

JULIET CHRISTY GUNAWAN UMBAS, MD, Sp.N

Neurologist — Makassar, Indonesia

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Indonesian | English (fluent)



PROFESSIONAL SUMMARY

Neurologist with a strong clinical interest in sleep medicine, neurophysiology, and stroke management. Experienced in comprehensive inpatient and outpatient neurological care, including the assessment and management of sleep-related neurological disorders. Committed to delivering evidence-based clinical practice while continuously developing expertise in sleep medicine.

EDUCATION

- Neurology Residency (Sp.N), Universitas Hasanuddin (2017–2021)
- Medical Doctor (MD), Universitas Hasanuddin (2012–2014)
- Bachelor of Medicine, Universitas Hasanuddin (2008–2012)

PROFESSIONAL EXPERIENCE

- Neurologist — Primaya Hospital Hertasning (2023–Present)
- Neurologist — Apotek Lisna YPK PLN Makassar 01 (2024–Present)
- Neurologist — RSUD Sekadau (2022–2023)
- GP Internship — RSUD Lanto Dg. Pasewang (2015–2016)
- GP Internship — Puskesmas Binamu (2016)

CLINICAL SKILLS

- Acute stroke management
- Neuroimaging interpretation (CT/MRI)
- Neurological examination
- Lumbar puncture
- Headache & movement disorder evaluation
- Sleep medicine assessment
- Neuromuscular taping (NMT)
- USG-guided pain intervention
- Patient counseling

RESEARCH & EXPERIENCE

- White Noise & Sleep Quality — Author (2021)
- rTMS Effect on VEGF Levels in Ischemic Stroke — Thesis (2021)

PUBLICATIONS

- Umbas, JCG, Bintang AK, Aulina S, Bahar A, Akbar M, The effect of white noise on high school students' sleep quality at Unit B of Rajawali Girls Dormitory Makassar, *Medicina Clínica Práctica*, Volume 4, Supplement 1, 2021. <https://doi.org/10.1016/j.mcpsp.2021.100209>

CONFERENCES / TRAININGS / WORKSHOPS

- Pontianak Neurology Update V — Pontianak, Jun 2022
- Osteoarthritis & Botox Workshop — Pontianak, Feb 2023
- Indonesia Neurologist Congress XI “NEURON” — Semarang, Aug 2023
- ASEPA–ANZAN EEG Course — Pontianak, Oct 2023
- Dry Needling DFAIDN Module 1 — Jakarta, Dec 2023
- Dry Needling DFAIDN Module 2 — Jakarta, Dec 2023
- Dry Needling DFAIDN Module 3 — Jakarta, Dec 2023
- Basic qEEG Workshop — Jakarta, Feb 2024
- 11st Jakarta Neurology Annual Symposium — Jakarta, Mar 2024
- ASEPA–ANZAN–ECM EEG Course — Malaysia, May 2024
- Basic USG Pain Interventions Workshop — Banda Aceh, Jul 2024
- Neuromuscular Taping Workshop — Makassar, Aug 2024
- The 33rd International Congress of Clinical Neurophysiology (ICCN) 2024 — Jakarta, Sep 2024
- KSBNS & APSN Meeting — Gyeongju, Oct 2024
- Neuroregenerative Therapy Workshop — Solo, Feb 2025
- Solo Neurology Annual Symposium — Solo, Feb 2025
- Secretome Workshop in Neurology — Jakarta, Apr 2025
- 12nd Jakarta Neurology Annual Symposium — Jakarta, Apr 2025
- Pain.DRE Cadaver USG Pain Management Workshop — Jakarta, Apr 2025
- Knee Joint Injection Workshop — Makassar, Jul 2025

- Asean Neurological Association Congress 2025 — Bali, Aug 2025
- World Congress of Neurology — Seoul, Oct 2025
- From Signals to Sleep Care: Understanding PSG, HST and CPAP Therapy in Clinical Practice Lecture Workshop — Jakarta, May 2026
- Unmasking Insomnia in Neurological Disease Workshop — Jakarta, May 2026
- Ultrasound in neurological practice Workshop — Jakarta, May 2026
- Botox in neurological cases Workshop — Jakarta, May 2026
- 13rd Jakarta Neurology Annual Symposium — Jakarta, May 2026

CERTIFICATIONS

- ACLS
- TOEFL
- Diploma Dry Needling (DAIFDN)

AWARDS

- Best Poster Presenter — Indonesia Sleep Medicine Congress (2019)

PROFESSIONAL MEMBERSHIP

- Catholic Medical Students Community FK Unhas
- Indonesian Medical Association (IDI)
- PERDOSNI — West Kalimantan Neurologist Association (2022–2023)
- PERDOSNI — Makassar Neurologist Association (2023–Present)