

Nabila Prima Amarina

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Pharmacist from the University of Surabaya with experience in pharmacy. Able to manage storage inventory, product quality control, distribution of drugs and medical devices, and monitoring of patient therapy. Focusing on the industry, skilled in handling Change Control, CAPA, deviations, and complaints in accordance with regulations. In the procurement field, experienced in the ordering process, preparing purchase orders, receiving goods upon arrival, screening, dispensing, double-checking, and delivering to patients, including KIE and PIO.

Education

Bachelor of Pharmacy ; GPA 3.06/4.00	2020-2024
Universitas Surabaya	
Apothecary ; GPA 3.33/4.00	2024-2025
Universitas Surabaya	

Relevant Courses : Intergrated Course Pharmaceutical QC-QA, Logistic, Production, Formualtion, Compounding & Dispensing in Pharmaceutical, Cosmetology, Medical Cosmetic Practice, IC Gastrointestin, Cardiovascular, Infection, Respiratory, Central Nervous System.

Final Project : *Characterization and Physicochemical of Glutathione Nanostructured Lipid Carrier (NLC) Powder*

Experience

Pharmacist

JANUARY-AUGUST 2026

[Eka Hospital, Cilegon]

- Preparing formularies, conducting initial calculations for pharmaceutical procurement for the new hospital, and initial procurement of medications and medical devices for the new pharmacy warehouse, including qualification and filling out PBF specimens.
- Preparing and promptly submitting purchase orders for Narcotics, Psychotropics, Precursors, and OOT drugs to the PBF.
- Conducting the goods receipt process by ensuring that the incoming goods match the orders and the attached invoices.
- Storing drugs and medical devices according to their categories.
- Ensuring that the incoming CCP temperature complies with regulations .
- Preparing unit BMHP requests as unit floor stock.
- Producing or creating packages for new patients, surgical procedures, vaccine packages, and booster packages.
- Retailing whole items to be given to patients in smaller quantities.
- Filling and checking the *Emergency Trolley* on each floor.
- Ensuring that the *Emergency Trolley* filling is completed within 40 minutes and creating an *Emergency Trolley* filling report.
- Providing prescription services starting from prescription screening, dispensing or preparation, double check, to the delivery of medication to the patient.
- Serving PIO (Drug Information Service) and KIE (Counseling, Information, and Education) to patients, both at the time of medication delivery and during patient consultations, to ensure patient understanding in using the obtained medication.

Apothecary Internship

SEPTEMBER-NOVEMBER 2024

[RSUD R.T. Notopuro, Sidoarjo]

- Analyzing the flow of procurement, receipt, storage, and distribution of drugs and medical devices
- Serving patients by providing Counseling, Information, and Education when handing over to patients for patient understanding of the therapy being undertaken
- Monitoring patient therapy, including side effects and the accuracy of therapy received by patients

Quality Assurance - Quality Service Internship

AGUSTUS-SEPTEMBER 2024

[PT. Holi Pharma, Cimahi]

- Fulfill and complete the proposed changes made by various departments in the company
- Collaborate with RnD, Production, and QC departments in investigating product complaints from consumers
- Investigate the handling of irregularities and provide CAPA
- Carry out duties and responsibilities in accordance with applicable SOPs and regulations.

Apothecary Internship

JUNE- JULY 2024

[Viva Apotek, Surabaya]

- Reporting the use of Narcotics, Psychotropic drugs, Precursors, and OOT
- Analyze the flow of drug receipt, storage, to the distribution process to patients
- Make decisions regarding the therapy that patients will receive, and provide therapeutic information to patients
- Explore the prescription receipt process to ensure compliance with standard operating procedures

Apothecary Internship

MAY - JUNE 2024

[Puskesmas Sidotopo Wetan, Surabaya]

- Process and serve 100-140 patient prescriptions, and provide IEC about the therapy that the patient is undergoing.
- Analyze the stock-taking process as well as the management of drug stocks in storage warehouses and pharmaceutical units in accordance with regulations.
- Supervise drug therapy received by outpatients and inpatients, including monitoring of side effects

Apothecary Internship

APRIL-MAY 2024

[PT.Rajawali Nusindo, Madiun]

- Report the amount of stock of Narcotics, Psychotropic, Precursor, and OOT drugs according to regulations on a regular basis
- Handle and be responsible for incoming orders until the distribution process to customers
- Perform management related to drug stock, maintain the cleanliness and tidiness of the storage area

Organization Experience

Masa Orientasi Bersama (MOB)

AUGUST 2023-AUGUST 2024

Accompanying Students (Maping)

