



STUDENT's HANDBOOK
BLOCK 1
LEARNING SKILLS

**FAKULTAS KEDOKTERAN
UNIVERSITAS LAMPUNG
BANDAR LAMPUNG
2017**

1st Edition

STUDENT's HANDBOOK

BLOCK 1

LEARNING SKILLS

1st Edition

CURRICULUM 2017-2022



FACULTY OF MEDICINE LAMPUNG UNIVERSITY



Block 1 : Learning Skills
Student's Handbook
First Edition

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BLOCK 1
LEARNING SKILLS

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PREFACE

Alhamdulillah, Praise for Allah SWT, and greetings to the beloved Prophet Muhammad SAW, where for His blessings we can finish this book. This 1st edition Student Handbook contains learning objectives, modules and scenarios. The purpose of this block is to provide students with the provision for lifelong learning skills which is one of the requirements that must be possessed by students to face the challenges of medical advancement. This block is the first block using 2017 -2022 curriculum and already adjusted with Kerangka National Kualifikasi Indonesia (KKNI). This block is implemented in first semester. This book is the result of many discussion with all the lecturers of Faculty of Medicine of Unila to complete the material in this guide book. Our greatest thanks to all lecturers for their input, and all parties involved in the completion of this book. We realize this book still has a lot of shortcomings, we are looking forward to input and suggestions for the better future. Hopefully this handbook can be useful for all of us.

Bandar Lampung, Agustus 2017



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BLOCK I

LEARNING SKILL

1. Overview

Block 1 Learning skill is the first block in faculty of medicine. This block will provide students the skill of lifelong learning as one of the requirement that should be allocated to students to face challenges in advancement in medical science. On this block, students will learn how to be a medical student, how to deal with the problems that will be faced by medical students, get to know the basics of medical science, basics of professionalism, be a medical student and later be a doctor.

This block has 4 credits for 4 weeks, with 3 weeks of learning activities and 1 week assessment. At the end of the block the student will be given block assesment.

2. General Learning Objective

At the end of the first block, student should have competencies to:

1. Adjust to the learning environment in Faculty of Medicine Lampung University
2. Understand the concept of life long learning and adult learning
3. Masters many learning skills and transferable skill (soft skill)
4. Apply the principle of integrity as a student and understand the principle of professionalism as a doctor.
5. Understand the priciples of evidence based medicine as the basis for action in medical science
6. Understand the basic theory of ethics and principles of bioethics.



3. Specific Learning Objective

1. Understand the principle of adult learning
 - a. Introduction to the method of learning bxv and basic learning theory (informational process, construction study)
 - b. Self-directed learning
 - c. Critical thinking
 - d. Feedback
 - e. Reflection
 - f. Apply problem-based learning (PBL) with seven jumps method in tutorial discussion.
 - g. Group dynamics
 - h. Initial assesment in medical study

2. Understand the basics of learning skills
 - a. Introduction of learning style
 - b. Learning approach, learning strategy
 - c. Concentration and memory
 - d. Active listening
 - e. Factors that affect the success of learning
 - f. Coping mechanism
 - g. Learning procedural skills

3. Apply the learning skills
 - a. Speed reading
 - b. Note taking
 - c. Mind mapping



- d. Concept mapping
 - e. Time Management
 - f. Literature searching
 - g. Apply life long learning after graduate
4. Apply general skill and soft skill
- a. Presentation
 - b. Academic writing
 - c. Problem solving general medicine case
 - d. Team work
 - e. Public speaking
 - f. Decision making
5. Understand the basic and goals of medical education
- a. Medical education standard
 - b. Difference between medical science and other science (in term of moral)
 - c. Standar Kompetensi Dokter Indonesia 2012
 - d. Nomenclature and medical term according to Dorland medical dictionary
 - e. Doctor in the future (primary doctor)
 - f. Continuing Medical Education
- 5. Related field of Science**
- 1. Medical Education
 - 2. Bioethics
 - 3. Biostatistics
 - 4. Anatomy

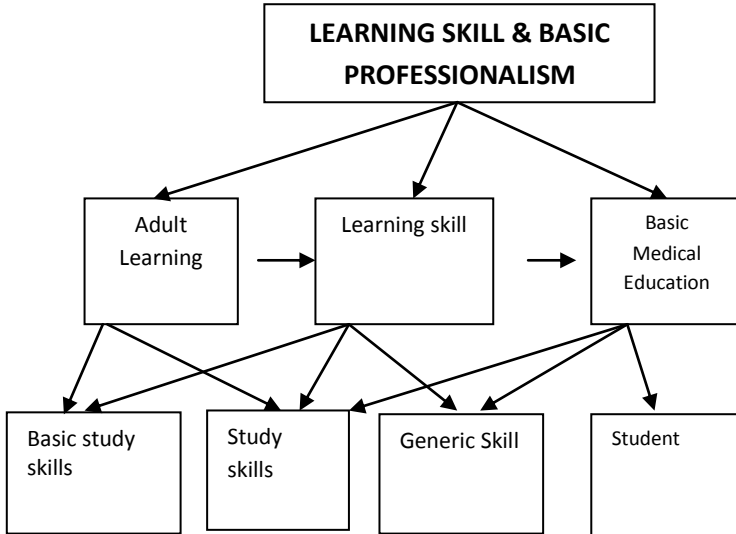


6. Practical sessions

- a. Seven jumps
- b. Constructive feedback
- c. Learning style
- d. Presentation
- e. Reflection
- f. Mind Mapping
- g. Concept mapping
- h. Speed reading
- i. Note taking
- j. Academic writing
- k. Public speaking
- l. Nomenclature



TOPIC TREE



LEARNING ACTIVITIES

1. Problem-based learning (PBL) with approach of seven jumps tutorial.

Seven jumps are group discussion that consist of seven step problem solving that are based in scenario/ clinical problem. As for the seven steps are:

- a. Explain unfamiliar terms

Explain the terms or concepts that are not understood or not clear in scenario. Each member of the group must understand the information in the scenario.

- b. Define problems

The problem is defined in the form of a question. Members of the group have to agree about the problems that will be discussed.

- c. *Brainstorm*

Activate prior knowledge of the member of the group. This process requires a lot of explanation about the hypothesis that are possible. The idea from all members are collected without any criticism.

- d. Analyze the problems

Explanations and hypotheses of the group discussed deeply and analyze systematically. The ideas of prior knowledge is sorted and linked to each other.



e. Make *learning issue*

Based on the hypothesis that still not clear and/or contradiction in problems analysis, questions are formulated as the basis of group members independent study.

f. Independent study

Group members find the relevant literature to solve learning issue. After the information and knowledge obtain from literature, members of the group prepare to report result of their study and literature source on the tutorial.

g. Reporting

this step is use to report the result of independet learning. This Step start with reporting the literary sources used in independent study. Discussion then continued based on result of information in the literature. Members of the group trying to synthesize what was found from different literature.

2. Independent learning

Independent learning is learning activity that was choose by the student in accordance to fullfill learning objectives.

3. Practical sessions

Students do and apply the knowledge and skills learn from lectures or independet learning

4. Role play

Students learn to understand about designated learning objective by playing the role between fellow students



5. Learning Videos

Students watch the video given by the block coordinator then discuss about the learning values in it.

6. Small group learning and feedback

Students will learn in a small group then will be given feedback based on the results of the discussions in the group.

7. *Team Based Learning*

Before enter the class, students are given the task of self study. On the class, the prior knowledge of student will be tested and given score, after that the students will be divided into small groups and discuss the topics or solve the problem based on their knowledge.. After that, there will be a panel discussion that facilitated by facilitator.

8. Lectures

Lectures will be given by the lecturer concerned. The lecture is conducted in large class.

9. Discussion

Interactive discussion with facilitator that relevant to the study

10. E-learning

Teaching and learning methods using the latest electronic technology including the internet (web, email)



ASSESSMENT

1. Formatif assessment is the assessment that is build to monitor the process of learning, identify the strengths and weaknesses of students, characteristics of learning and character of students, diagnose the learning needs of students, help the lecturers improve the learning process. Attitude is also rated as a condition to pass the block.
2. Summatif assessment (Final result) is to evaluate the students after learning process is completed. It is use to communicate the result of the students to their parents and to review the success of learning process.

Summatif assessment components

• Short essay	: 20 %
• MCQ	: 40 %
• Task	: 20 %
• Tutorial	: 10 %
• <u>Practical session assesment</u>	: 10 %
<u>Total</u>	: 100 %

- Short essay: Written test which the question can be either a case or a statement.
- MCQ: multiple choice question. This test will be conducted in Computer Based Test. The question can be either a case or a statement and student need to choose one best answer from five possible answers (a,b,c,d,e)
- Task: doing a task given by block coordinator or lecturer, with independent study that will be assessed by lecturer based on rubric assessment.
- Checklist tutorial: assessment during tutorial
- Practical assesment
Assessment during practical session (pre-test, post-test, practical session exam)



WEEKLY ACTIVITY

MODULE 1 (Adult learning)

Learning objectives

1. Understand the concept of life long learning and adult learning
2. Understand the concept of Self-directed learning
3. Recognize the learning theory (information, constructive, etc)
4. Understand the concept of critical thinking
5. Capable of doing feedback
6. Capable of doing reflection and self-assessment
7. Apply problem-based learning (PBL) with seven jumps methods in tutorial discussion
8. Recognize group dynamics

Learning methods

No	Topic	Activity	Facilitator	Time
1	Understand the concept of life long learning and adult learning	Interactive lecture	dr. Rika Lisiswanti, MMedEd	2x50'
2	Understand the concept of Self-directed learning	Team based learning, video	Medical Education Staff	2x50'
3	Understand the	Interactive lecture	dr. Merry	2x50'



	concept of critical thinking		Indah Sari, MMedEd	
4	Do feedback	Practicum/role play/feedback	dr. Dwita Oktaria, M.Pd.Ked	2x50'
5	Do reflections, self-assessment	Interactive Lecture, Practicum	dr.Dwita Oktaria, M.Pd.Ked	1x50'
6	Recognize the learning theory (information, constructive, etc)	Interactive Lecture	dr. Rika Lisiswanti, MMedEd	2x50'
7	Group dynamics	Practicum/ simulations Lecture	dr. Oktafany, M.Pd.Ked	1x50'
8	<i>Problem-based learning</i> (PBL) concepts	Interactive Lecture, team-based learning, video	dr. Dwita Oktaria, M.Pd.Ked	2x50'
9	Apply problem-based learning (PBL) with seven jumps methods in tutorial	Practicum	Medical Education Staff	2x50' 2x50'



	discussion			
10	Presentation technique	Independent study Article about presentation	dr.Dwita Oktaria, M.Pd.Ked and Medical Education Staff	2x50'
11	Introduction of assessment system	Interactive	dr. Dwita Oktaria, M.Pd.Ked	2x50'

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MODULE 2

Learning objectives

- a. Basics of learning skills
 1. Know the learning style
 2. Understand learning approach, learning strategy
 3. Know the concept of concentration and memory
 4. Do Active listening
 5. Find out the factors that influence the success of learning
 6. Know the coping mechanism
- b. Apply the learning skills
 1. Apply speed reading
 2. Apply note taking
 3. Create mind mapping
 4. Create concept mapping
 5. Do good time management

