

# Dr. dr. Rusdiana, M.Kes

Lecturer of Undergraduate Program in Medicine Study Program  
Faculty of Medicine  
Universitas Sumatera Utara

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

🌐 [fk.usu.ac.id/en/lecturer/rusdiana](http://fk.usu.ac.id/en/lecturer/rusdiana)

---

## Publications

---

2018

Jurnal internasional bereputasi

### **CD4 and its relevance to advanced glycation end products in tuberculosis patients with co-morbidity diabetes**

RUSDIANA

2021

Jurnal internasional bereputasi

### **Antihyperglycemic, Endothelial protection and Toxicity study of Basil Leaves Extract on Diabetic Rats**

RUSDIANA

2024

Buku lainnya

### **EFEK EKSTRAK ETHANOL DAUN BINAHONG SEBAGAI ANTI OBESITAS**

RUSDIANA

2021

Jurnal internasional bereputasi

### **Enhanced cytotoxic effects of Clinacanthus nutans and doxorubicin in combination toward breast cancer cell lines**

RUSDIANA

2024

Jurnal internasional bereputasi

### **Active Compounds of Red Ginger as Antioxidant Activity in the Supplementation and Treatment of Depression**

RUSDIANA

2019

Jurnal nasional terakreditasi

### **Implementation of wound care for mellitus diabetes feet in Medan Johor**

RUSDIANA

2023

Jurnal internasional bereputasi

### **The anti-obesity properties of Anredera cordifolia leaf extract in rats fed a high-fat diet through inhibition of adipogenesis**

RUSDIANA

2020

Jurnal nasional terakreditasi

### **Education Of Prevention And Treatment In Diabete Mellitus Feet**

RUSDIANA

2022

Jurnal internasional bereputasi

### **What Contributes to Palliative Care Practice in Cancer Patients in Indonesia**

2025

Jurnal internasional bereputasi

**Identification as a Randomized Trial of Piracetam Medication on the Protein and mRNA Expressions of GFAP, Calmodulin-2, and Gelsolin in Brain Tissue of Rat Fetuses from a Pregnant-Rat Periventricular Leukomalacia Model**

RUSDIANA , DUDY ALDIANSYAH

2021

Jurnal internasional bereputasi

**The role of vdr vitamin d receptor gene polymorphism in type 2 diabetes mellitus**

RUSDIANA

2019

Jurnal internasional bereputasi

**Glucose lowering effect of basil leaves in diabetic rats**

RUSDIANA

2025

Jurnal internasional bereputasi

**Anti-Obesity Properties of Binahong (Anredera Cordifolia) Extract on Hepatic Steatosis in Wistar Rats Model**

RUSDIANA

2025

Jurnal internasional bereputasi

**Surgical repair of partial atrioventricular septal defect (pAVSD) in adulthood: A rare case report**

RUSDIANA

2016

Jurnal internasional

**Comparison of Perilipin Protein Levels in Obese with Metabolic Syndrome And Obesity Non Metabolic Syndrome**

RUSDIANA

2023

Jurnal internasional bereputasi

**The status of self-care behaviors among type 2 diabetic patients: a cross-sectional study**

RUSDIANA

2006

Jurnal nasional

**Hubungan antibodi anti Epstein Barr Virus dengan karsinoma nasofaring pada pasien etnis Batak di Medan**

RUSDIANA

2025

Jurnal nasional terakreditasi

**EFFECT OF ADMINISTRATION OF BINAHONG LEAF ETHANOL EXTRACT ON REDUCING BLOOD SUGAR LEVELS IN TYPE 2 DIABETES MELLITUS MODEL RAT**

RUSDIANA

2021

Jurnal internasional bereputasi

**The Role Vascular Endothelial Growth Factor, Control Glycemic, Lipid Profile, and Hypoxia-inducible Factor 1-Alpha at Type 2 Diabetic Patients in North Sumatera, Indonesia**

RUSDIANA

2024

Jurnal internasional bereputasi

# **Phytochemical Analysis of the Ethanol Extract of Binahong (*Anredera cordifolia* (Ten.) Steenis) Leaves by UV-Vis Spectroscopy**

RUSDIANA

2023

Jurnal internasional bereputasi

## **The potential of Andaliman (*Zanthoxylum acanthopodium* DC) fruit as an ethanol extract for neuroprotection in aged model rat**

RUSDIANA

2025

Jurnal nasional

## **The Role of Education on The Management Of Healthy Lifestyle Control to Avoid Non Infectious Disease And Severe Disease Complication In The Village of Buluh Cina Hamparan Perak**

RUSDIANA

2024

Jurnal internasional bereputasi

## **The Need for a Model of Accompanying Family Members for Elderly with Covid-19 During Isolation at Sembiring Delitua Public Hospital North Sumatera, Indonesia to Avoid Anxiety**

RUSDIANA , AFRIZAL , ANDANI EKA PUTRA , DR. H.ADANG BACHTIAR, MPH, DSC

2025

Buku lainnya

## **Ekstrak Buah Nifa (*Nypa Fruticans*) Untuk Obesitas**

RUSDIANA

2024

Jurnal internasional bereputasi

## **The effect of educational intervention on improving nutritional literacy of patients with Type 2 Diabetes**

RUSDIANA

2021

Jurnal nasional terakreditasi

## **Comparison Ghrehlin at Obesity Without Metabolic Syndrome With Obesity with Metabolic Syndrome**

RUSDIANA

2017

Jurnal internasional

## **Comparison of Superoxide Dismutase levels in Obese With Metabolic Syndrome and Obesity Non Metabolic Syndrome**

RUSDIANA

2020

Jurnal internasional bereputasi

## **The relation between lipid profile and glycemic control in type 2 diabetes mellitus patients in North Sumatera, Indonesia**