- Accompanying and supervising, as well as paying attention to the activities of 28 new students for 1 year
- Providing direction to new students related to duties, obligations, and regulations that must be observed
- Supporting and motivating new students to continue to develop during the lecture process

Training and Certification

• **Quality Assurance in Pharmaceutical Industry**

MARCH 2025

Regulations, Quality System, Documentation in QA system, duties and functions of QA, skills as QA in pharmaceutical industry

• **Research and Development in Pharmaceutical Industry**

FEBRUARY 2025

Scope, duties and responsibilities of R&D, sub departments of R&D, role of R&D in pharmaceutical industry

• **Quality Control in Pharmaceutical Industry**

APRIL 2025

Pharmaceutical Industry Regulations, Key Personnel in the Pharmaceutical Industry, Jobdesc QC, Competencies, Soft Skill

• **Farmasi halal 2026**

SEPTEMBER 2025

Challenges, Strategies, and Opportunities for the Industry Facing Mandatory Halal Certification in Regulations, Audits, and Business Practices

• **CAPA and Root Cause Analysis in Pharmaceutical Industry**

SEPTEMBER 2025

Basic concepts of CAPA, Root cause analysis in CAPA, CAPA development, CAPA documentation and management

Expertise

- **Language** : Indonesian, English
- **Soft Skills** : Cooperate and Collaborate, Responsible, Leadership, Adaptable, Add insight and experience, Honest, Discipline
Time Management, Menguasai CPOB dan CDOB
- **Hard Skills** : *Microsoft Word, Microsoft Excel, Microsoft Power Point, Canva*, Pharmaceutical Practice



