

FITRI CYNTYA NAMDES

089630068570 | cnamdes@gmail.com | www.linkedin.com/in/fitricyntyanamdes

Bogor, Indonesia

A licensed pharmacist from Universitas Indonesia who is detail-oriented and adaptive, with hands-on experience in Quality Assurance through a professional internship. Possesses a strong foundation in pharmaceutical regulations, quality control, product development, and compliance with Good Manufacturing Practices (GMP). A strong planner, well-organized, hardworking, capable of working independently or collaboratively, and consistently strives to deliver the best results. Skilled in identifying and resolving quality issues, conducting inspections, and ensuring product safety and efficacy. In addition, she has published scientific articles in the fields of Natural Product Pharmacy and Pharmaceutical Microbiology, received more than three national-level awards, and actively participates in organizational and scientific activities

Work Experiences

PT Kreasi Indah Alam - Bogor

Nov 2025 - Present

Quality Assurance

- Conducted real-time and accelerated stability studies, prepared protocols and analytical forms, documented results, and created final stability reports with shelf-life recommendations.
- Managed retained samples by receiving, labeling, recording stock movement, storing based on category, performing monthly stock opname, and coordinating proper disposal with documentation.
- Verified finished products prior to release by checking batch information, physical condition, quantity, and expiry dates, and coordinated release documentation with relevant departments.
- Created and maintained Part IDs for raw materials, packaging materials, and new products based on the company's numbering system, and ensured accurate distribution to departments using internal systems such as Thunderbird.
- Updated and revised the Approved Supplier List (ASL) every cycle, added new suppliers for incoming raw/ packaging materials, documented any changes through change control, and ensured all revisions were reviewed and approved by authorized departments.
- Prepared and executed process validation protocols with Production/R&D, collected data, performed basic statistical evaluation, and finalized validation reports for approval.
- Managed the full cycle of change control, including issuing form numbers, reviewing supporting documents, preventing duplication, monitoring deadlines, verifying completeness, and recording approvals into controlled spreadsheets for traceability.
- Handled deviation documentation by issuing deviation numbers, reviewing submitted forms, coordinating investigative actions, preparing CAPA (Corrective and Preventive Actions), and entering finalized records into the deviation tracking system.
- Collaborated with Production, QC, R&D, and Warehouse for coordination and ensured proper archiving and distribution of quality documents through internal systems.

PT. Sterling Products Indonesia (Haleon) - Jakarta Timur

Jan 2025 - Feb 2025

Quality Pharmacist Intern

- Entered batch record data and prepared Product Quality Review (PQR) for pharmaceutical products, as well as assisted in the verification and review of 50+ batch records of solid and semisolid products to ensure compliance with CPOB and internal quality standards.
- Conducted alignment of 10+ Quality Assurance Agreements (QAA) from service providers/ suppliers with the instrument master list to ensure regulatory and procedural consistency.
- Supported the Quality Assurance team in evaluating documentation accuracy, traceability, and completeness as part of the batch release process
- Gained practical experience in deviation handling and document control procedures, as well as hands-on experience with the Air Handling Unit (AHU) system, Purified Water System (PWS), and overall pharmaceutical manufacturing processes.
- Completed Manufacturer Qualification Report (MQR) for qualification status upgrade for raw material suppliers.

PT. Kimia Farma Trading & Distribution - Tangerang Selatan

Dec 2024

Pharmacist Intern

- Screened and prepared Narcotics, Psychotropics, and Precursors (NPP) orders, and verified over 50 invoices and purchase orders from hospitals and pharmacies to ensure data accuracy and compliance with pharmaceutical distribution regulations.
- Supported receiving, storage, and inventory management activities, including inspection of incoming goods, application of FEFO/FIFO systems, segregation of expired products, and periodic stock opname to maintain system accuracy.
- Conducted temperature mapping in narcotics and psychotropics storage areas and led a Cold Chain Product (CCP) validation project to identify temperature fluctuations and ensure compliance with Good Distribution Practices (GDP/CDOB).
- Assisted in daily stock inspections (uji petik) and verified customer purchase orders before PO processing to ensure qualified facilities, valid documentation, and reasonable order quantities.
- Attended CDOB and CDAKB induction and training sessions, gaining comprehensive understanding of regulatory standards, complaint handling, recall procedures, customer qualification, and overall pharmaceutical distribution operations.

Laboratory Assistant at Faculty of Medicine, University of

Jan 2023 - Mar 2024

Lampung

Laboratory Assistant

Courses : Technology & Formulation of Solid Dosage Forms, Phytochemical and Pharmaceutical

- Facilitated both in-person and virtual learning for 40–50 students across various courses, contributing to more than 30 class sessions and coordinating over 10 evaluation activities to ensure optimal student engagement and performance through the use of digital tools such as Zoom, Google Slides, and Quizizz.

Laboratory Assistant Faculty of Medicine, University of Lampung

Aug 2022 - Mar 2024

Courses : Biochemistry and Biomolecular

- Prepared and updated practical session materials for 8+ Biochemistry and Biomolecular topics, delivered presentations to 100+ students to encourage engagement, and assessed lab reports and tests while providing feedback to support academic progress.

Apotek Wellings - Bekasi

Nov 2024

Pharmacist Intern

- Participated in prescription handling, dispensing, compounding, self- medication services, counseling, and pharmaceutical supply management while ensuring compliance with healthcare regulations.
- Dispensed medications to 30+ patients daily, including assessing patient complaints, preparing and checking prescriptions, and providing drug information and counseling and successfully conducted public health education sessions on hyperuricemia.

Education Level

University of Indonesia - Depok

Aug 2024 - Aug 2025

Professional Apothecary Program, 3.87/4.00

University of Lampung - Bandar Lampung

Sep 2020 - Mar 2024

Bachelor of Pharmacy, 3.90/4.00

Organizational and Leadership Experience

Badan Eksekutif Mahasiswa Fakultas Kedokteran - Universitas Lampung

Aug 2021 - Jan 2024

Deputy Chief of Staf Ahli

- Assisted the Head of Department in designing work programs and led a team of 11 staff members, maintaining cross- division coordination to achieve organizational goals.
- Planned and executed human resource development activities, including onboarding sessions, document handovers, and internal workshops, to enhance professionalism and leadership capacity and developed a recognition system to reward active and dedicated staff.

Himpunan Mahasiswa Farmasi - Universitas Lampung

Jan 2022 - Jan 2024

Staff of Communication Media and Information Departement

- Actively contributed to the creation of 100+ promotional materials, including posters, social media content, and flyers, which helped increase the organization’s Instagram followers by 2,000+
- Supported the implementation of various departmental programs, such as educational webinars and creative media training, including a design workshop attended by 100+ participants.

Pharmalation FK UNILA 2022

Sep 2022 - Nov 2022

Vice Coordinator of Media and Design

- Coordinated the creation of visual content, promotional materials, and event designs for the competition.
- Supervised a media team to maintain consistent branding and effective communication across platforms and executed publication strategies to maximize participant engagement and audience reach.

Achievements, Skills and Languages

- **Achievements:** 1st place in the Public Poster Competition at the Medical Veteran Competition in Nov 2023, 2nd place in the Short Film Competition at Hicefodion in Aug 2023, 1st place in the Short Film Competition at Pharmalation in Nov 2021, and 1st place in the Public Poster Competition at Pharmalation in Dec 2020.
- **Soft Skills:** Time management, analytical thinking, effective communication, creative thinking, leadership, responsibility, teamwork, problem-solving, adaptability, fast learning, discipline, attention to detail.
- **Hard Skills:** High knowledge about working using lab instrument, good laboratory practice (GLP), deviation and CAPA handling, pharmaceutical production process, aseptic technique, supply chain and inventory management, regulatory documentation, technical writing, Microsoft Office (Word, Excell, Powerpoint)
- **Languages:** English (intermediate), Indonesian (native).