RUSDIANA

2018

Jurnal internasional bereputasi

## **The effect of diabetes self-management education on Hba1c level and fasting blood sugar in type 2 diabetes mellitus patients in primary health care in binjai city of north Sumatera, Indonesia**

RUSDIANA

2020

Jurnal nasional terakreditasi

## **Association of Uric Acid Level and Body Mass Index in Type 2 Diabetes Mellitus Patients**

RUSDIANA

2017

Jurnal internasional

## **Correlation Between Body Mass Index And Glycosilat Haemoglobin of Type 2 Diabetes Mellitus Patient in PHC in Binjai City Sumatera Utara**

RUSDIANA

2018

Jurnal internasional bereputasi

## **Association between haemoglobin a1c and uric acid levels among patients with diabetes mellitus type 2 at a primary health care clinic in North Sumatera, Indonesia**

RUSDIANA

2025

Jurnal nasional terakreditasi

## **Prevention education, neuropathy screening and foot vasculopathy screening in patients with type 2 diabetes mellitus at Medan Area community health centre**

RUSDIANA , M ARON PASE , MELATI SILVANNI NASUTION , MUHAMMAD SYAHPUTRA

2019

Jurnal nasional terakreditasi

## **Wound prevention education in diabetes melitus**

RUSDIANA

2020

Jurnal nasional

## **Education of Prevention and Treatment in Diabetes Mellitus Feet**

RUSDIANA

2020

Jurnal internasional

## **Comparison of Different Clinical and Metabolic Parameters Among Type 2 Diabetic Patients With and Without Retinopathy in Primary Health Clinics in Medan City, North Sumatera**

RUSDIANA

2017

Jurnal internasional bereputasi

## **Relation Between Body Mass Index with Triglyceride Levels At Coronary Heart Disease At RSUP Haji Adam Malik Medan**

RUSDIANA

## **Researches**

2023

Biomedik

## **EFEK LIVER PROTEKTIVE DAN ANTI STEATOSIS EKSTRAK ETANOL *Anredera cordifolia* PADA TIKUS JANTAN PUTIH GALUR WISTAR MODEL OBESITAS**

RUSDIANA

2016

Biomedik

## **Perbandingan Kadar protein perilipin pada pasien obesitas tanpa sindroma metabolic dan obesitas dengan sindroma metabolik**

RUSDIANA

2016

Penelitian Hibah Bersaing

## **Model Intervensi Diabetes Self Management Education (DSME) Pengaruhnya Terhadap Kadar Gula Darah (KGD) Dan HbA1c Pada Penderita DM Tipe 2 di Kotamadya Binjai**

2022

Penelitian Fundamental

**EFEKTIFITAS EKSTRAK ETHANOL DAUN BINAHONG (*Anredera cordifolia*) MENGHAMBAT DIFFERENSIASI SEL ADIPOSIT MELALUI INAKTIVASI JALUR ERK DAN PI3K PADA TIKUS JANTAN GALUR WISTAR MODEL OBESITAS YANG DIINDUKSI DIET TINGGI LEMAK: STUDI PENELUSURAN PATHWAY LIPOGENESIS**

RUSDIANA

2024

Penelitian Hibah Bersaing

**Uji toksisitas ekstrak *Anredera cordifolia* Terhadap Tikus Putih Hamil Model (*Rattus norvegicus* L.) Dan Efek Teratogenik Terhadap Fetus Tikus**

RUSDIANA

2021

Penelitian Fundamental

**Model Diet Pakan Tinggi Lemak Termodifikasi Pada Tikus Putih (*Rattus norvegicus*) Galur Sprague Dawley Model Obesitas**

RUSDIANA

2017

Biomedik

**Model Intervensi Diabetes Self Management Education (DSME) Pengaruhnya Terhadap Kadar Gula Darah (KGD) Dan HbA1c Pada Penderita DM Tipe 2 di Kotamadya Binjai**

RUSDIANA

2024

Penelitian Kerjasama Antar Perguruan Tinggi

**PENGARUH PEMBERIAN EKSTRAK DAUN PIRDOT (*Saurauia vulcani* Korth.) TERHADAP KADAER PI3K, EKSPRESI GEN Dilp 2 DAN Dilp 5 PADA *Drosophila melanogaster* MODEL HIPERGLIKEMIA**

RUSDIANA

## Community Services

2025

**Pengabdian Masyarakat Akbar PEMA FK USU 2025**

DELYUZAR , RUSDIANA

2025

**PANITIA PELAKSANAAN PERINGATAN HARI ULANG TAHUN KE 73 FK USU**

BUGIS MARDINA LUBIS , RUSDIANA

2020

Biomedik

**Health Nutrition and Sanitation Counseling Education in Improving Health Understanding in Sigapiton Village, Ajibata District, North Sumatra.**

RUSDIANA

2025

**Bantuan Bencana Alam serta penanganan keadaan darurat pada bencana yang terjadi di Kabupaten Aceh Tamiang**

INKE NADIA DINIYANTI LUBIS , RUSDIANA

2024

**Pra TBM CAMP XVII dan TBM CAMP XX Tim Bantuan Medis Fakultas Kedokteran USU Pemerintahan Mahasiswa FK USU**

DELYUZAR , RUSDIANA

---

# Intellectual Property Rights

---

2017

Paten nasional

**EKstrak Etanol 70% Daun Binahong (*Anredera cordifolia*) Sebagai Obat Herbal Penurun Perlemakan Hati**

RUSDIANA

---