



During my one month there, I was accompanied by a very good local committee and exchange team. They help me through the whole exchange activities. I couldn't ask for more from the Benha exchange team, the people there are very kind and considerate, they are perfect!

Making friends with other incomings is one of the best things about this exchange. This month, Benha local committee has 8 incomings, including me. Coming from different countries and cultures, we got to know each other and spent time together. This one month has changed us, who initially did not know each other, to become as close as a family. From them, I learned that the world is vast, and there are many new and unique things out there, including medical science.

The Pyramid



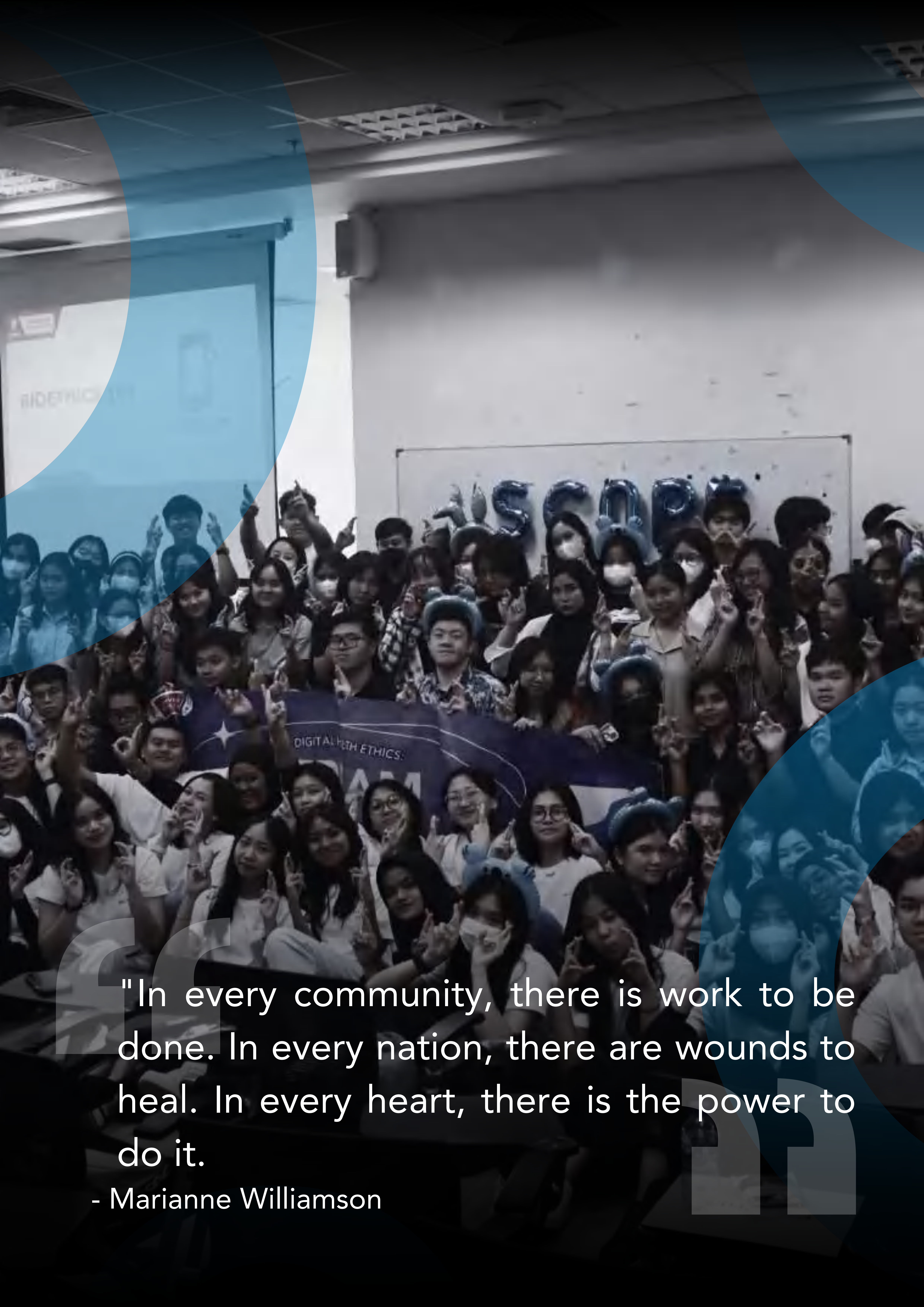
The social program is the best thing here. We went to different cities and visited different places. Starting from Cairo, Alexandria, Marsa Alam, Luxor, and Aswan. I learned a lot about the history of ancient Egypt and its culture. Here, I also spend a lot of time chatting and exchanging ideas with other people, with other incoming or with Egyptians. The National Weekend at Marsa Alam is one of the best social programs, meeting more than 70 incoming people from all over Egypt is an unforgettable memory for me!