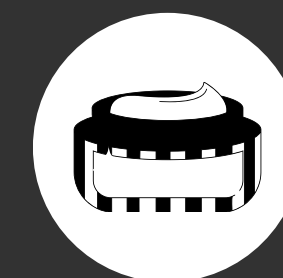
Apothecary

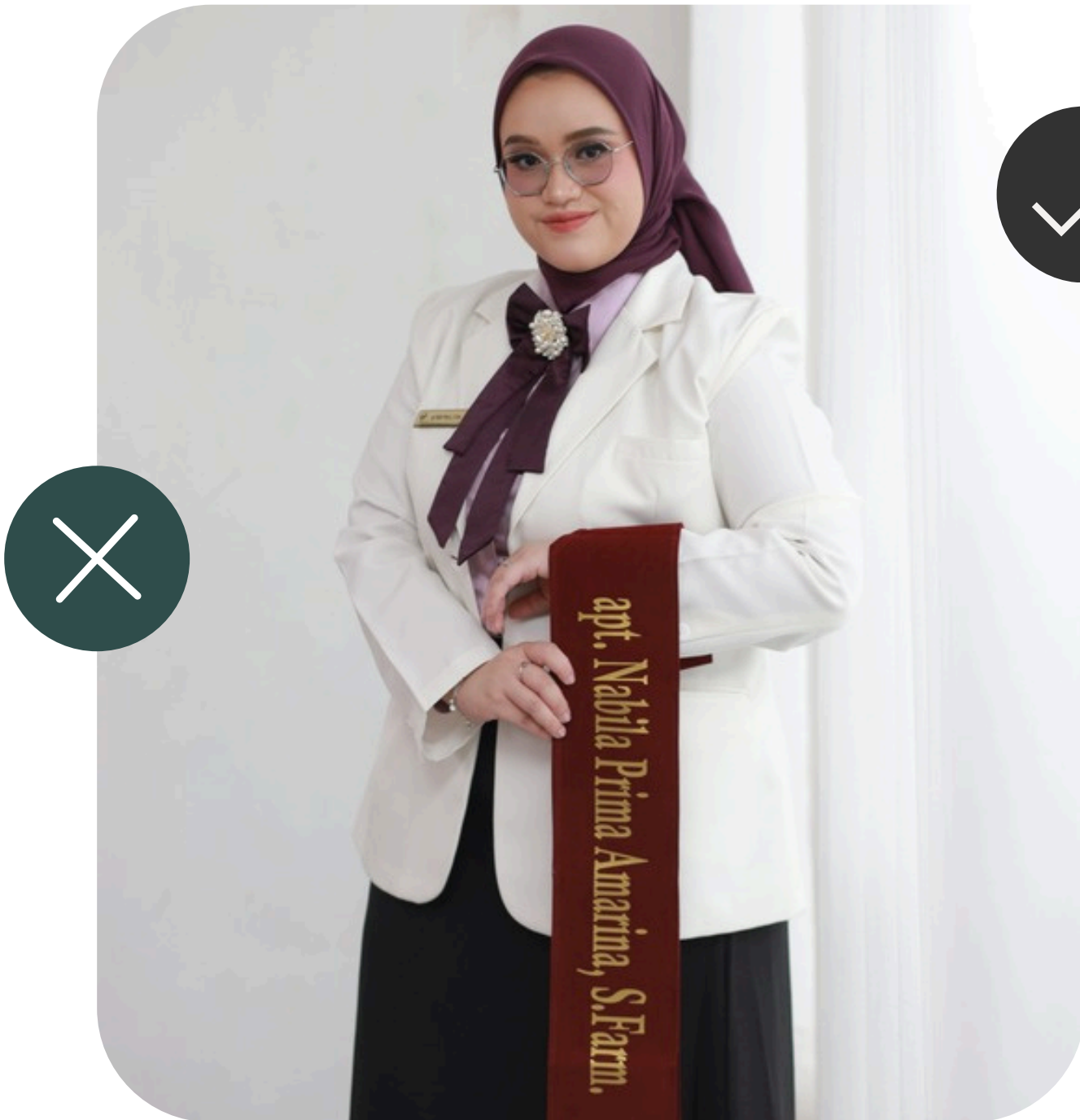
2025



Portfolio

apt. Nabila Prima Amarina, S.Farm





About Me

Hi, Nabila is my nickname, fresh graduate of Apothecary from the University of Surabaya. I have a great interest in working in the pharmaceutical industry, especially in the cosmetics industry. Through my internship at PT Holi Pharma, I developed hands-on experience in completing various kinds of change control reports, CAPAs, product or company deviations, and product complaints in the market. I am also very interested in problem solving, and I enjoy learning new knowledge to produce the best quality and regulatory compliant products.

Education

Universitas Surabaya (2020 - 2024)
Sarjana Farmasi
IPK 3,063/4,0

Universitas Surabaya (2024 - 2025)
Profesi Apoteker
IPK 3,333/4,0



April - November
2024

Praktik Kerja Profesi Apoteker

Pharmacy students can gain hands-on experience in the pharmaceutical field by participating in these educational activities, which are overseen by a preceptor.



3.1

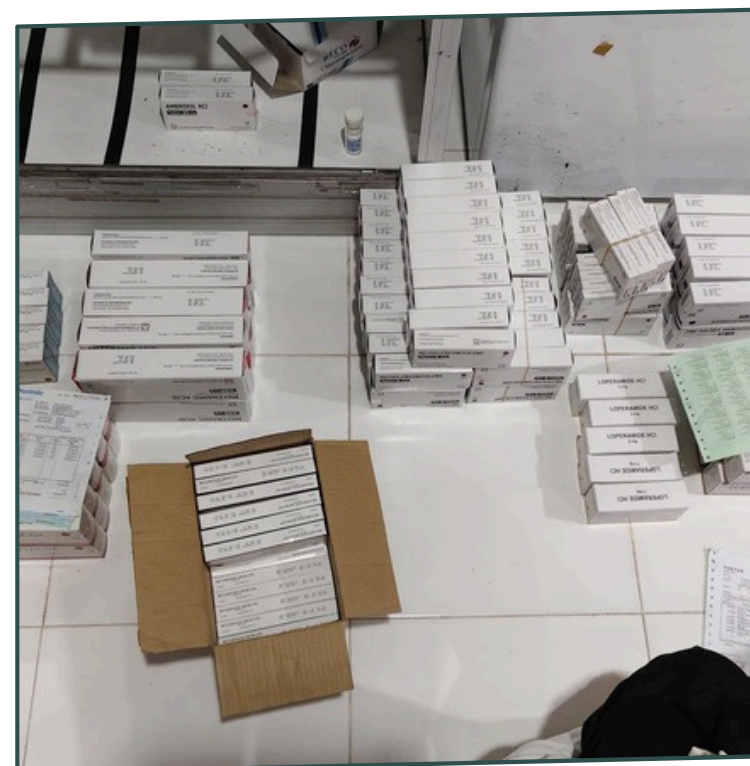
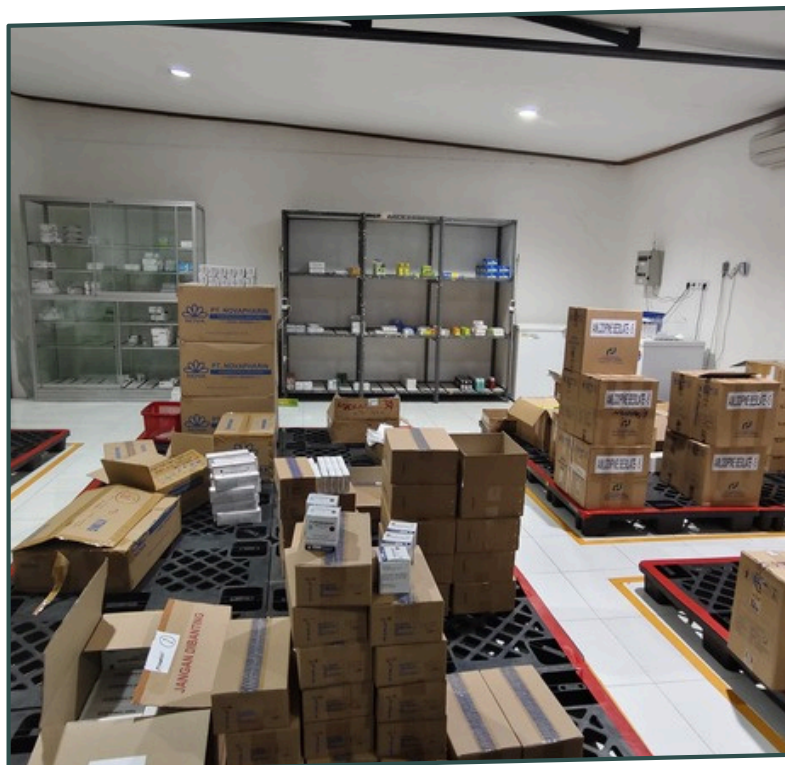
PBF

