

Newsletter 1

Written by: Dina Keumala Sari

USU SPIRIT Club in collaboration with professional associations and private partners held a Scientific Seminar

Non-communicable diseases are diseases that cause high mortality and morbidity in the world. This is also the highest ranking in Indonesia, and prevention of this disease should be done early. Non-communicable diseases including obesity, hypertension or coronary heart disease are caused by an unhealthy lifestyle. Based on research this is not only caused by a lack of physical activity or improper food intake, but also caused by a lack of proper nutrition in the first 1000 days of life. This is also the beginning of stunting in children, which is also the beginning of non-communicable diseases, namely obesity in adulthood.

This understanding needs to be extended especially to general practitioners and paramedics. For this reason, the SPIRIT Club in collaboration with the Indonesian Doctors Association, the Indonesian Association of Clinical Nutritionists (PDGKI) North Sumatera branch, the Indonesian Association of Medical Nutrition Doctors (PDGMI) North Sumatera branch, and the Indonesian Pediatrician Association held a Scientific Seminar entitled: The Role of Nutrition and Physical Activity as a Treatment and Preventive in Stunting and Malnutrition. In addition, the SPIRIT Club is also with the Department of Nutrition, USU's Faculty of Medicine by involving all doctors and paramedics in the hospital. Prof. Chairuddin P Lubis USU, and H. Adam Malik Hospital Medan, together with the sponsor, namely Fresenius Kabi thoroughly discussed the role of nutrition and exercise. This seminar also provides credit points from IDI of 4 SKP for seminar participants.

The scientific seminar was held on Saturday, March 11, 2023, at the RS. Prof. Chairuddin P Lubis USU. The speakers who were involved were dr. Winra Pratita, M. Ked (Ped), SpA(K), Prof. Dr. dr. Dina Keumala Sari, M. Nutrition, SpGK(K), dr. Fitriyani Nasution, M. Nutrition, SPGK(K), dr. Hilna Khairunnisa Shalihah, M. Nutrition, SpGK, dr. Sudirman Parningotan Sinaga, MKM, SpKFR(K). This seminar was attended by 60 participants from various medical backgrounds.

It is hoped that through this seminar, the dissemination of the SPIRIT Project funded by Erasmus Plus can be conveyed which emphasizes the importance of proper exercise and good nutrition in preventing non-communicable diseases. Universitas Sumatera Utara SPIRIT Club, which became the driving force for holding this seminar, consists of students who pay attention to the prevention of non-communicable diseases. Stunting in childhood will cause problems in adulthood, such as obesity. It is hoped that the involvement of SPIRIT Club as an agent of change will form a generation that understands the prevention of this non-communicable disease.

Link: <https://www.usu.ac.id/en/news/usu-spirit-club-in-collaboration-with-professional-associations-and-private-partners-held-a-scientific-seminar>

Photos:









Co-funded by the Erasmus+ Programme of the European Union



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SEMILAR LURING

SKP IDI CERTIFICATE

The Role of Nutrition and Physical Activity As a Treatment and Preventive in Stunting and Malnutrition



FREE Registration + Lunch Box



Speaker 1
dr. Winra Pratita, M.Ked(Ped), SpA(K)
Topic : "Growth Monitoring and Infant Feeding Practice to Prevent Stunting in 1000 Days of Life"



Sabtu, 11 Maret 2023



Jam 08.00 - 12.00 WIB



Aula RS Pendidikan Prof. Chairuddin P Lubis USU



Speaker 2
Prof. Dr. dr. Dina Keumala Sari, M.Gizi, SpGK(K)
Topic : "The Role of High Protein Diet in Malnutrition Cases"



REGISTRATION

https://bit.ly/reg_TheRoleofNutrition



Speaker 3
dr. Fitriyani Nasution, M.Gizi, SpGK(K)
Topic : "The Role of Omega 3 in Child Development"



Speaker 4
dr. Hilna Khairunisa Shalihah, M.Gizi, SpGK
Topic : "The Importance of Micronutrient in Malnutrition"



Moderator
Muhammad Sidik Nasution
USU SPIRIT CLUB



Speaker 5
dr. Sudirman Parningotan Sinaga, MKM, SpKFR(K)
Topic : "The Benefits of Physical Activity in 1000 Days of Life"



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Newsletter 2

Written by: Dina Keumala Sari

SPIRIT Project Piloting Courses started at USU Faculty of Medicine, inviting Christoforos Giannaki, University of Nicosia, Cyprus

Wellness Integrated Medicine (WIM) is the first SPIRIT Project piloting course at the Faculty of Medicine, Universitas Sumatera Utara. In studying the topic of this course, Top Scientist speakers were invited to give lectures to students about sports.

This activity was carried out on April 6 2023, at 14.00 WIB to 17.00 WIB for 3 hours. The Top Scientist speaker is Christoforos Giannaki, University of Nicosia, Cyprus, an expert who delivers lecture material in a very interesting way and is based on the research he has carried out. The material topics given are very interesting with discussions on physiological adaptation in response to exercise. This piloting course is an embodiment of the conventional course that has been prepared under the Erasmus Plus funding SPIRIT Project. This lecture was attended by around 65 semester 6 students of the Faculty of Medicine, Universitas Sumatera Utara.

The discussion suggests that at almost any level of integration, the physiological response to exercise or the effects of exercise can be dramatic. This holds true at the cellular, organ, system, and whole organism level even when considering such things as population health, individual health spans, and longevity. This also applies to acute responses to exercise and to the long-term adaptations and physiological and anatomical remodeling that occur in response to exercise training.

