

Curriculum Vitae

Personal Information

Title	Dr	
Name	Siti Chandra Widjanantie	
Degree	Dr. dr. Sp.K.F.R., K.R. (K)	
Country	Indonesia	
Affiliation	Persahabatan Hospital, Jakarta	

Recent Position

- Lecturer, Clinical Teacher Staff of Physical Medicine and Rehabilitation Residential Training, Faculty of Medicine, Universitas Indonesia, Jakarta, Indonesia
- Head of Physical Medicine and Rehabilitation Department, Persahabatan Hospital, Jakarta, Indonesia



Education & Trainings

- 1993, Graduate, High School, SMA Negeri 1 Solo, Central Java, Indonesia
- 2001, MD, Faculty of Medicine, Trisakti University, Indonesia
- 2002-2006, Physiatrist (Physical Medicine & Rehabilitation Specialist), Physical Medicine and Rehabilitation Residency Training, Faculty of Medicine, Universitas Indonesia
- 2007, JARM International Observer, Kobe, Japan
- 2017, Observer Fellowship, Gangnam Severance Hospital, Yonsei University, Seoul, South Korea
- 2017, Observer Fellowship, National Taiwan University Hospital, National Taiwan University, Taipei, Taiwan
- 2018, Cardiorespiratory Consultant, Collegium of Physical Medicine and Rehabilitation Indonesia
- 2019, MECOR Fellowship, American Thoracic Society, Jakarta
- 2021, Fellow Asia Pacific Society of Respirology (FAPSR)
- 2022, Fellow of International Society of Quality in Health Care (FISQua)
- 2023, PhD Graduate, Faculty of Medicine, University of Indonesia
- 2024, Hajj & Pilgrimage Health Service Provider, Ministry of Health, Indonesia



Experience

- 2006-2007. Head of Medical Rehabilitation Department, Raden Mattaher Hospital, Jambi
- 2007-2008. Head of Medical Rehabilitation Department, Sekayu Hospital, Musi Banyuasin, South Sumatera, Indonesia
- 2008-now. Medical Staff, Physical Medicine and Rehabilitation Department, Persahabatan Hospital, Jakarta, Indonesia
- 2009-2013. Clinical Manager, Physical Medicine and Rehabilitation Department, Persahabatan Hospital, Jakarta, Indonesia
- 2015-2016. Member, Credential Subcommittee, Medical Staff Committee, Persahabatan Hospital, Jakarta, Indonesia
- 2016-2021. Chief, Credential Subcommittee, Medical Staff Committee, Persahabatan Hospital, Jakarta, Indonesia
- 2018-2022. Head of Physiatrist Medical Staff, Physical Medicine and Rehabilitation Department, Persahabatan Hospital, Jakarta, Indonesia
- 2018-now. Hospital Accreditation Committee of Persahabatan Hospital



- 2020-now. IPCD, Member of Infection and Prevention Committee, Persahabatan Hospital
- 2020-2023. Emergency COVID-19 Team, Persahabatan Hospital, Jakarta, Indonesia
- 2020-2023. Volunteer, Physiatrist for Pulmonary Rehabilitation, COVID-19 National Emergency Hospital (RSDC) Wisma Atlet Kemayoran, Jakarta, Indonesia
- 2021-2024. Head of Medical Staff Committee, Persahabatan Hospital, Jakarta, Indonesia
- 2024-now. Member of Credential Subcommittee, Medical Staff Committee, Persahabatan Hospital, Jakarta, Indonesia
- 2023-now. Chief, Publication and Research Subcommittee, Clinical Research Unit, Persahabatan Hospital, Jakarta, Indonesia
- 2023-now. Secretary, Clinical Teacher Regulation Team, Ministry of Health of Indonesia
- 2024-now. Head of Physiatrist Medical Staff, Physical Medicine and Rehabilitation Department, Persahabatan Hospital, Jakarta
- 2025-now. Chief Editor of Persahabatan Multidiscipline Journal



Professional Memberships

- Indonesia Medical Association, Jakarta Chapter. Member
- PB.IDI (Indonesia Medical Association). Ex-officio P2KB PB.IDI (Continuing Medical Education for PERDOSRI, Physiatrist)
- Yayasan Asma Indonesia (Indonesia Asthma Society). Secretary II
- Yayasan Pusat Studi dan Informasi Kedisabilitas Indonesia (Indonesia Center of Study and Information for Disability. Co-Chief II PSIKI
- Indonesia Physical Medicine and Rehabilitation Society, Jakarta Chapter (PERDOSRI, cabang Jakarta). Active member
- INASCON (Indonesia Spinal Cord Network). Active member
- Internasional Society Physical&Rehabilitation Medicine. Active member
- Asia Pasific Society of Respirologi (APSR). Active member
- American Thoracic Society (ATS). Active member
- Hospital Accreditation Committee (KARS). Active member
- International Society of Quality in Health Care (ISQua). Active member
- European Respiratory Society (ERS). Active Member
- South-East Asia Thoracic Society (SEATS). Active Member
- IDARI Foundation. Committee
- Pelita Ilmu Fisiatris Foundation. Co-Chief



Scientific Contributions

- Clinical Teacher, Lecturer, Physical Medicine & Rehabilitation Department, Faculty of Medicine, Universitas Indonesia, Persahabatan Hospital, Jakarta, Indonesia
- Journal Reviewer, Indonesia Journal of Physical Medicine & Rehabilitation
- Journal Reviewer, Jurnal Respirologi Indonesia
- Editor, Journal of Indonesia Medical Association (Majalah Kedokteran Indonesia)
- Trainer, RSDCWA Academy, Emergency COVID-19 Hospital Wisma Atlet Kemayoran, Jakarta
- Researcher, Clinical Research Unit, Persahabatan Hospital, Jakarta, Indonesia
- Chief Editor of Persahabatan Multidiscipline Journal

Honours

- Remy Nasution Award, Jakarta, 2006
- Japanesse Association of Rehabilitation Medicine International Travel Grant, 2007



- International Society of Physical and Rehabilitation Medicine, Travel Grant, Malaysia, 2016
- Public Innovation COVID-19 for Breathing Exercise Video in COVID-19, 2020
- Indonesian Patency for Breathing Exercise and Education Video in COVID-19 for RSUP.Persahabatan, 2020
- Indonesian Patency for Breathing Exercise and Education Video in COVID-19 for Emergency Hospital RSDCWA Kemayoran, 2021
- Nasional Achievement from Ministry of Health for COVID-19 Medical Specialist Services (Terbaik 1 Nasional, Katagori Nakes Dokter Spesialis RS Vertikal Kemenkes RI), 2021
- ATS International Trainee Scholarship, MECOR AWARD, American Thoracic Society, 2022
- Indonesian Patent for Book "Tips dan Tricks Rehabilitasi Medis untuk Pasien yang Mengalami Gejala Long COVID". RSDCWA Academy, 2022
- Indonesian Patent for Book "Rehabilitasi LONG COVID-19 (Disertai Tips untuk Penyandang Disabilitas Penyintas COVID-19)". RSDCWA Academy, 2022.



- MECOR Award, American Thoracic Society, 2022
- Research Grant HIBAH PUTI Batch II, University of Indonesia, 2022
- Research Grant HIBAH PUTI Batch III, University of Indonesia, 2022
- Indonesian Patent for Books: Respiratory Rehabilitation and COVID Pandemic, 2023
- Islamic Development Bank (IsDB) Research Grant, Persahabatan Hospital Post-COVID Research, 2024
- Indonesian Patent for Persahabatan Hospital Research Parade 2024-2025.

Books Publications

1. White Book Ilmu Kedokteran Fisik dan Rehabilitasi Indonesia. Edisi kedua, PB.PERDOSRI, 2018
2. Panduan Pelatihan Rehabilitasi Medik untuk Fasilitas Kesehatan Tingkat Pertama, 2018
3. Booklet Cardiorespiratory Rehabilitation. PB.PERDOSRI, 2019
4. Panduan Uji Fungsi dan Prosedur Ilmu Kedokteran Fisik dan Rehabilitasi Indonesia, 2019



5. Panduan P2KB PB.PERDOSRI, 2019
6. Pedoman Rehabilitasi Pasca Bencana. PB.PERDOSRI, 2019
7. Booklet Seminar Awam SMA and DMD Community. 2019
8. Panduan Optimalisasi Kondisi Metabolik Untuk Mencegah Fatalitas Covid-19. KFLS Indonesia, 2020
9. Tips dan Tricks Rehabilitasi Medis untuk Pasien yang Mengalami Gejala Long COVID. RSDCWA Academy, 2022
10. Rehabilitasi LONG COVID-19 (Disertai Tips untuk Penyandang Disabilitas Penyintas COVID-19), 2022
11. Buku Seminar Parade Penelitian RS Persahabatan. Clinical Research Unit, Persahabatan Hospital, 2023-2024

Journal Publication

1. Widjanantie SC. International Session. In JARM Proceeding. Kobe, 2007
2. Widjanantie SC, Ratnawati A. Outpatient Pulmonary Rehabilitation in Persahabatan Hospital. In ARMA Proceeding. Thailand, 2009
3. Widjanantie SC, Tulaar ABM, Kasjmir YI, Prasetyo SB. Knee Function measured by time up-and-go test and stair-climbing test after isometric exercise of quadriceps femoris muscles in female patients with knee osteoarthritis. In J Rheumatology 2011; Vol.3



4. Widjanantie SC, Dahlan MS. Evaluation of Cough Ability After Pulmonary Rehabilitation Program in COPD Patients. In ISPRM Proceeding. Malaysia, 2016
5. Widjanantie SC, Rehabilitasi Respirasi sebagai Bagian Penting Tatalaksana Penyakit Paru Obstruktif Kronik Editorial Note. In J MA, 2016
6. Arifin SWA, Indra R, Widjanantie SC, Nurdwinuringtyas N. Improvement of the Functional Parameter in Patient with Chronic Obstructive Pulmonary Disease after Pulmonary Rehabilitation. INDOJPMR. 2017
7. Winny, Widjanantie SC, Maryastuti, Nurdwinuringtyas N. The Improvement on Respiratory Muscle, Trunk Stability, and Health Status after Abdominal Drawing-in Maneuver in COPD Patients. INDOJPMR. 2017
8. Widjanantie SC, Outpatient Rehabilitation Program for Monitoring Mucus Clearance in COPD with Cardiopulmonary Problems. Poster Session. Malaysia Cardiac Conference, Sarawak, 2018
9. Halim RG, Widjanantie SC, Anggoro SC. Active Cycle Breathing Exercise on Post Tuberculosis Bronchiectasis. INDOJPMR, 2018



10. Kokok AS, Anggoro SC, Widjanantie SC. Pulmonary Rehabilitation After Lobectomy On Pulmonary Aspergilloma : Case Report. INDOJPMR.2018
11. Nurdwinuringtyas N, Widjanantie SC. Expiration Training Maneuver for Chronic Obstructive Pulmonary Disease with Congestive Heart Failure Grade II : A Case Report. INDOJPMR, 2018
12. Hariza O, Lasmitasari B, Widjanantie SC, Nurdwinuringtyas N. The Effects of Inspiratory Muscle Training in Neuromuscular Disorders : Review Article. INDOJPMR, 2018
13. Nelfidayani, Widjanantie SC, Nurdwinuringtyas N. Pulmonary rehabilitation can improve functional capacity and quality of life in severe COPD with comorbidities. Poster session. In Proceeding RESPINA, 2018
14. Widjanantie SC. Algorithm and Respiratory Management for Spinal Muscular Atrophy. In Proceeding PIT PERDOSRI XVIII, 2019
15. Widjanantie SC. Translation of exercise prescription for home program. In Proceeding PIT PERDOSRI XVIII, 2019

16. Widjanantie SC. Pulmonary Rehabilitation for Chronic Obstructive Pulmonary Disease in Natural Disaster. Review Article. INDOJPMR, 2019
17. Widjanantie SC, Triangto K. Forward Head Posture Examination and its Association with Lung Expiratory Function in Chronic Pulmonary Disease (COPD) Patient: A Case Series. In Proceedings of the 11th National Congress and the 18th Annual Scientific Meeting of Indonesian Physical Medicine and Rehabilitation Association. Volume 1, 2019, p.231-237
18. Putri A, Widjanantie SC, Pakasi R. Effects of Exercise Training on Forced Expiratory Flow in Individual with Spinal Cord Injury with Prone Positioning: A Serial Case Report. In Proceedings of the 11th National Congress and the 18th Annual Scientific Meeting of Indonesian Physical Medicine and Rehabilitation Association. Volume 1, 2019, p.343-346.
19. Widjanantie SC, Kartikawati F, Rahardjo TAB, Susanto AD, Burhan E, Hasibuan TET, Rogayah R, Rasmin M. Mobilisasi Tenaga Medis Dalam Menghadapi Pandemi COVID-19. J Indon Med Assoc, Volum: 70 (8), 2020, hal. 142-3



20. Widjanantie SC, Soewito F. Case Report: Non Invasif Ventilator as an Alternative in Improving Diaphragma Movement, Peak Flow Expiration and End Tidal Carbon dioxide of Laryngectomees. Journal Of The Indonesian Medical Association. 2021, 71(3), 146-150.
21. Sugiyono A, Widjanantie SC. Respiratory Monitoring in Pediatric Neuromuscular Disease. INDOJPMR 2021, vol 10 (02).
22. Sari DM, Widjanantie SC, Poerwandari D, Paulus AFS, Tedjasukmana D, Nurdwinuringtyas N, Ratnawati A, Laswati H. Mobilisasi Dini di ICU. Journal Of The Indonesian Medical Association. 2021, 72(1), 44-55
23. Widjanantie SC. Rehabilitasi Respirasi untuk pasien COVID-19. Journal Of The Indonesian Medical Association. 2022, 71(6), 248-250.
24. Hapsari L, Widjanantie SC. Respiratory Rehabilitation Management in Adult Neglected Spinal Muscular Atrophy Type II Patient: A Case Report. Journal Of The Indonesian Medical Association. 2022, 72(3), 139-142.
25. Widjanantie SC, Dwiyan L. Role of Pulmonary Rehabilitation Programs in Weaning Process of a Readmitted Patient with Oxygen Dependency in Severe Pulmonary Fibrosis After COVID-19 Infection. Am J Respir Crit Care Med 2022;205:A3184.



26. Sunarjo P, Nilandrani R, Soewito F, Widjanantie SC, Leochico CFD. Outcome of a Telerehabilitation Program for a Home-bound Geriatric Patient with Post Covid-19 Syndrome in Indonesia: A Case Report and Literature Review. *ASEAN J Rehabil Med*. 2023; 33(1):49-55.
27. Widjanantie SC, Syam AF, NUSDWINURINGTYAS N. Effects of modified diaphragmatic training on gastroesophageal reflux disease questionnaire score, diaphragmatic excursion, and maximum inspiratory pressure in adults with gastroesophageal reflux disease after COVID-19: a single-blinded randomized control trial. *Acta Med Indones- Indones J Intern Med*. 2023;55(3):269–76
28. NLMM Jayanthi, SC Widjanantie, TFU Tambunan, Sunarjo P. Rehabilitation in a Patient with Restrictive Lung Disease Due to Post Partial Right Inferior Lobe Resection with Phrenic Nerve Palsy: Case Report. *Annals of Medicine and Medical Sciences*. 2024:1-4.
29. Widjanantie, SC. Rehabilitasi Respirasi pada Pasca Operasi Angkat Pita Suara. *Jurnal Syntax Admiration*. 2024: 5(2), 424-435.
30. Widjanantie SC, Ayuningtyas PD, Susanto AD. Successful Pulmonary Rehabilitation in COPD During COVID-19 Pandemic Era: A Case Report. *J Respirol Indones*. 2024 Vol. 44(2): 125–32.



31. Widjanantie, SC, Attamimy V, Ayuningtyas PD. Functional Breathing and Approaches in Pulmonary Rehabilitation: A Literature Review. Indonesian Journal of Physical Medicine and Rehabilitation.2024: 13(01), 74 - 86.
32. Paramita, N., Santoso, D. I. S., Nurdwinuringtyas, N., Rasmin, M., Kartinah, N. T., Widaty, S., Jusman, S. W. A., Abdullah, M., Tinduh, D., Widjanantie, S. C., Harini, M., Sianipar, I. R., Nugraha, B., & Gutenbrunner, C. The Delphi Method: Developing a Telerehabilitation Practice Guideline for Patients in Indonesia with Long COVID. International Journal of Telerehabilitation.2024: 16(1):e6610
33. Widjanantie, SC., Lestari, F., Nurdwinuringtyas, N., Susanto, AD. Rehabilitation Management for Sarcopenia in Chronic Obstructive Pulmonary Disease: A Literature Review. Respiratory Science.2024: 4(3), 232-250
34. Widjanantie, SC., Susanto, A., Alwin, W., & Ilyas, M. Correlation Between Health-Related Life Quality and Dyspnea Severity in Aged COVID-19 Survivors in Indonesia. Journal Of The Indonesian Medical Association.2024: 74(4), 190 - 197



35. Santoso BH, Valentina F, Soewito F, Widjanantie SC. Physical rehabilitation treatment in chronic obstructive pulmonary disease (COPD) patient: evidence from the 6-minute walk test. *Intisari Sains Medis*.2024; 15 (3),1004-1007
36. Widjanantie SC, Syam AF, NUSDWINURINGTYAS N, SUSANTO AD, HIDAYAT R, KEKALIH A et al. Prediction Equations for Calculating Maximal Inspiratory Pressure from Spirometry and Thoracic Ultrasound After COVID-19 with Gastroesophageal Reflux Disease in Indonesian Adults: A Cross-sectional Study. *Acta Med Indones- Indones J Intern Med*:2024;55(3):269–76
37. Widjanantie SC, Burhan E, Susanto AD. Physical Medicine and Rehabilitation Approach of Elderly with Atypical COVID-19 Symptoms. 2024: *SPMRJ Vol 6 No 2*, 184-194.