April - May 2024
2 Weeks

Rajawali Nusindo

member of  ID FOOD

PT Rajawali Nusindo



- Serving order letter from PBF, hospital, pharmacies, and health centers
- Filling order letters based on the class of medicine
- Prepare orders in accordance with order letters and invoices
- Double check the product before shipping on the drug name, dosage, batch number, and exp date
- Perform receiving on CCP, by ensuring the temperature is controlled and within the specification range, ensuring that CCP received are in accordance with the order letter and invoice
- Processing stock-taking data, ensuring that the stock available in the warehouse matches the stock in the database.
- Store products according to their storage temperature and drug class, then organise them alphabetically using the FEFO system
- Reporting narcotic, psychotropic, precursor and OOT drugs on e-was web

May - June 2024
4 Weeks



3.2

Health Care

Puskesmas Sidotopo Wetan

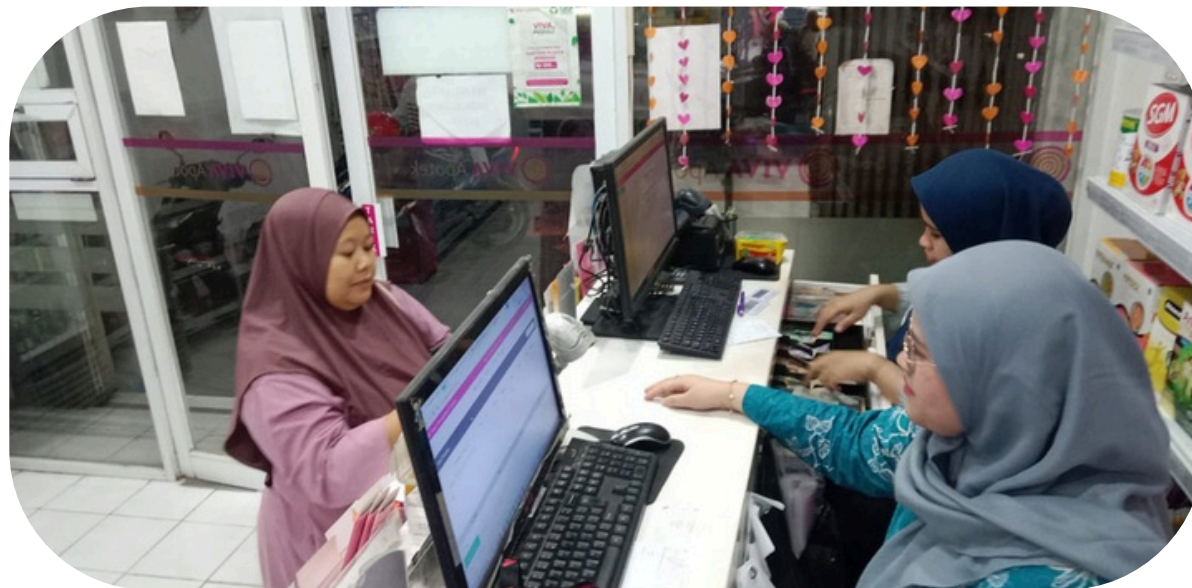
- Perform prescription services, provide therapy that is appropriate to the patient's condition, explain the therapy being undertaken and the potential side effects that may occur
- Ensuring the patient understands the therapy being undertaken
- Monitoring the condition of hospitalised patients
- Pay attention to the management system related to pharmaceutical and medical equipment products, starting from the process of receiving, storing, distribution to patients
- Carry out the procurement process based on the previous month's usage stock
- Conduct health promotion on the proper storage, use, and disposal of medicines