Link: <https://www.usu.ac.id/en/news/spirit-project-piloting-courses-started-at-usu-faculty-of-medicine-inviting-christoforos-giannaki-university-of-nicosia-cyprus>

Photos:



Newsletter 3

Written by: Dina Keumala Sari

George Ahamis, University of Nicosia, Cyprus, gave a guest lecture discussing sports nutrition issues

On April 27 2023, at 15.WIB to 16.00 WIB a guest lecture was held in the Wellness Integrated Medicine (WIM) block at the Faculty of Medicine, University of North Sumatra. The topic discussed is Nutritional Supplement to Athletes which thoroughly discusses how nutritional supplements for athletes support the athlete's performance.

George Ahamis is a teaching staff at the University of Nicosia, Cyprus who is very expert in his field, he gives many discussions about supplements. Dietary supplements have a role in improving athlete performance, even though the effect is not that big. Food supplements that are consumed must be appropriate and in accordance with the rules, so that athletes get the benefits they want to achieve.

Actually, the nutritional needs of athletes can be met by maintaining a healthy diet or following a special diet according to everyone's needs. After all, no studies have proven that supplements for athletes are more effective than natural food and drink sources. Supplements for athletes may consist of various ingredients such as multivitamins, proteins, minerals, amino acids, or certain herbs. Usually a supplement will contain a combination of these ingredients. These supplements are available in tablet, capsule, liquid and powder form. The discussion of this type of supplement which has been thoroughly discussed by George Ahamis provides a new perspective for students about the importance of supplements for athletes who need optimal performance.

Link: <https://www.usu.ac.id/en/news/george-ahamis-university-of-nicosia-cyprus-gave-a-guest-lecture-discussing-sports-nutrition-issues>

Photos:



Newsletter 4

Written by: Dina Keumala Sari

The top scientist lecture, Rita Cordovil from the University of Lisbon, Portugal, thoroughly discussed children's motor development

In the Wellness Integrated Medicine (WIM) Course pilot project which was held at the Faculty of Medicine, Universitas Sumatera Utara, a Top Scientist Lecture was held by Rita Cordovil from the University of Lisbon, Portugal. The SPIRIT Project under Erasmus Plus funding has produced a conventional course which this year has been implemented at USU.

Rita Cordovil is a reliable researcher who discusses children's motor development. In this WIM Course, it discusses motor development, namely physical growth which is marked by the strengthening of bones, muscles, and the child's ability to move and explore their environment. Motor development itself occurs gradually and continuously according to age and stimulation from an early age. Gross motor skills are the child's ability to control body movements using the large muscles in their arms, legs and body to make movements such as crawling, walking, jumping, kicking or lifting things.

The top scientist lecture will be held on May 3rd, 2023 from 14.00 WIB to 17.00 WIB in the 6th semester student lecture hall of the Faculty of Medicine, University of North Sumatra. The lecture was very interesting and was attended by 65 students interspersed with live question and answer sessions. It is hoped that this course will provide understanding and a direct link between children's motor development and physical activity during childhood which will grow into adulthood.

Link: <https://www.usu.ac.id/en/news/the-top-scientist-lecture-rita-cordovil-from-the-university-of-lisbon-portugal-thoroughly-discussed-childrens-motor-development>

Photos:



News letter 5

Written by: Dina Keumala Sari

USU and SPIRIT Club Visit the University of Nicosia, Cyprus

In order to take part in the Erasmus plus-funded SPIRIT Project training, Universitas Sumatera Utara (USU) team together with the SPIRIT Club visited the University of Nicosia Cyprus, from 22 to 26 May 2023. This activity aims to develop sports curricula and proper nutrition to prevent infectious diseases in the future.

"The USU SPIRIT Club is a group of young people who love sports to disseminate the importance of proper sports and healthy nutrition to support physical activity. This group was formed with the support of the Chancellor of USU, Prof. Dr. Muryanto Amin, S.Sos, M.Sc. With the hope of the younger generation is to become agents of change in increasing physical activity among young people and the general public," explained the USU SPIRIT Project Coordinator, Prof. Dr. dr. Dina Keumala Sari, M. Nutrition, SpGK (K), Friday (2/6/23).

Prof. Dina also emphasized the importance of developing a curriculum that will be implemented and implemented at the University of North Sumatra. The development of sports and proper nutrition curricula is carried out using 2 models, which are Conventional Courses and Life Long Learning Courses.

"Conventional Courses have been run at USU's Faculty of Medicine in two blocks, which are the Wellness Integrated Medicine and Senior Care blocks. Meanwhile, Life Long Learning Courses are lifelong learning courses devoted to academics broadly," he explained.

The development of this curriculum includes the LLL course in collaboration with the University of Nicosia, Cyprus which is developing the Nutrition Management and Exercise in Cancer Patient course. This development also received a very positive response from the Rector of UNIC, Philipos Pouyoutas. Which openly hopes that this collaboration can be developed and continued in the context of cooperation in the fields of education and research," he concluded.

Where this course will get an official certificate from USU's FK with a total of 2 credits equivalent to 3 ECTS. This curriculum development is expected to provide new insights in the development of sports teaching techniques so that later it will focus on sports development and nutrition for athletes.

This news already publish in the online newspaper which area Analisa online: <https://analisadaily.com/berita/baca/2023/06/02/1042784/usu-dan-spirit-club-berkunjung-ke-university-of-nicosia-cyprus/>

And Waspada online: <https://waspada.id/pendidikan/usu-dan-spirit-club-mengunjungi-university-of-nicosia-cyprus/>

Link: <https://www.usu.ac.id/en/news/usu-and-spirit-club-visit-the-university-of-nicosia-cyprus>

Photos:





