

LOURRA HERESA

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Tangerang, Banten

Pharmacist graduate from the University of Indonesia, with a Bachelor's degree in Pharmacy from Atma Jaya Catholic University. Analytical and detail-oriented, with hands-on exposure to pharmaceutical manufacturing, distribution, and cross-functional activities. Strong interest in understanding processes, ensuring compliance, and simplifying complex information for effective knowledge sharing. Eager to contribute and grow within the pharmaceutical industry through quality, regulatory, or operational roles.

Education

University of Indonesia – Depok, Indonesia <i>Pharmacist Professional Program, 3.85/4.00</i>	Aug 2025 – Aug 2026
Atma Jaya Catholic University of Indonesia – North Jakarta, Indonesia <i>Bachelor's Degree in Pharmacy, 3.67/4.00</i>	Aug 2020 – Sept 2024

Work Experience

University of Indonesia Hospital – Depok, Indonesia <i>Pharmacy Intern</i>	Mar 2026 – Apr 2026
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- Conducted medication therapy reviews and prepared SOAP-based assessments to identify drug-related problems and support therapy recommendations.
- Performed medication reconciliation and reviewed medication histories to support continuity and safety of therapy upon patient admission.
- Provided medication counseling and discharge education, including guidance on medication administration and proper use of drug-delivery devices.
- Verified controlled-drug inventory against stock records and performed routine stock reconciliation to maintain accurate documentation.

PT Tri Sapta Jaya – East Jakarta, Indonesia <i>Pharmaceutical Distribution Intern</i>	Feb 2026
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- Developed a shipment validation SOP for cold-chain and room-temperature products, incorporating operational workflows and risk-assessment parameters to support standardized shipment validation procedures.
- Supported CAPA implementation by reviewing and updating SOPs and operational forms to align documented procedures with Good Distribution Practices (CDOB) requirements.
- Supported warehouse temperature mapping activities, including data logger placement planning, temperature data evaluation, and preparation of mapping documentation.
- Participated in branch compliance reviews and Gemba activities, documenting findings related to storage practices, documentation, and operational requirements for follow-up.
- Monitored product registration (NIE) status through BPOM records and documented products approaching expiration or requiring regulatory follow-up.

Kimia Farma Pharmacy Modernland – Tangerang, Indonesia <i>Pharmacy Intern</i>	Jan 2026
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- Reviewed prescriptions and supported medication dispensing, including compounded preparations and reconstitution of dry syrups.
- Provided medication counseling and drug information to patients, including dosage instructions and proper use of insulin and inhalation devices.
- Assisted with self-medication services by identifying patient needs and recommending appropriate OTC products under pharmacist supervision.
- Supported pharmacy services for BPJS and Program Rujuk Balik (PRB) patients, including prescription processing and review of required supporting documentation.

PT Kalventis Sinergi Farma – East Jakarta, Indonesia <i>Pharmaceutical Production Intern</i>	Nov 2025 - Dec 2025
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- Developed an Excel-based packaging reconciliation tool and prepared user guidance to simplify material calculations, consolidate batch-level records, and support monitoring of material usage and waste.
- Developed an Excel-based material request tool to streamline preparation of production material requests and reduce repetitive manual data retrieval.

- Processed OEE data and conducted operator time studies to support production performance monitoring and identify process delays.
- Evaluated weighing-printout readability and developed visual guidance to help operators identify acceptable results and escalate cases requiring reweighing.
- Supported pharmaceutical manufacturing and in-process control activities across processing, packaging, and repackaging, with exposure to line clearance, production documentation, deviation investigation, and CAPA.

Taman Sari Community Health Center – West Jakarta, Indonesia

Oct 2025

Pharmacy Intern

- Reviewed prescriptions and supported dispensing and patient counseling, including compounded medications and therapy education for patients.
- Delivered community medication education through Gema Cermat and health-promotion activities, covering rational medicine use, medication adherence, Beyond-Use Dates (BUD), and appropriate antibiotic use.
- Participated in pharmacy compliance inspections by reviewing administrative requirements, pharmacist licensing documentation, and facility requirements using standardized assessment checklists.
- Supported pharmaceutical inventory and distribution activities, including stock opname, medication-use data recapitulation for procurement planning (RKO), and distribution to auxiliary community health centers (Pustu).

Atma Jaya Catholic University of Indonesia – North Jakarta, Indonesia

Aug 2023 - Jul 2024

Laboratory Assistant

Microbiology; Pharmaceutical Compounding and Dispensing

- Prepared and tested laboratory procedures, materials, and equipment prior to practical sessions to ensure readiness and alignment with laboratory modules.
- Guided students in microbiology and pharmaceutical compounding techniques, including microbial culturing, aseptic practices, prescription calculations, and formulation.
- Developed and administered pre-tests, post-tests, and practical assessments, evaluated student work, and provided feedback to support learning and laboratory performance.

PT Enseval Putera Megatrading – West Jakarta, Indonesia

Jun 2023 - Jul 2023

Pharmaceutical Distribution Intern

- Supported branch-level pharmaceutical distribution activities, including verification and organization of order and invoice documentation in accordance with Good Distribution Practices (CDOB).
- Developed training materials on cold-chain product handling and shipment preparation, including cold-box configuration and temperature-control components, to support operational staff training.

Organizational Experience

Senat Mahasiswa FKIK UNIKA Atma Jaya – North Jakarta, Indonesia

Apr 2021 – Nov 2022

Event Committee

Atma Jaya Annual Medical Symposium (AJAMS) 2021; Atma Jaya Medical Conference (AMCO) 2022

- Coordinated speaker communication, presentation schedules, technical preparation, and session flow for medical symposium and conference events.
- Supported event planning and execution, including topic development, speaker materials, Q&A sessions, and panel discussions.

Skills, Achievements & Other Experience

- **Languages:** Indonesian (Native), English (Intermediate).
- **Technical Skills:** Pharmaceutical Documentation, Process Improvement, Microbiology, Pharmaceutical Compounding and Dispensing.
- **Digital & Analytical Tools:** Microsoft Excel, Microsoft PowerPoint, Microsoft Word.
- **Achievements:**
 - First Place, Educational Video Competition – Social Online Campaign 2021, Senat Mahasiswa FKIK UAJ.
 - First Place, Educational Video Competition – Festival Jabodetabek 2022, Himpunan Mahasiswa Farmasi FKIK UAJ and ISMAFARSI Jabodetabek.