Viva Apotek

June - July 2024
6 Weeks



- Serve patients and provide the right decisions as patient therapy
- Be an information center for patients and other health workers regarding medicines
- Collaborate with doctors to determine the appropriate therapy for the patient's condition
- Perform the goods receipt process, ensuring that the product arrives in accordance with the invoice.
- Store incoming goods according to their function and intended use, sorted alphabetically and by expired date
- Convey information to the patient related to the therapy being undertaken, and ensure that the patient has understood it well

PT. Holi Pharma

August - September 2024
8 Weeks

- Complete proposed changes within the company with complete, relevant CAPA evidence, and ensure that changes will not degrade the quality of products produced
- Recap the proposed changes that are still open
- Follow up with divisions and departments involved in the proposed changes to immediately submit CAPA evidence so that the proposed changes can be closed
- Verify the CAPA proofs provided by various divisions based on the proposed changes
- Handle products that experience complaints from consumers by conducting investigations
- Collaborate with RnD, production, and QC departments to investigate product complaints, such as whether there is a change in the retained sample
- Draw conclusions on the results of the investigation of the complained product, and provide a letter of investigation results to the consumer about the complained product
- Collect research journals on adverse drug events reported to MESO
- Create a pharmacovigilance reporting flow that exists in the company
- Filing the closed amendment proposals based on the order of the amendment proposal number, month, and year.
- Record the reporting of product deviations that occur in the company and handle them by conducting CAPA with a certain time limit.
- Investigate deviations that occur in the industry
- Collect research journals related to the safety of drugs produced by the company



September - November 2024
8 Weeks



3.5

Hospital

RSUD R.T. Notopuro



- Perform drug management in inpatient and outpatient pharmacy units
- Prepare medicine for patients that have been prescribed by the doctor and ensure that the medicine to be handed over to the patient is in accordance with the dosage and usage rules.
- Handing over the drug to the patient and counseling, providing information on the name and dose of the drug, purpose of use, rules of use, and potential side effects
- Prepare medical supplies and medicine packages to be used for surgeries and hemodialysis patients
- Perform the process of receiving incoming drugs and medical devices, checking to ensure that the goods that arrive are in accordance with the order and invoice.
- Store medicines and medical devices after receipt, stored alphabetically and using the FEFO system.
- Ensure that drugs with similar names are labeled with LASA and written in tall man letters to minimize picking errors.
- Carry out distribution from the warehouse to inpatient, outpatient pharmacy units, OK depo, and hemodialysis depo
- Perform reconciliation on new patients to avoid DRPs
- Monitoring drug therapy in hospitalized patients, ensuring that the therapy received by the patient is in accordance with the guidelines and the patient's condition.
- Health promotion on the wise use of antibiotics
- Reconstitute sterile preparations

Characterization and Physicochemical Stability of Glutathione Nanostructured Lipid Carrier (NLC) Powder

