

Certificate Of Health Assessment




Name	Age	Position	Department
THEA VICTORY HASMEGKRIS HALAWA	22 yo	INSPECTOR	

COMPANY :

INSPEKTINDO SINERGI PERSADA

CONCLUSION

FIT TO WORK	✓
FIT WITH MEDICAL NOTE	
TEMPORARY UNFIT	
UNFIT	

Issued Date	Doctors Name	Prepared By
11 March 2022	Yunianti Lafau, MD PKTK : KEP.143/BINWASK3-PNK3 KK/IV/2019 SIP : 19/B.15.a/31.74.02.1004/-1.779.3/e/2018	 
Expired Date		Verified By
11 March 2023	dr. Muhammad Ilyas, Sp.Ok SIP : 29/B.15b/31.74.04.1004.02.009.K.13/-1.779.3/e/2019	 PT. KARTIKA BINA MEDIKATAMA

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 MCU Validity Check
<https://mcu-validasi.medikaplaza.com>

PT. KARTIKA BINA MEDIKATAMA

TO WHOM IT MAY CONCERN

Kepada yang berkepentingan

This is certify that today Friday, 11 March 2022 Medika Plaza Clinic has performed urine drug screening and/or breath alcohol test to :


Dengan ini menyatakan bahwa, pada hari ini Jumat, 11 Maret 2022 Medika Plaza Clinic telah melakukan urine drug screening dan/atau breath alcohol test kepada :

THEA VICTORY HASMEGKRIS HALAWA

With the results are as follows :
Dengan hasil sebagai berikut :

Drugs Test <i>Uji Obat</i>	Result <i>Hasil</i>		
URINE DRUGS SCREENING			
- Amphetamine	<input type="checkbox"/> Non-Negative	<input checked="" type="checkbox"/> Negative	<input type="checkbox"/> N/A
- Met-Amphetamine	<input type="checkbox"/> Non-Negative	<input checked="" type="checkbox"/> Negative	<input type="checkbox"/> N/A
- Cocain	<input type="checkbox"/> Non-Negative	<input checked="" type="checkbox"/> Negative	<input type="checkbox"/> N/A
- THC/Canabis/Marijuana	<input type="checkbox"/> Non-Negative	<input checked="" type="checkbox"/> Negative	<input type="checkbox"/> N/A
- Morphine/Opiates	<input type="checkbox"/> Non-Negative	<input checked="" type="checkbox"/> Negative	<input type="checkbox"/> N/A
- P C P/Phencyclidine	<input type="checkbox"/> Non-Negative	<input type="checkbox"/> Negative	<input checked="" type="checkbox"/> N/A
- Barbiturate	<input type="checkbox"/> Non-Negative	<input type="checkbox"/> Negative	<input checked="" type="checkbox"/> N/A
- Benzodiazepin	<input type="checkbox"/> Non-Negative	<input checked="" type="checkbox"/> Negative	<input type="checkbox"/> N/A
- Methadone	<input type="checkbox"/> Non-Negative	<input type="checkbox"/> Negative	<input checked="" type="checkbox"/> N/A
- Propoxyphene	<input type="checkbox"/> Non-Negative	<input type="checkbox"/> Negative	<input checked="" type="checkbox"/> N/A
- Oxycodone	<input type="checkbox"/> Non-Negative	<input type="checkbox"/> Negative	<input checked="" type="checkbox"/> N/A
- MDMA	<input type="checkbox"/> Non-Negative	<input type="checkbox"/> Negative	<input checked="" type="checkbox"/> N/A
- 6-MAM	<input type="checkbox"/> Non-Negative	<input type="checkbox"/> Negative	<input checked="" type="checkbox"/> N/A
BREATH ALCOHOL TEST			
- Alcohol	<input type="checkbox"/> Non-Negative	<input type="checkbox"/> Negative	<input checked="" type="checkbox"/> N/A