No	Topic	Activity	Facilitator	Time
1	Know the learning style	Theory & Practice/self-assessment	dr. Rika Lisiswanti, MMedEd	2x50'
2	Understand the learning approach, learning strategy	Lecture and case analysis	dr. Dwita Oktaria, M.Pd. Ked	2x50'
3	Know the concept	Lecture	dr. Merry Indah	2x50'



	of concentration and memory		Sari, MMedEd	
4.	Active listening	Feedback	dr. Oktafany, MMedEd	2x50'
4	Find out the factors that influence the success of learning	Lecture and task	dr. Oktafany, M.Pd.Ked	2x50'
5	Know the coping mechanism	Interactive lecture	dr. Oktafany, M.Pd.Ked	2x50'
6	Apply speed reading	Practice	dr.Dwita Oktaria, M.Pd.Ked	2x50'
7	Apply note taking	Practice	Medical Education Staff	2x50'
8	Create mind mapping, concept mapping	Practice	dr. Rika Lisiswanti, MMedEd	2x50'
9	Do good time management	Practice	dr. Merry Indah Sari, MMedEd	2x50'



Sources

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Buzan T, Buzan B. The Mind map book. How to use radiant thinking to maximize your brain's untapped potential. New York: A Dutton Book. 1993

Buzan, T. 2007. Study skills: mind maps, memory techniques, speed reading. BBC

Novak, J.D., & Gowin, D.B. 2006. Learning how to learn. Cambridge



MODUL 3 (Generic skill)

Learning objectives

Able to apply generic skill or soft skill

- a. Presentation (pleno, task, etc)
- b. Academic writing
- c. Problem solving
- d. Team work
- e. Public speaking
- f. Decision making
- g. literature searching
- h. Make references, quotation in paper
- i. Nomenclature and medical term
- j. Communication
- k. Doctor in the future
- l. Continuing medical Education

No	Topic	Activity	Facilitator	Time
1	Make references, quotation in paper	Lecture & Practice	dr. Merry Indah sari, MMedEd	2x50'
2	<i>Academic writing</i>	Lecture & Task	dr. Dwita Oktaria, M.Pd.Ked	2x50'



3	<i>Problem solving, teamwork</i>	Lecture & Practice	dr. Rika Lisiswanti, MMedEd	Kuliah 1x50' Latihan 1x50'
4	<i>Decision making</i>	Lecture & Practice	Dr. Rika Lisiswanti, MMedEd	2x 50
4	<i>Public speaking</i>	Lecture & Practicum	dr. Dwita Oktaria, M.Pd.Ked	Kuliah 1x50' Praktikum 2x50'
5	<i>Literature searching</i>	Practicum at CBT lab	Medical Education Team	2x50'
6	The concept and principle of communication in medical field	Lecture	dr. Merry Indah sari, MMedEd	2x50
7	Communication (friends, lecturers, staff, colleagues)	Lecture	Dr. Merry Indah sari, MMedEd	2x50'
8	Standar kompetensi Dokter Indonesia	Lecture & Task	dr. Oktafany, M.Pd.Ked	2x50'



9	Nomenclature dan medical term	Lecture & Practicum	dr. Anggraeni Janar Wulan, M.Sc	2x50' kuliah, 2x50' praktikum
10	Doctor in the future	Discussion and presentation	dr. Oktafani, M.Pd.Ked	2x50'

Sources

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BLUEPRINT

No	Topic	LO	Facilitator	Assessment
1	Understand the concept of life-long learning and adult learning	C2	dr. Rika Lisiswanti, MMedEd	MCQ=5 Esai
2	Understand the concept of Self-directed learning	C3	Medical Education Staff	MCQ=5 Task
3	Understand the concept of critical thinking	C2	dr. Merry Indah Sari, MMedEd	MCQ=5 Esai
4	Do feedback	Practicum/role play/feedback	dr. Dwita Oktaria, M.Pd.Ked	MCQ=5 task
5	Do reflections, self-assessment	Interactive Lecture, Practicum	dr. Dwita Oktaria, M.Pd.Ked	MCQ=5 Esai Task
6	Recognize the learning theory (information, constructive, etc)	C1	dr. Rika Lisiswanti, MMedEd	MCQ=5 Esai
7	Group dynamics	C3	dr. Oktafany, M.Pd.Ked	MCQ=5 Esai
8	<i>Problem-based learning</i> (PBL) concepts	C3, practise	dr. Dwita Oktaria, M.Pd.Ked	MCQ=5 Esai
9	Apply problem-based learning (PBL) with seven jumps methods in tutorial discussion	Practise	Medical Education Staff	Task
10	Presentation technique	C3	dr. Dwita Oktaria, M.Pd.Ked and Medical Education Staff	Task MCQ=5



