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*Dr. dr. Rusdiana, M.Kes seorang dosen tetap di Fakultas Kedokteran Universitas Sumatera Utara (FK USU). Beliau menjabat sebagai Lektor Kepala dan kini sebagai Ketua Departemen Biokimia dan sebagai Staf Ahli Dekan Bidang Akademik, Kemahasiswaan dan Alumni pada Fakultas Kedokteran. Keahlian risetnya meliputi penyakit metabolisme dan penggunaan obat herbal.*

## Publications

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

2025

Buku lainnya

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

RUSDIANA

2025

Jurnal internasional bereputasi

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

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

2025

Jurnal internasional bereputasi

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

RUSDIANA

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

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

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2024

Buku lainnya

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

RUSDIANA

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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

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2024

Jurnal internasional bereputasi

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

RUSDIANA

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2024

Jurnal internasional bereputasi

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

RUSDIANA

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2024

Jurnal internasional bereputasi

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

RUSDIANA

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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

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2023

Jurnal internasional bereputasi

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

RUSDIANA

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2023

Jurnal internasional bereputasi

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

RUSDIANA

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2022

Jurnal internasional bereputasi

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

RUSDIANA

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2021

Jurnal nasional terakreditasi

**Comparison Ghrelin at Obesity Without Metabolic Syndrome With Obesity with Metabolic Syndrome**

RUSDIANA

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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

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2021

Jurnal internasional bereputasi

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

RUSDIANA

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2021

Jurnal internasional bereputasi

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

RUSDIANA

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2021

Jurnal internasional bereputasi

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

RUSDIANA

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2020

Jurnal nasional terakreditasi

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

RUSDIANA

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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

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2020

Jurnal nasional terakreditasi

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

RUSDIANA

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2020

Jurnal nasional

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

RUSDIANA

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2020

Jurnal internasional bereputasi

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

RUSDIANA

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2019

Jurnal nasional terakreditasi

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

RUSDIANA

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2019

Jurnal nasional terakreditasi

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

RUSDIANA

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2019

Jurnal internasional bereputasi

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

RUSDIANA

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2018

Jurnal internasional bereputasi

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

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

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

2017

Jurnal internasional bereputasi

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

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

2017

Jurnal internasional

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

RUSDIANA

2016

Jurnal internasional

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

RUSDIANA

2006

Jurnal nasional

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

RUSDIANA

## **Researches**

2024

Penelitian Hibah Bersaing

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

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

2023  
Biomedik

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

RUSDIANA

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

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

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**

RUSDIANA

## Community Services

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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

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

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2020  
Biomedik

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

RUSDIANA

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## **Intellectual Property Rights**

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2026  
Paten nasional

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

RUSDIANA

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