

# Dr. dr. Dina Aprillia Ariestine, M.Ked(PD), Sp.P.D, Subsp. Ger. (K)

Lecturer of Specialist-1 Program in Internal Medicine Study Program  
Faculty of Medicine  
Universitas Sumatera Utara

✉ [dina.aprillia@usu.ac.id](mailto:dina.aprillia@usu.ac.id)

🏠 Jln. Bunga Lau No.17 Medan 20136 Sumatera Utara

🌐 [fk.usu.ac.id/en/lecturer/dina-aprillia-ariestine](http://fk.usu.ac.id/en/lecturer/dina-aprillia-ariestine)

## Publications

2025

Artikel ilmiah

### **The Role of Probiotics in Improving gut dysbiosis and inflammation in the elderly**

DINA APRILLIA ARIESTINE

2025

Artikel ilmiah

### **Comprehensive Geriatric Assesment**

DINA APRILLIA ARIESTINE

2025

Jurnal internasional bereputasi

### **Indonesian optimal sarcopenia cutoff values of calf circumference, muscle strength, and physical performance: a multicenter descriptive and cross-sectional study**

ANASTASIA ASYLIA DINAKRISMA , ROZA MULYANA , PURWITA WIJAYA LAKSMI , Shahrul Bahyah Kamaruzzaman , Samuel Teong Huang Chew , Ika Fitriana , Muhammad Khifzhon Azwar , Agus Sudarso , Mala Hayati , Rahmi Istanti , SRI SOENARTI , SITI SETIATI , FATICHATI BUDININGSIH , M.DARMA MUDA SETIA , NINA KEMALA SARI , WIWIT AGUNG SRI NUR CAHYAWATI , LAZUARDHI DWIPA , CHACHA MARISSA ISFANDIARI , KUNTJORO HARIMURTI , I GUSTI PUTU SUKA ARYANA , DINA APRILLIA ARIESTINE , NOTO DWIMARTUTIE

2025

Jurnal internasional bereputasi

### **Indonesian optimal sarcopenia cutoff values of calf circumference, muscle strength, and physical performance: a multicenter descriptive and cross-sectional study**

Shahrul Bahyah Kamaruzzaman , Samuel Teong Huang Chew , Ika Fitriana , Anastasia Asyilia Dinakrisma , Muhammad Khifzhon Azwar , Agus Sudarso , Mala Hayati , Rahmi Istanti , CHACHA MARISSA ISFANDIARI , WIWIT AGUNG SRI NUR CAHYAWATI , ROZA MULYANA , FATICHATI BUDININGSIH , M.DARMA MUDA SETIA , NINA KEMALA SARI , LAZUARDHI DWIPA , NOTO DWIMARTUTIE , DINA APRILLIA ARIESTINE , PURWITA WIJAYA LAKSMI , SITI SETIATI , I GUSTI PUTU SUKA ARYANA , SUNARTI , KUNTJORO HARIMURTI

2025

Jurnal internasional bereputasi

### **Comparison of insulin with combination oral antidiabetic drugs on incidence of diabetic neuropathy in elderly patients with Type 2 diabetes mellitus at Prof. Dr. Chairuddin Panusunan Lubis Teaching Hospital, Medan, Indonesia**

DINA APRILLIA ARIESTINE

2025

Jurnal internasional bereputasi

### **Beneficial outcomes of medication review in patients with hip fractures: a systematic review**

DINA APRILLIA ARIESTINE , Taro Kojima

2025  
Jurnal internasional bereputasi

**Co-occurrence of Frailty, Possible Sarcopenia, and Malnutrition in Community-Dwelling Older Outpatients: A Multicentre Observational Study**

ROZA MULYANA , SITI SETIATI , KUNTJORO HARIMURTI , NOTO DWIMARTUTIE , NINA KEMALA SARI , I GUSTI PUTU SUKA ARYANA , DINA APRILLIA ARIESTINE , LAZUARDHI DWIPA , NOVIRA WIDAJANTI , NUR RIVIATI , RENZA , Yudo Prasetyo , FATICHATI BUDININGSIH , Ika Fitriana , Rahmi Istanti , Muhammad Khifzhon Azwar , Agus Sudarso , Sri Sunarti

2024  
Jurnal internasional bereputasi

**Co-occurrence of frailty, possible sarcopenia, and malnutrition in community-dwelling older outpatients: a multicentre observational study**

SITI SETIATI , I GUSTI PUTU SUKA ARYANA , KUNTJORO HARIMURTI , NOTO DWIMARTUTIE , NINA KEMALA SARI , NUR RIVIATI , ROZA MULYANA , RENZA , DINA APRILLIA ARIESTINE , FATICHATI BUDININGSIH , NOVIRA WIDAJANTI

2024  
Artikel ilmiah

**Delirium Pada Lansia**

DINA APRILLIA ARIESTINE

2024  
Artikel ilmiah

**Penguatan Upaya Kesehatan Lansia**

DINA APRILLIA ARIESTINE

2024  
Artikel ilmiah

**A Model Of Fall Prevention Program As A Hospital-Based Community Geriatric Services In Geriatric Integrated Healthcare Centre, Pb Selayang, Medan, North Sumatera**

DINA APRILLIA ARIESTINE

2024  
Jurnal internasional bereputasi

**Factors Affecting Frailty Scores in Elderly with Chronic Kidney Disease Undergoing Regular Haemodialysis at Haji Adam Malik Hospital**

DINA APRILLIA ARIESTINE

2023  
Jurnal internasional bereputasi

**Sedentary Lifestyle of Older Adults and Its Associated Factors: A Multicentre Cross-Sectional Study During COVID-19 Pandemic in Indonesia**

Rahmi Istanti , ika fitriana , Muhammad Khifzhon Azwar , Agus Sudarso , NOVIRA WIDAJANTI , Sri Sunarti , yudo murti mupangati , RENZA , NUR RIVIATI , SITI SETIATI , KUNTJORO HARIMURTI , NOTO DWIMARTUTIE , ROZA MULYANA , FATICHATI BUDININGSIH , I GUSTI PUTU SUKA ARYANA , DINA APRILLIA ARIESTINE , LAZUARDHI DWIPA

2023  
Book chapter nasional

**Kumpulan Makalah Penyakit Dalam dan Penyakit Tropik Infeksi : Diagnosis dan Terapi dalam Praktik Sehari - hari**

DINA APRILLIA ARIESTINE

2023  
Buku referensi

**Konsensus Nasional Diagnosis, Pencegahan dan Tata Laksana Sarkopenia di Indonesia 2023**

NOTO DWIMARTUTIE , LAZUARDHI DWIPA , VERA , ROZA MULYANA , Anastasia Asyia Dinakrisma , Dwi Ngestiningsih , DINA APRILLIA ARIESTINE , RENZA , B. Neni Mulyanti , I GUSTI PUTU SUKA ARYANA , KUNTJORO HARIMURTI , ESTHIKA DEWIASTY , yudo murti mupangati , ika fitriana , Muhammad Khifzon Azwar , Kevin Yonathan Widiyanto Thio , Sri Sunarti , AULIA RIZKA , NUR RIVIATI , PURWITA WIJAYA LAKSMI , NINA KEMALA SARI , NOVIRA WIDAJANTI , EKO ARIBOWO , CZERESNA HERIAWAN SOEJONO , SITI SETIATI , FATICHATI BUDININGSIH

2023  
Buku referensi

**Diagnosis, Pencegahan dan Tata Laksana Sarkopenia Di Indonesia**

DINA APRILLIA ARIESTINE

2023  
Jurnal internasional bereputasi

## Relationship Between Nutrition Status (MNA) and Fall Risk (FRQ) in Elderly Patients

MUHAMMAD HAZMI SINULINGGA , DINA APRILLIA ARIESTINE

2023

Jurnal nasional terakreditasi

## The Relationship Between Vitamin D Status and Fall Risk in Elderly with Chronic Kidney Disease on Regular Hemodialysis

MUHAMMAD IQBAL , DINA APRILLIA ARIESTINE

2023

Prosiding seminar nasional

## Penggunaan Probiotik dalam Upaya Perbaikan Kondisi Fisik dan Fungsional Pasien Sarkopenia

ALVIN IVANDER , DINA APRILLIA ARIESTINE

2023

Jurnal internasional bereputasi

## RELATIONSHIP BETWEEN POLYPHARMACY, LENGTH OF HOSPITALIZATION, AND DELIRIUM AMONG HOSPITALIZED ELDERLY PATIENTS

DINA APRILLIA ARIESTINE

2021

Jurnal internasional bereputasi

## Quality of life in older survivors of non-Hodgkin's lymphoma who received chemotherapy and related factors

DINA APRILLIA ARIESTINE

## Community Services

2026

### Pengabdian Masyarakat Geriatri

DINA APRILLIA ARIESTINE , MUHAMMAD ARIF SANUSI , ALEXANDER GINTING , PRIMADONA YANI GULTOM , ALVIN HENRI , JODY YUSUF

2025

### Pengabdian kepada Masyarakat dan Kegiatan Bakti Sosial dalam rangka Milad HMI Ke 78

DINA APRILLIA ARIESTINE

2025

### Tim Tenaga Medis Bencana Alam Sumatera

DINA APRILLIA ARIESTINE , TOPAN ARDIAN , CINDY ADITYOPUTRI , MUHAMMAD TAUFIK DALIMUNTHER , RASMAN EVANDI

2025

### Pemeriksaan dan Penyuluhan Kesehatan Pengenalan Geriatri Penyakit - Penyakit yang sering pada Lansia

DINA APRILLIA ARIESTINE

2025

### Pengabdian Masyarakat PAPDI Cab SUMUT

DINA APRILLIA ARIESTINE

2025

### Bakti Sosial SCORA PEMA FK USU 2025

DINA APRILLIA ARIESTINE , JASON CHRISTOPER , LUSIA AVENTINA TARIGAN , AYU AZIZAH , PRIMADONA YANI GULTOM , MARIA TERESSA LAUT , DITHA AYU YOVANI , GHUMAISSA SAFIRA , ROVAN MELUGANISSIGAR PANJAITAN , TRUELY PANCA SITORUS