Overall, the exchange program is a golden opportunity to gain valuable experience. There are many new things to learn in this country. Meeting colleagues in medicine from different backgrounds and cultures and exchanging ideas is one of the things that can be obtained from this exchange program. Thank you IFMSA, CIMSA, and SCOPE for this great opportunity!



2ND PERIOD

PROJECT CORNER



"In every community, there is work to be done. In every nation, there are wounds to heal. In every heart, there is the power to do it.

- Marianne Williamson

SANITY

Investigating The Genetic Modification Controversy

Knowledge of genetically modified crops is growing. These developments are expected to solve various problems in terms of clothing, food, and shelter that conventionally cannot contribute optimally. Various social, economic, environmental, health, political, religious, ethical, and legal issues of genetically engineered products arise along with these technological advances. A study called bioethics elaborates on these issues. SCOPE and SCORE CIMSA FK UIN SH facilitate an event in order to familiarize the principles of bioethics in conducting research. Through the SANITY (Investigating The Genetic Modification Controversy) seminar, it is expected to provide an overview of the basics of bioethics and raise awareness about bioethics, especially in experimental animals.

For the participants, it was from SMAN 8 Tangerang Selatan and Madrasah Pembangunan UIN Jakarta which amounted to 12 people.

The event was divided into two sessions. The first session was held by dr. Putri Nurbaeti as a speaker for a topic about bioethics and genetic engineering and the next session was focus group discussion for the highschool students. On the topic we thought about how to respect the subject (patients and research resources) first and then about the key points of bioethics which are respect of person, beneficence, and justice. For the research side, we got to know about the results of experiments in genetic engineering, one of them is vaccines.