Jakarta, March 11, 2022



PT. KARTIKA BINA MEDIKATAMA
(dr. Viji Surjaningsih, Sp.PK)
Clinical Patologist

PT. KARTIKA BINA MEDIKATAMA

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www.medikaplaza.com

HEALTH ASSESSMENT REPORT

Of

THEA VICTORY HASMEGKRIS HALAWA

01078769

Friday, 11 March 2022

MP WTC 2 CLINIC

World Trade Centre 2, Lower Ground Floor
Jl. Jend. Sudirman, Kav. 29 Jakarta Selatan 12920
Tlp : (62-21) 295 22 611, Fax : (62-21) 295 22 611
www.medikaplaza.com

MP WTC 2 CLINIC

World Trade Centre 2, Lower Ground Floor
Jl. Jend. Sudirman, Kav. 29 Jakarta Selatan 12920
Tlp : (62-21) 295 22 611, Fax : (62-21) 295 22 611
www.medikaplaza.com

PATIENT DATA

MedRec.	: 01078769	EMPLOY. STATUS	: PreEmploye
NAME	: THEA VICTORY HASMEGKRIS HALAWA	BIRTHDATE	: 24 August 1999
EMPLOYEE No.	: -	SEX	: Female
JOB TITLE	: INSPECTOR	STATUS	: Single
COMP. NAME	: INSPEKTINDO SINERGI PERSADA	NASIONALITY	: INDONESIA

SUMMARY

MEDICAL FINDING :

1. Increasing of ESR count
2. Increasing of Gamma GT
3. Decreasing of hearing acuity on low frequency of right ear
4. Decreasing of visual acuity of left eye
5. Overweight
6. SARS CoV-2 Rapid Antigen: Negative

PERCEPTIONS OF EXPOSURE BY WORKERS :


- Others (Inspector (Field Work))
- Sitting continuously over 4 hours
- Using monitor screen more than 4 hours per day

Your fitness status is fit to work

SUGGESTION :

1. Repeat ESR count examination after 1 month and consultation with an Internist if still increase
2. Take enough rest minimal 8 hours/day. Repeat Increasing of Gamma GT examination 1 month later and consult to an Internist if still increase
3. Avoid noisy environment and use earplug properly while working at noisy work environment to prevent further hearing impairment
4. You need to wear glasses for distant vision
5. Reduce body weight gradually 0.5 Kgs/week, by doing regular exercise (aerobic/jogging), 3-4x/week, 30-45 minutes and reduce high calorie diet until maximal body weight is 63.20 Kgs (present body weight is 66 Kgs). Consultation with a Nutritionist for evaluation of overweight
6. Improve personal hygiene and practice healthy lifestyle. Wash your hands frequently, avoid touching your face, practice respiratory hygiene, keep your body healthy by consuming clean and healthy food, exercise regularly, have enough rest, drink minimum 3L per day, and don't forget to take vitamins regularly.

Responsible Doctor


Yuniarti Afau, MD

Notes:

If you need the further information or consultation, please contact us via :

Email : - dr.yunianti@medikaplaza.com
- shezarina.pratita@medikaplaza.com
- aloisia.sari@medikaplaza.com

Telepon Klinik : (62-21) 295 22 611

CLINICAL EVALUATION

Name : THEA VICTORY HASMEGKRIS HALAWA	Sex : Female	MR : 01078769	Visit : 11/03/2022
Comp. : INSPEKTINDO SINERGI PERSADA		DOB : 24 August 1999	

EXAMINATION	RESULT	NOTES
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ANAMNESA

PRESENT COMPLAINT AND HISTORY OF PRESENT

ILLNESS

Present complaint No complaint

MEDICAL HISTORY

Alergy	No	
Imunisasi	Yes	
Surgery	Yes	Appendectomy (2014)
Hospitalization	Yes	Surgery, Typhoid fever
Disease	No	

SPECIAL FOR WOMAN

Reguler periode	Yes	First day of last menstruation: 10 March 2022
Dysmenorhea	Yes	First day
Pregnancy history	No	
Abortion	No	
Vaginal discharge	No	