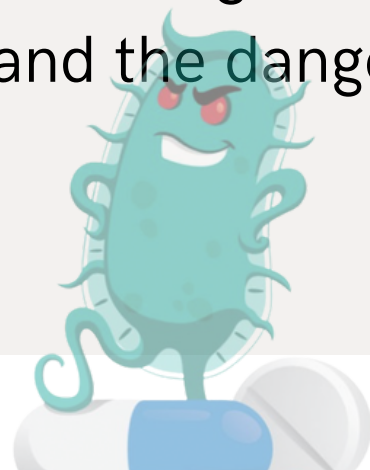


Glutathione is an antioxidant that is widely used as an anti-aging agent, due to its ability to counteract free radicals that cause premature aging of the skin. In a previous study, a Glutathione NLC delivery system was created to help glutathione penetrate the skin layer to the dermis layer. However, the system was not stable. So, in this study, the NLC system was made in powder form to increase stability, using mannitol as a cryoprotectant, using the freeze dry method. The purpose of the study was to observe the physicochemical characteristics and stability of NLC Glutathione F1, F2, and F3 powders with NLC Glutathione:Mannitol ratio of 1:1, 1:2, and 1:3. The test results showed that the NLC Glutathione powder was white and odorless, no chemical interaction, amorphous in shape, and smooth and spherical in surface morphology, with F1 (2.54%), F2 (3.87%), and F3 (5.12%) moisture. After being stored for 30 days at 30°C and 8°C, the crystallinity tended to decrease, and the moisture also decreased, i.e. at 30°C F1(2.52%), F2(3.52%), and F3(4.79%). Statistical results showed that the moisture of the powder at 30°C had no significant difference, but there was a significant difference in the moisture of the powder stored at 8°C. The moisture of the powder decreased significantly, namely F1 (2.26%), F2 (3.47%), and F3 (4.49%). It can be concluded that the NLC Glutathione powder is stable after 30 days of storage.

Pencegahan Resistensi Antibiotik



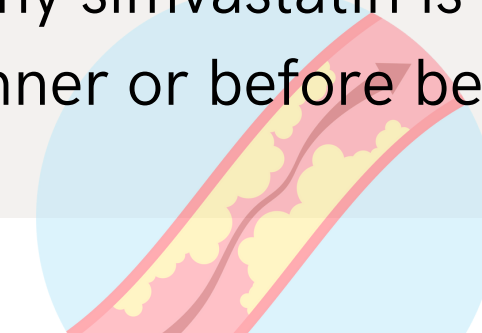
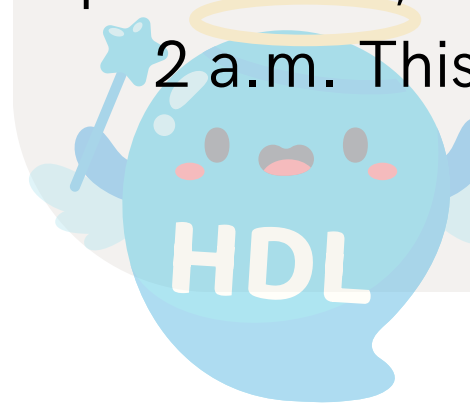
One of the main factors contributing to the emergence of antibiotic resistance is the excessive or inappropriate use of antibiotics. This occurs when patients do not finish their prescribed treatment or when antibiotics are used to treat viral infections, such as the flu, or other non-bacterial diseases that should not be treated with antibiotics. Such misdiagnoses contribute to the spread of antibiotic-resistant bacteria, reducing the options for effective treatment. Through antibiotic resistance prevention education, patients and their families should understand the importance of using antibiotics appropriately to treat infectious diseases and the dangers of antibiotic resistance.



Bahaya Kolesterol Tinggi



Excess total cholesterol is an accumulation of fat in the body. This fat can accumulate in the bloodstream and significantly interfere with blood flow. Consistently high cholesterol levels can lead to various types of heart disease and stroke. Elevated cholesterol levels can result from a lack of physical activity, consumption of fast food, smoking, obesity, and stress. If lifestyle changes are insufficient to control cholesterol levels, certain medications may be prescribed. One such medication is simvastatin. Simvastatin works by inhibiting cholesterol production, which primarily occurs between midnight and 2 a.m. This is why simvastatin is typically taken after dinner or before bedtime.



VIVA Apotek **UBAYA** UNIVERSITAS SURABAYA

GAYA HIDUP SEHAT



Program Studi Profesi Apoteker
Fakultas Farmasi
Universitas Surabaya

CARA MENURUNKAN TEKANAN DARAH

- Menjaga berat badan ideal**
karena berat badan berlebih dapat meningkatkan tekanan darah
- Menjaga gaya hidup**
dengan mengurangi konsumsi makanan yang asin dan hindari rokok, alkohol, dan kafein
- Berolahraga secara rutin**
dengan jalan/jogging minimal 5.000-10.000 langkah sehari
- Mengelola stress**

CARA MENURUNKAN GULA DARAH

- Membatasi makanan minuman manis**
serta mengganti gula dengan gula khusus penderita diabetes
- Membatasi makanan berkarbohidrat dan makanan berlemak jenuh**
 - Karbohidrat: nasi, tepung, gula
 - Lemak jenuh: daging berlemak, susu full cream
- Meningkatkan konsumsi makanan berserat**
Contoh: kacang-kacangan, buah, sayur
- Berolahraga yang rutin**
Contoh: jalan kaki dan senam

UBAYA UNIVERSITAS SURABAYA **FACULTY OF PHARMACY**

BAHAYA KOLESTEROL TINGGI

PUSKESMAS SIDOTOPO WETAN
Jl. Randu No.38, Sidotopo Wetan, Kenjeran, Surabaya
(031) 3767737
24 Jam

PENYEBAB

- JARANG AKTIVITAS FISIK
- MAKANAN CEPAT SAJI (MIE, KENTANG, GORENGAN)
- MEROKOK
- OBSITAS
- STRESS

KOLESTEROL TINGGI

Kolesterol total yang melebihi batas merupakan kadar lemak yang berlebih atau menumpuk di dalam tubuh. Tumpukan lemak dapat terjadi di aliran darah, sehingga sangat akan mengganggu darah yang mengalir di dalam tubuh kita.