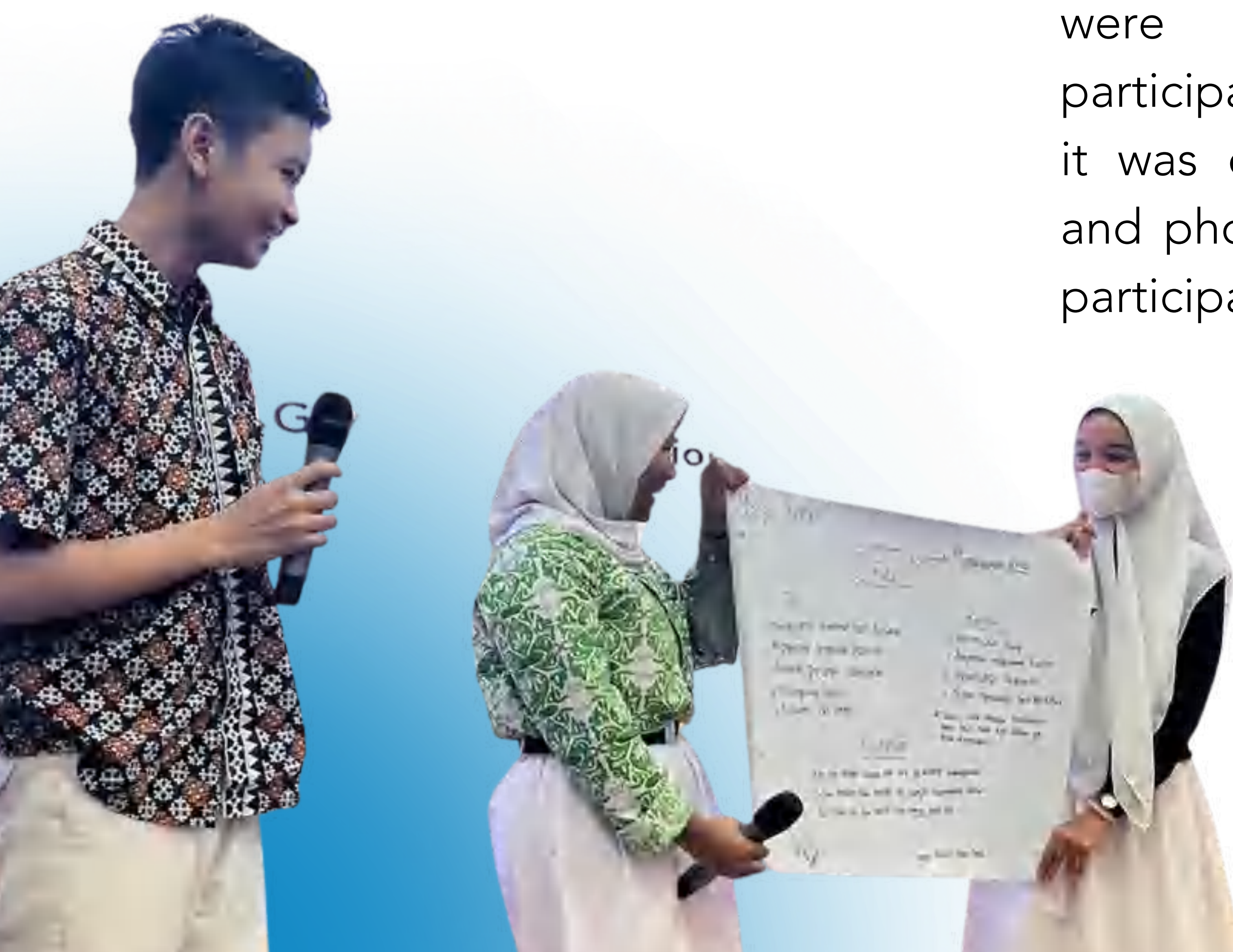


After the material to make participants even more excited was held ice breaking and games together, the games were to connect song lyrics and guess pictures which very very made participants fun and followed it with laughter.

After that, an FGD (focus discussion group) was conducted for the participants to help participants repeat the material given by dr. Putri Nurbaeti. Before the material is pretested, first to find out how far the knowledge of the participants about bioethics and the

material is finished, a posttest is carried out as a retest of the material that has been delivered.

Based on the assessment report, it can be concluded that SANITY activities in commemorating World Bioethics Day are very important and beneficial for the participants, especially for participants who will carry out research later. The results of the participant's posttest can be concluded very well because it has an **increase of more than 90%**, 94/100 for average post-test and 41/100 for average pre-test. The participants were very enthusiastic about participating in this event, after which it was closed by giving certificates and photos with the committee and participants.



TREATS

Bioethics for the Welfare of the Health Workers

by SCOPE CIMSA FK UNPAD

When carrying out medical procedures, it is essential to consider the principles of medical ethics as a basis. Even though the medical intervention carried out is following the standards of the medical profession, the potential risk of injury or even death is challenging to avoid. Many incidents occur in society when doctors carry out their duties as professionals in medical practice, such as medical intervention errors (iatrogenic) and Malpractice, which are problems in the medical world.

Based on data contained on the Unissula repository page, there were 317 cases of suspected malpractice during the period 2006 to 2015 that were reported to the Indonesian Medical Council (KKI). From 2016 to 2023, many malpractice cases are still occurring in Indonesia.

Apart from these problems, ethical problems often arise because the involvement of doctors and patients is still paternalistic. The impact of this view is that patients always follow the doctor's advice, and if an error or negligence occurs, the patient blames the healthcare providers, including the doctor.



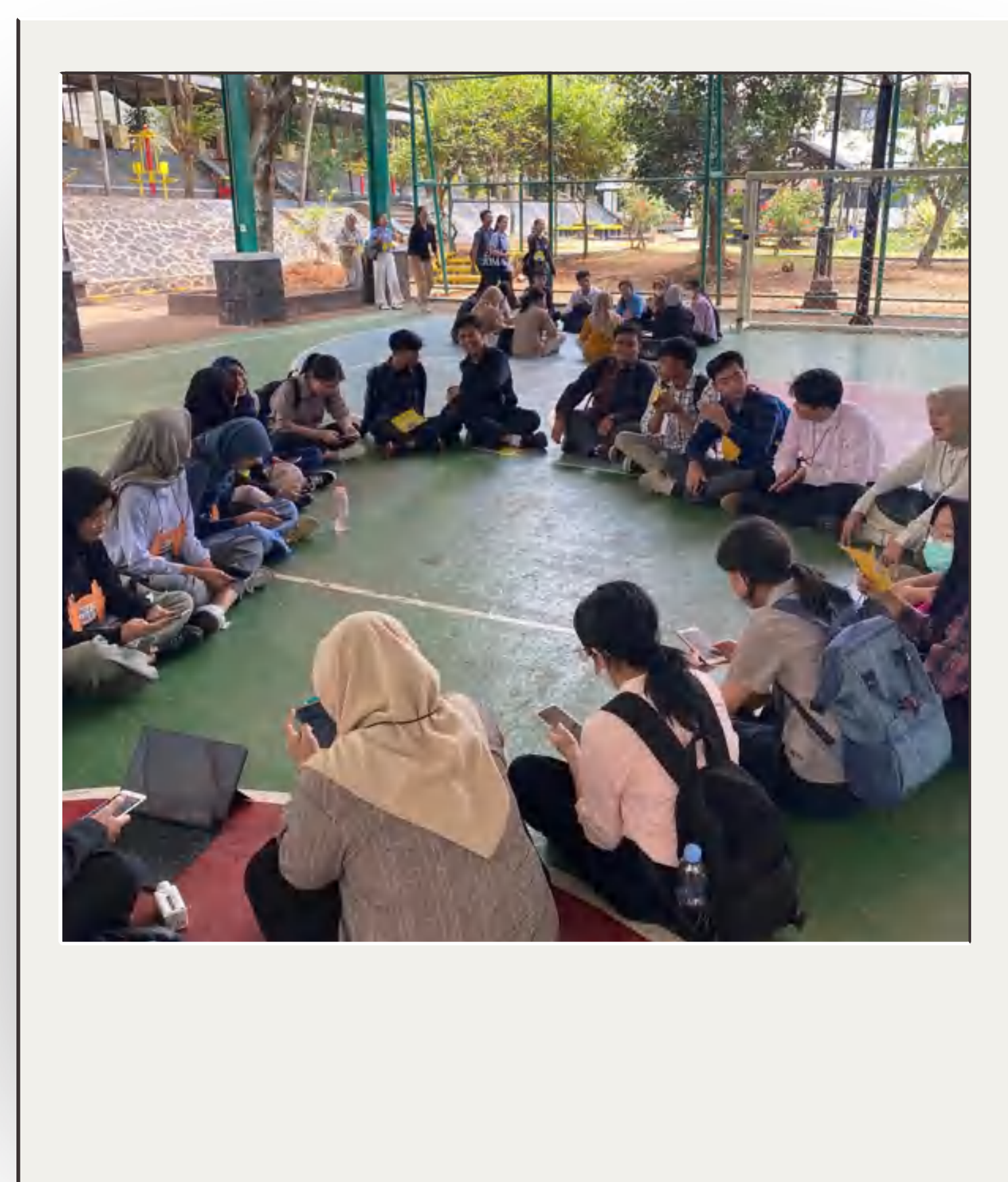
Dr. Peter, Chair of the Indonesian Bioethics Forum, gave an example in the case of the medical world.

Currently, society's demands are higher. In the past, people said what doctors said. Now, people can raise objections, and patients have the right to choose their treatment options. "Patients can now make demands, and doctors must obey the patient to find a way to fulfill the patient's wishes, but treatment can still be carried out, and the disease can be cured. Now, the patient is a subject, not an object anymore. The patient is above the one who was previously under the doctor. "Bioethics is what reverses the patient's function," he explained.