LIFE STYLE

Alcohol intake	No	
Smoking	No	
Exercise	Yes	1x/week, skipping

FAMILY MEDICAL HISTORY

Diabetes Melitus	Yes	Father
Hypertension	No	
Heart disease	Yes	Father
Lung TB	No	
Kidney disease	No	
Astma	No	
Mental disease	No	
Epilepsy	No	
Cancer	Yes	Mother (Melanoma maligna)
Color blind	No	
Stroke	No	
Liver disease	No	
Bone & joint	No	
Others disease	No	

WORK EXPOSURE

Noise	No	
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CLINICAL EVALUATION

Name : THEA VICTORY HASMEGKRIS HALAWA **Sex :** Female **MR :** 01078769 **Visit :** 11/03/2022

Comp. : INSPEKTINDO SINERGI PERSADA **DOB :** 24 August 1999

EXAMINATION	RESULT	NOTES
Heat Stress	No	
Cold Stress	No	
Vibration	No	
Involving height	No	
Radiation	No	
Dust	No	
Toxic chemical	No	
Iritating fluid	No	
Smoke	No	
Bacterium/Virus/Parasite	No	
Blood	No	
Animal	No	
Operating heavy mobile equipment	No	
Manual Handling	No	
Sitting continuously over 4 hours	Yes	
Stand continuously over 4 hours	No	
Using monitor screen more than 4 hours per day	Yes	
Exposure	No	
Unergonomic body positions	No	
Shift work	No	
Work is not accordance with skills and knowledge	No	
Workload does not accordance with time	No	
Work conflict	No	
Inappropriate task	No	
Career barriers	No	
Family conflict	No	
Working arround rotating machinery	No	
Administration work	No	
Handling food product	No	
Others	Yes	Inspector (Field Work)
PHYSICAL EXAMINATION		
General Appearance	Good	
Body shape	Picnicus	
VITAL SIGN		
Body Weight	66 Kg	
Body Height	159 Cm	
BMI	26.1 Kg/m2	

CLINICAL EVALUATION

Name : THEA VICTORY HASMEGKRIS HALAWA	Sex : Female	MR : 01078769	Visit : 11/03/2022
Comp. : INSPEKTINDO SINERGI PERSADA		DOB : 24 August 1999	

EXAMINATION	RESULT	NOTES
Normal Weight	46.77 - 63.20 Kg	
BMI Conclusion	Overweight	
Blood Pressure	100/70 mmHg	
Pulse	92 x/minute	
Body Temperature	36.4 °C	
RR	19	
Neck Circumference	31 Cm	
Arm Circumference	28 Cm	
Chest size	89 Cm	
Abdominal Circumference	81 Cm	
SKIN		
Skin	Normal	
EYE		
Left	Normal	
Right	Normal	
ENT		
Auricle	Normal	
Ear canal	Normal	
Drums	Normal	
Septum/Conchae	Not Examined	
Sinuses	Not Examined	
Pharynx	Not Examined	
Tonsil	Not Examined	
MOUTH		
Gum	Not Examined	
Dental	Not Examined	
NECK		
General	Normal	
Thyroid Gland	Normal	
CHEST		
Form	Normal	
Lung	Normal	
Heart	Normal	
Breast	Normal	
ABDOMEN		
Form	Flat	
Palpation	Supple	

CLINICAL EVALUATION

Name : THEA VICTORY HASMEGKRIS HALAWA	Sex : Female	MR : 01078769	Visit : 11/03/2022
Comp.: INSPEKTINDO SINERGI PERSADA		DOB : 24 August 1999	

EXAMINATION	RESULT	NOTES
Liver	Not Palpable	
Spleen	Not Palpable	
Kidney	No Ballotment	
Nyeri Ketok (CVA)	No	
Hernia inguinal	No	
EXTRIMITIES		
Bones, joint	Normal	
Muscles, tonus	Normal	
Fingernails	Normal	
Hand	Normal	
Foot	Normal	
RECTAL EXAMINATION		
Hemorrhoid	Negative	
Rectum	Not Examined	
SENSORIK EXAMINATION		
Tes Raba	Normal	
MOTORIK EXAMINATION		
Tes Grip	Normal	
REFLEX EXAMINATION		
Physiologic reflex	Normal	
Patologic reflex	Normal	
OTHERS EXAMINATION		
Coordination	Normal	
LYMPHE SYSTEM		
Submandibula	Normal	
Neck Gland	Normal	
Armpit gland	Normal	
Inguinal	Normal	
MUSKULOSKLETAL EXAMINATION		
Lhermitte Test	Negative	
Spurling Test	Negative	
Neers Test	Negative	
Yergason Test	Negative	
Phalen Test	Negative	
Tinel Test	Negative	
Finkelstein Test	Negative	
Straight Leg Raise Test	Negative	