ANTIBIOTIK

CEGAH RESISTENSI ANTIBIOTIK

BIJAK MENGGUNAKAN ANTIBIOTIK

Antibiotik adalah obat untuk mencegah dan mengobati infeksi yang disebabkan oleh bakteri dengan 2 cara yaitu menghambat pertumbuhan dan membunuh bakteri.

Apa itu Resistensi Antibiotik?

Resistensi antibiotik terjadi ketika bakteri menjadi kebal terhadap efek antibiotik, mengakibatkan kesulitan dalam pengobatan infeksi dan potensi resiko komplikasi serius.

Yuk Mengetahui Antibiotik!

GOLONGAN	CONTOH OBAT
Penisilin	Amoksisilin, Ampicillin
Sefalosporin	Cefotaxime, Ceftriaxone, Cefixim
Aminoglikosida	Gentamicin, Amikacin, Neomycin
Tetrasiklin	Doksisiklin, tetrasiklin
Makrolida	Azitromisin, Klaritromisin, Eritromisin
Quinolone	Ciprofloxacin, Levofloxacin, Moxifloxacin

Efek Samping

- Mual Muntah
- Diare
- Konstipasi
- Nyeri perut
- Sakit kepala/pusing

NILAI NORMAL HASIL PEMERIKSAAN

Pemeriksaan	Nilai Normal
Tekanan Darah	120/80 mmHg
Gula Darah Puasa	< 125 mg/dL
Gula Darah Acak	< 200 mg/dL
Total Kolesterol	< 200 mg/dL
Trigliserida	< 150 mg/dL
Asam Urat	Perempuan < 6 mg/dL Laki-Laki < 7 mg/dL

CARA MENURUNKAN ASAM URAT

- Kurangi konsumsi makanan minuman tinggi purin
DAGING MERAH, KEPITING, UDANG, KERANG
- OLAHRAGA RUTIN**
dengan tingkat aktivitas sedang, misalnya jogging, bersepeda, dan senam
- Mengontrol berat badan menjadi berat badan yang ideal

CARA MENURUNKAN KOLESTEROL DAN TRIGLISERIDA

- OLAHRAGA MINIMAL 150 MENIT/MINGGU**
- MAKAN TINGGI SERAT (SAYUR DAN BUAH)**
- TIDAK MEROKOK**
- JAGA POLA MAKAN**
dengan mengurangi makanan berlemak
Contoh: gorengan, udang, daging olahan, kambing, bebek, dan keju
- HINDARI STRESS**

Penyakit ini terdeteksi ketika melakukan check up atau cek Lab. Gejalanya sangat jarang terjadi, seperti nyeri dan pusing.

PERBAIKAN PENGOBATAN

Jika dengan memperbaiki pola hidup belum mampu mengontrol kadar kolesterol, terdapat beberapa obat yang digunakan. Salah satunya adalah Simvastatin. Simvastatin bekerja dengan mencegah terjadinya pembentukan kolesterol yang dimulai antara tengah malam hingga 2 pagi (dini hari). Itulah sebabnya, simvastatin diminum setelah makan malam atau menjelang tidur.

RISIKO

Jika kadar kolesterol selalu tinggi, dapat menyebabkan berbagai jenis penyakit jantung dan stroke.

NILAI NORMAL

Kolesterol Total	<200mg/dL
Trigliserida	<150mg/dL
LDL	<100mg/dL
HDL	>60mg/dL

PERBAIKAN

- OLAHRAGA MINIMAL 150 MENIT/MINGGU**
- MAKAN TINGGI SERAT (SAYUR, BUAH)**
- TIDAK MEROKOK**
- JAGA POLA MAKAN**
- HINDARI STRESS**

Penyebab Resistensi Antibiotik

- Minum antibiotik walaupun tidak mengalami penyakit yang disebabkan oleh infeksi bakteri.
- Mengonsumsi antibiotik tidak teratur. Misalnya terdapat jeda 1-2 hari
- Tidak menghabiskan antibiotik sesuai waktu yang disarankan oleh dokter

Ayo Cegah Resistensi Antibiotik dengan TEPAT!

- TIDAK MEMBELI ANTIBIOTIK** tanpa resep dokter
- JANGAN MENGGUNAKAN ANTIBIOTIK** untuk penyakit selain infeksi bakteri
- PANTANG MENYIMPAN ANTIBIOTIK** sebagai persediaan di rumah
- AWASI ATURAN** penggunaan antibiotik
- TANYAKAN SEGALA INFORMASI** terkait antibiotik kepada apoteker

ATURAN PAKAI ANTIBIOTIK

PAGI	SIANG	MALAM
Setiap 8 jam jika 3 kali sehari.	Setiap 12 jam jika 2 kali sehari.	

MENGAPA HARUS TEPAT WAKTU?

Kadar obat dalam tubuh dalam keadaan efektif untuk mengobati penyakit/gejala

CARA PENGGUNAAN

- Diminum 30 - 60 menit sebelum/sesudah makan sesuai dengan aturan dokter.
- Minum obat antibiotik dengan air mineral dan bukan minuman lain seperti susu

6

Contact Me

Contact



+6281-913-887-820



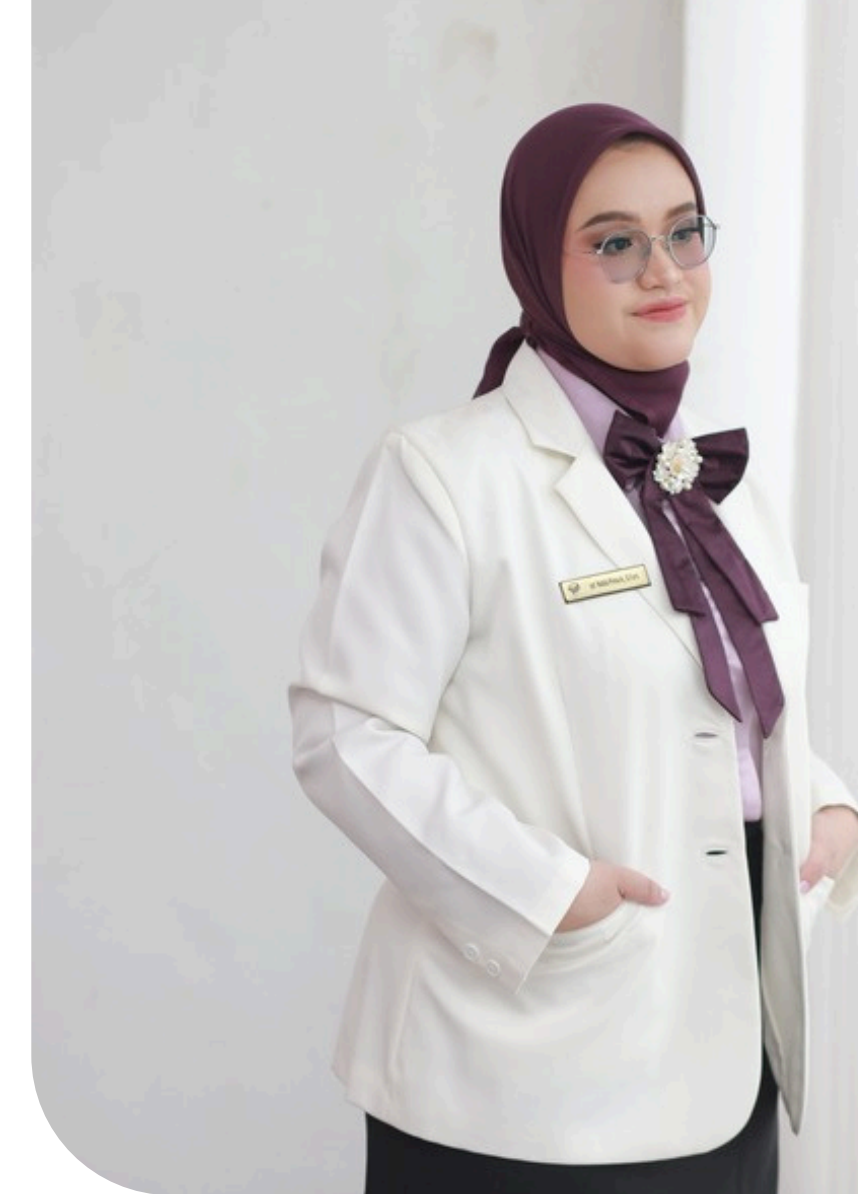
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Surabaya, Jawa timur



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apt. Nabila Prima Amarina, S.Farm

nabila.prima2002@gmail.com



**Thank
You.**