11	Introduction of assessment system	C3	dr. Dwita Oktaria, M.Pd.Ked	MCQ=5 Esai
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No	Topic	LO	Facilitator	Assessment
1	Know the learning style	C3	dr. Rika Lisiswanti, MMedEd	MCQ=5 Esai
2	Understand the learning approach, learning strategy	C3	dr. Dwita Oktaria, M.Pd. Ked	MCQ=5 Esai
3	Know the concept of concentration and memory	C2	dr. Merry Indah Sari, MMedEd	MCQ=5 Esai
4.	Active listening	C3	dr. Oktafany, MMedEd	MCQ=5 Task
4	Find out the factors that influence the success of learning	C4	dr. Oktafany, M.Pd.Ked	Esai Task MCQ=3
5	Know the coping mechanism	C2	dr. Oktafany, M.Pd.Ked	MCQ=5
6	Apply speed reading	C3	dr.Dwita Oktaria, M.Pd.Ked	Task MCQ=5
7	Apply note taking	Practise	Medical Education Team	MCQ=5 Task
8	Create mind mapping, concept mapping	Practice	dr. Rika Lisiswanti, MMedEd	Task MCQ=5
9	Do good time management	Practice	dr. Merry Indah Sari, MMedEd	Task MCQ=5



No	Topic	LO	Facilitator	Assessment
1	Make references, quotation in paper	C5	Dr. Merry Indah sari, MMedEd	MCQ=5 Task
2	<i>Academic writing</i>	C3	dr. Dwita Oktaria, M.Pd.Ked	Task MCQ=5
3	<i>Problem solving, teamwork</i>	C5	dr. Rika Lisiswanti, MMedEd	MCQ=5 Task Esai
4	<i>Decision making</i>	C5	Dr. Rika Lisiswanti, MMedEd	MCQ=5
4	<i>Public speaking</i>	Practise	dr. Dwita Oktaria, M.Pd.Ked	Task MCQ=5
5	<i>Literature searching</i>	Practicum at CBT lab	Medical Education Team	Practise
6	The concept and principle of communication in medical field	C2	dr. Merry Indah sari, MMedEd	MCQ=5 Esai
7	Communication (friends, lecturers, staff, colleagues)	C3	Dr. Merry Indah sari, MMedEd	MCQ=5 Esai
8	Standar kompetensi Dokter Indonesia	C2	dr. Oktafany, M.Pd.Ked	MCQ=5 Task
9	Nomenclature dan medical term	C2	dr. Anggraeni Janar Wulan, M.Sc	MCQ=8 Task practise
10	Doctor in the future	C2	dr. Oktafani, M.Pd.Ked	MCQ=5



PROBLEM/SCENARIO

1. Scenario week 1 (exercise)

2. Scenario week 2

3. Scenario week 3



SCHEDULE BLOCK LEARNING SKILL 2017

WEEK I					
Time	Monday	Tuesday	Wednesday	Thursday	Friday
	4-9-17	5-9-17	6-9-17	7-9-16	8-9-16
07.00-07.50	Kearifan lokal	Bahasa Indonesia			Jumat bersih
07.50-08.40					
08.40-09.30	Kontrak blok			L 2	L 6
09.30-10.20		L 7			
10.20-11.10	L 4	PBL prabctice	L 5	PBL practise	L 9
11.10-12.00					
12.00-13.00	ISHOMA				
13.00-13.50	L 1			P10 (presentation practice)	
13.50-14.40					
14.40-15.30	L 3				
15.30-16.20					

1. Understand the concept of life-long learning and adult learning (RL)
2. Understand the concept of Self-directed learning (BPK team)
3. Recognize the learning theory (information, constructive, etc) (RL)
4. Understand the concept of critical thinking (MIS)
5. Can do feedback (DO)
6. Can do reflection, self-assessment (DO)
7. Pbl theory (DO)
8. Apply problem-based learning (PBL) with seven jumps methods in tutorial discussion (BPK team)
9. Recognize group dynamics (OF)
10. Presentation (BPK Team)



Week 2					
Time	Monday	Tuesday	Wednesday	Thursday	Friday
	11-9-17	12-9-17	13-9-17	14-9-17	15-9-17
07.00-07.50	Karifan lokal	Bahasa Indonesia	L12	L4	L1
07.50-08.40					
08.40-09.30	L2		CSL 17		
09.30-10.20					
10.20-11.10	Tutorial 2017	L5	L 8	L11	L9,10
11.10-12.00					
12.00-13.00	ISHOMA				
13.00-13.50	L3	L7	L 6	Tutorial 2017	
13.50-14.40					
14.40-15.30	CSL 2017				
15.30-16.20					

1. Learning style (RL)
2. Understand learning approach, learning strategy (DO)
3. Know the concept of concentration and memory (MIS)
4. Active listening (OF)
5. Find out the factors that influence the success of learning (OF)
6. Know the coping mechanism (OF)
7. Apply speed reading (DO)
8. Apply note taking (BPK team)
9. Create mind mapping (RL)
10. Create concept mapping (RL)
11. Do good time management (MIS)
12. Nomenclature and medical term (AJW)



Week 3					
Time	Monday	Tuesday	Wednesday	Thursday	Friday
	18-9-17	19-9-17	20-9-17	21-9-17	22-9-17
07.00-07.50	Etika/ kearifan lokal	Bahasa Indonesia	L9	LIBUR	
07.50-08.40					
08.40-09.30	L 3		Literature searching		CSL 2017
09.30-10.20					
10.20-11.10	Tutorial 2017	L8	L2		
11.10-12.00					
12.00-13.00	ISHOMA				
13.00-13.50	L4,6	Literature searching	L 10	LIBUR	L5
13.50-14.40					
14.40-15.30	CSL 2017		Tutorial 2017		L13
15.30-16.20					

1. Presentation (pleno, task, etc) (Medical Education team)
2. Academic writing (DO)
3. Problem solving (RL)
4. Team work (RL)
5. Public speaking (DO)
6. Decision making (RL)
7. literature searching (practice by Medical Education Team)
8. Make references, quotation in paper (MIS)
9. Communication (MIS)
10. Communication medical field (MIS)
11. Doctor in the future (OF)
12. Continuing medical Education (OF)
13. SKDI



Week 4 (Final Exam)					
Time	Monday	Tuesday	Wednesday	Thursday	Friday
	25-9-17	26-9-17	27-9-17	28-9-17	29-9-17
07.00-07.50	Etika & kearifan lokal	B. Indonesia		UAB CBT	
07.50-08.40			CSL 2017		
08.40-09.30					ESAI
09.30-10.20					
10.20-11.10					
11.10-12.00					
12.00-13.00	ISHOMA				
13.00-13.50					
13.50-14.40					
14.40-15.30					
15.30-16.20	CSL 2017				

Coordinator block

1. dr. Oktafani, M.Pd.Ked (OF): 081369733500
2. dr. Rika Lisiswanti, MMedEd (RL):081388514165
3. dr. Eliza Techa F: 085324719365



Initial of lecturer

1. dr. Oktafani, M.Pd.Ked (OF)
2. dr. Rika Lisiswanti, MMedEd (RL)
3. dr. Merry Indah Sari, MMedEd (MIS)
4. dr. Dwita Oktaria, M.Pd.Ked (DO)
5. dr. Anggraeni Janar Wulan, M.Sc (AJW)

Medical Education Team

1. dr. Oktafani, M.Pd.Ked (OF)
2. dr. Rika Lisiswanti, MMedEd (RL)
3. dr. Merry Indah Sari, MMedEd (MIS)
4. dr. Dwita Oktaria, M.Pd.Ked (DO)





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