OPHTHALMOLOGY DIAGNOSTIC

Name : THEA VICTORY HASMEGKRIS HALAWA Sex : Female MR : 01078769 Visit : 11/03/2022

Comp. : INSPEKTINDO SINERGI PERSADA DOB : 24 August 1999

EXAMINATION		Right	Left
Reading		-	
Previous Glasses		-	-
Without Glasses	Distant	20/20	20/25
	Near	J1	J1
Correction	Distant	-	-
	Near	-	-
		-	
Tonometry		-	-
Funduscopy		-	-
Visual Fields		-	
Colour Blind Test		Normal	

Impression : Decreasing of visual acuity of left eye

RADIOLOGY DIAGNOSTIC

Name : THEA VICTORY HASMEGKRIS HALAWA

Sex : Female

MR : 01078769

Visit : 11/03/2022

Comp.: INSPEKTINDO SINERGI PERSADA

DOB : 24 August 1999

EXAMINATION

RESULT

THORAX PA

No abnormality seen in both lungs.
Normal bronchovascular markings in both hili.
The heart is normal in size and shape.
The mediastinum is not widened.
Both sinuses and diaphragms are good.
No evidence of pleural effusion.
No abnormality of chest skeletal.

Impression

Normal Chest x-ray

LABORATORY RESULT

Name : THEA VICTORY HASMEGKRIS HALAWA	MR : 01078769	Visit : 11/03/2022	#Lab : IN771227842011
Comp. : INSPEKTINDO SINERGI PERSADA	Sex : Female	DOB : 24 August 1999	

EXAMINATION	RESULT	NORMAL RANGE
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HEMATOLOGI

Automated Blood Count

White Blood Cell (WBC)	8.9	3.6 - 11.0
Erythrocyte (RBC)	4.8	3.8 - 5.2
Haemoglobin	12.7	11.7 - 15.5
Hematocrit	39	35 - 47
Thrombocytes	314	150 - 440

MCV, MCH, MCHC

MCV	80	80 - 100
MCH	26	26 - 34
MCHC	32.9	32 - 36
ESR	27 *	0 - 20

Differential Count

Basophils	1	0 - 1
Eosinophil	5 *	2 - 4
Bands / Stab	1 *	3 - 5
Neutrophils	62	50 - 70
Lymphocytes	26	25 - 40
Monocytes	5	2 - 8

BLD CHEMISTRY/LIPID PROFILE

Total Cholesterol	155	Normal/Desireable: <200 Borderline High: 200-239 High: >=240
HDL Cholesterol	43.2	Normal : >40 - <60 Low HDL : <40 Desireable : >=60
LDL Cholesterol	95	Optimal: <100 Near/Above Optimal: 100-129 Borderline High: 130-159 High: 160-189 Very High: >=190
Triglycerides	85	Normal : <150 Borderline High: 150-199 High : 200-499 Very High : >=500

BLD CHEMISTRY/KIDNEY FUNCTION

Ureum	15.6	10.0 - 50.0
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LABORATORY RESULT