In this condition, the ability to argue clinically and morally is needed.

Clinical considerations are essential for doctors to be able to practice according to the latest science and are in line with Medical Service Standards. In contrast, clinical ethical considerations are necessary to ensure that the actions taken do not violate the noble values of the profession and always prioritize human dignity. This underlies the importance of clinical ethics skills for doctors and other health workers.

Therefore, SCOPE CIMSA FK Unpad participated in celebrating World Bioethics Day through Treats with various interventions, starting from national debate competitions, seminars, and case-based discussions, which were part of the cadre series for new FK Unpad students, namely the Aksajendra Guidance Period.



WMSA OCTOBER MEETING
OCTOBER 18TH-21ST 2012 AT UNIVERSITAS
Future Doctor's Role
We are each other's harvest; we are each
other's business; we are each other's
magnitude and bond.

- Gwendolyn Brooks



ALUMNI CORNER

Farhan Mari Isa

ALUMNI CORNER



dr. Farhan Mari Isa

- LEO Outgoing CIMSA FK Unsyiah 2011/2012
- NEO Outgoing CIMSA Indonesia 2012/2013
- IFMSA-SCOPE Regional Assistant for Asia Pacific 2013/2014
- IFMSA-SCOPE Director 2013/2014
- IFMSA Regional Director for Asia Pacific 2015/2016

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

Hey CIMSA, I'm doing pretty well, thanks! And you? My plate's been quite full recently with gearing up for my next big study adventure – it's still a secret though, haha. It's something I've been dreaming about for ages and finally have the chance to dive into.

Besides, I'm in the middle of wrapping up my MBA, fingers crossed to finish it soon. Because of all this, I'm on a break from my clinical practice. But hey, I've been keeping myself occupied by whipping up health education content for social media – aiming to make learning about health fun and accessible for everyone.

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

Of course! I was part of CIMSA and IFMSA for a solid six years, from 2011 to 2017. It all started with me joining SCOPE at my uni, and from there, I kinda climbed the ladder – from LEO to NEO, then Regional Assistant, and finally, I got to be the SCOPE Director. After that, I took a slight turn to focus on helping out the Asia-Pacific region as the Regional Director for AP. **It was a heck of a ride, but totally worth every moment.**

What motivates you to be active in CIMSA and IFMSA?

The journey through CIMSA and IFMSA was a game-changer for me, bringing in tons of experiences, knowledge, and some pretty amazing connections. Jumping into the fray opened up opportunities I wouldn't have had otherwise – it kinda shaped me into who I am today.

In CIMSA, I met a bunch of medical students from all corners of the country, who turned into lifelong friends. And these aren't just any friends – they're the kind that can really turn your life around for the better. IFMSA was no different; it broadened my horizons and introduced me to a world of possibilities. So yeah, **it was more than just the learning and activities; it was the incredible people I met along the way that made all the difference.**

Can you tell us about your exchange experience with SCOPE?

Oh, that was epic! I did my exchange in Prague, Czech Republic, with the Cardiology department back in winter 2016. Dragging myself to the hospital in the cold was a bit of a challenge, not gonna lie. But, all in all, it was an unforgettable experience. **I got to hang out with the local students, became friends with them, and learned a ton from an awesome professor during my stay.** Plus, being close to countries like Austria, Slovakia, Slovenia, and Poland meant I could jet off to explore new places on weekends. Absolutely loved it!



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

Absolutely, without a doubt. These exchange programs are a treasure trove of experiences. **They not only give you a peek into how medical schools operate in other countries but also enrich you with new perspectives and knowledge that you can bring back home.** It's a chance to immerse yourself in new cultures and, as a student, it's an adventure you wouldn't want to miss. Trust me, it's the kind of experience that sticks with you.

Any words or advice for SCOPEOPLE?

Enjoy every bit of your time with SCOPE, just like I did. Grab every chance to soak in new experiences and knowledge, and don't sweat the small stuff. Mistakes? They're part of the journey – this is the time to make them and learn. It's all about growing and becoming the best version of yourself. So don't hold back, throw yourself into it and have a blast!



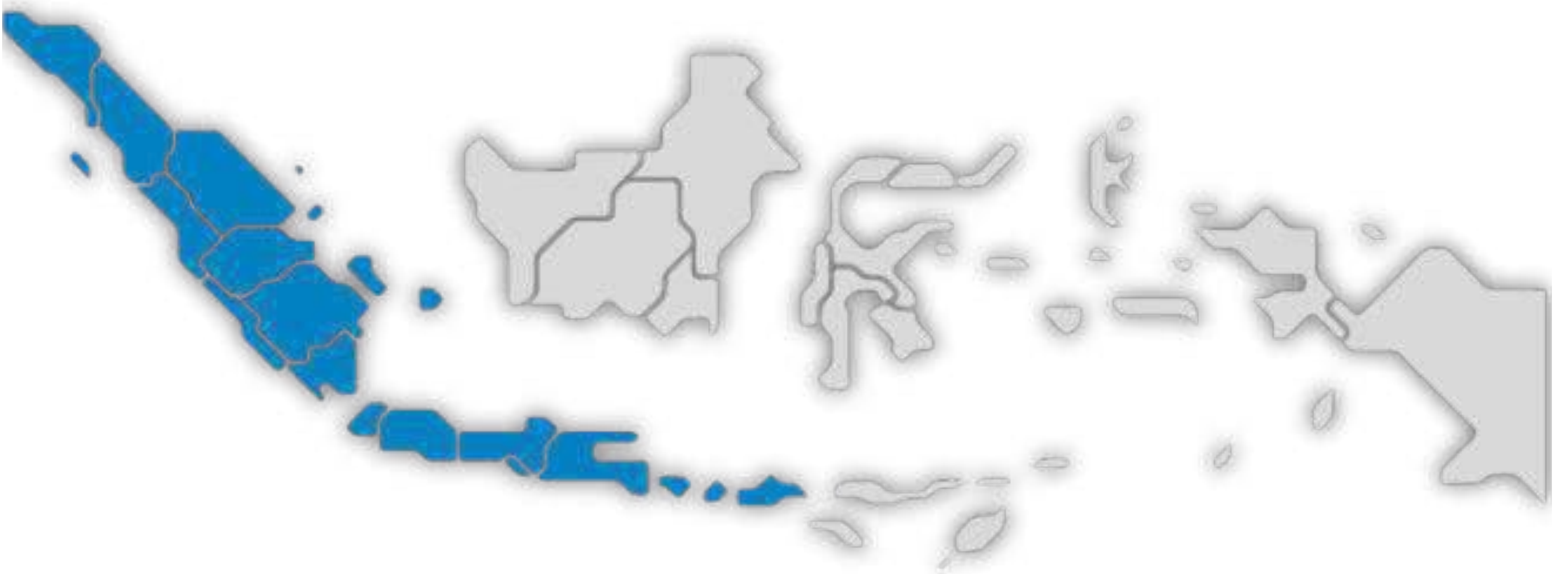
SCOPE

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.

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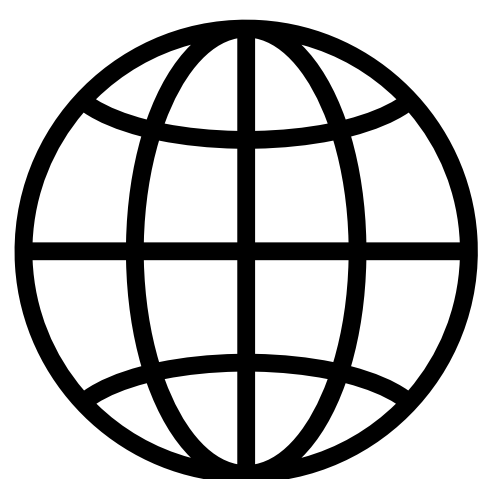


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[SCOPE CIMSA Indonesia](https://open.spotify.com/playlist/37i9dQZF1DX0XUf1C2Q9Hh)



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PERISCOPE

13TH EDITION



SCOPE
Professional Exchange