Name : THEA VICTORY HASMEGKRIS HALAWA

MR : 01078769

Visit : 11/03/2022

#Lab : IN77122784201

Comp. : INSPEKTINDO SINERGI PERSADA

Sex : Female

DOB : 24 August 1999

EXAMINATION	RESULT	NORMAL RANGE
Blood Urea Nitrogen (BUN)	7	6 - 24
BLD CHEMISTRY/LIVER FUNCTION		
Total Bilirubin	0.26	0.1 - 1.0
Direct Bilirubin	0.13	0.0 - 0.2
Indirect Bilirubin	0.13	0.0 - 0.8
SGOT(AST)	22	9 - 45
SGPT (ALT)	31	13 - 45
Gamma GT	39 *	0 - 30
BLD CHEMISTRY/DIABETES		
Glucose Fasting	85	< 100
Glucose Urine	Negative	Negative
Keton Urine	Negative	Negative
SEROLOGI / IMUNOLOGI		
SARS CoV-2 Rapid Antigen	Negative	Negative
Anti Hbs (Quantitative)	12.0	>= 5.0
TPHA	Negative	Negative
TOXICOLOGY - DRUGS SCREENING		
THC/Marijuana	Negative	Negative
Amphetamine	Negative	Negative
Benzodiazepines	Negative	Negative
Opiat	Negative	Negative
Cocain	Negative	Negative
Metamphetamine	Negative	Negative

Catatan : Menstruation

AUDIOMETRY DIAGNOSTIC

Name : THEA VICTORY HASMEGKRIS HALAWA

Sex : Female

MR : 01078769

Visit : 11/03/2022

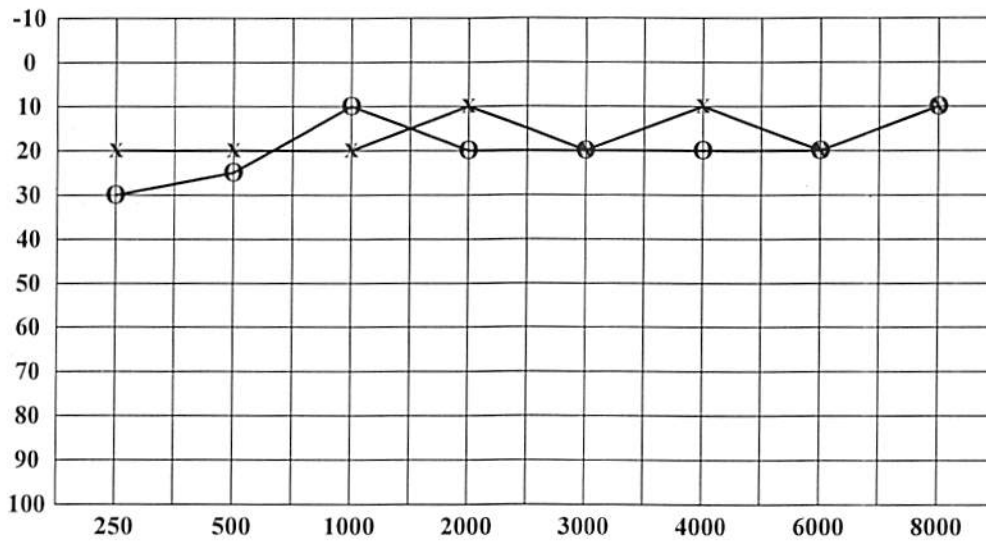
Comp.: INSPEKTINDO SINERGI PERSADA

DOB : 24 August 1999

RESULT

Left Ear	250	500	1000	2000	3000	4000	6000	8000
AC	20	20	20	10	20	10	20	10
BC	-	-	-	-	-	-	-	-

Right Ear	250	500	1000	2000	3000	4000	6000	8000
AC	30	25	10	20	20	20	20	10
BC	-	-	-	-	-	-	-	-



< : Right Ear (BC)

> : Left Ear (BC)

O : Right Ear (AC)

X : Left Ear (AC)

Conclusion Right Ear : Hearing threshold = 18.75 dB
(Within normal limit)
With decreasing on frequency 250Hz

Conclusion Left Ear : Hearing threshold = 15 dB
(Within normal limit)

CARDIOLOGY DIAGNOSTIC

Name : THEA VICTORY HASMEGKRIS HALAWA

Sex : Female

MIR : 01078769

Visit : 11/03/2022

Comp.: INSPEKTINDO SINERGI PERSADA

DOB : 24 August 1999

EXAMINATION

RESULT

Comments :

ELECTROCARDIOGRAPHY

Sinus Rhythm axis (N), P wave (N), PR int 0.16"

Normal ECG

ST - T segment (N), aritmia (-)

