



MEDICAL CHECK UP REPORT



NAME : Yudhi Prasetyo
SEX : Male
COMPANY : PT. Inspektindo Sinergi Persada
MEDICAL RECORD : 02 06 84
DATE OF VISIT : May 10, 2021
NEXT VISIT : May 10, 2022

EXAMINATION RESULTS

Name : Yudhi Prasetyo	Date of Visit : May 10, 2021
Sex : Male	Medical Record : 02 06 84
Date of Birth : September 10, 1989	Company : PT. Inspektindo Sinergi Persada

TEST NAME	RESULTS	NORMAL RANGE
HISTORY OF DISEASE		
- Complaint at present	None	
- Past history of disease		
Hypertension, Hypotension	None	
Heart disease	None	
Asthma	None	
Dyspepsia	None	
Hemorrhoids	None	
Chronic Skin Disease	None	
Alergic	None	
Diaebetic	None	
Jaundice	None	
Arthritics	None	
Kidney Stone / Neuphrolithiasis	None	
Eyes	None	
Ears	None	
Nose	None	
Mouth / Teeth	None	
Cancer/tumor	None	
Hemophilia	None	
Epilepsies	None	
Acrophobia	None	
Pyschiatric Disorder	None	
Gynecological Problem	None	
TBC	None	
Malaria	None	
Tipus	None	
Genital Disease	None	
Others	None	
FAMILY HISTORY OF DISEASE		
- Diabetic	None	
- Hypertension	None	
- Heart Disease	None	
- Asthma	None	
- Cancer	None	
- Stroke / CVA	None	
- Allergic	None	
- Others	None	
HABITS		
- Smoking	Yes, 8 Cigarettes/day	Filter
- Alcohol / Drugs	None	
- Exercise	4x/month	
IMMUNIZATIONS HISTORY		
- Have you had a tetanus vaccination	Unknown	
- Have you had hepatitis vaccination	Unknown	

EXAMINATION RESULTS

Name : <u>Adhi Prasanto</u>	Date of Visit : <u>Uaf 10, 2021</u>
Sex : <u>Male</u>	Medical Record : <u>02 0684</u>
Date of Birth : <u>September 10, 1980</u>	Company : <u>PT. USPEKHINDO Sinergi Persada</u>

A. GENERAL CONDITION

• Blood Pressure	<u>127/81</u>	mmHg
• Pulse	<u>69</u>	x / minute
• Respiration	<u>20</u>	x / minute
• Temperature	<u>36,9</u>	°C


• Abdominal Circumference	<u>84</u>	cm
• Weight (W)	<u>76,2</u>	kg
• Height (H)	<u>169,5</u>	cm
• BMI	<u>26,52</u>	

* BMI = W / H² (Underweight ≤ 16, Normal 16-25, Overweight 25-30, Obese >30)

VISION	Unaided		With Spectacles		Colour Blindness
	Left	Right	Left	Right	
DISTANT	<u>6/90</u>	<u>6/40</u>	<u>6/6</u>	<u>6/8,5</u>	<input checked="" type="checkbox"/> Normal <input type="checkbox"/> Red - Green Absent <input type="checkbox"/> Colour Blind
NEAR					
VISUAL FIELDS (NORMAL > 70°)			Left	Right	

B. PHYSICAL

No.	PHYSICAL	A - Abnormal N - Normal <i>(circle words of importance and explain)</i>	A	N	Describes abnormalities in detail																														
1	General Appearance	Appearance age/Nutritional/Development/Mental & Emotional status/Posture/Gait/Speech		✓																															
2	Head/ Scalp	Size/Shape/Tender over sinuses/Hair/Eruption/Masses/Bruit		✓																															
3	Eyes	Conjunctiva/Sclera/Cornea/Pupils/Ptosis/Tension/ Eye lid/Bruit/Reflex/Range of movement		✓																															
4	Ears	Ext. canal/Membran perforation/Discharge/Tophi/ Hearing problem/Mastoids		✓																															
5	Nose / Sinuses	Septum/Obstruction/Turbinates/Discharges		✓																															
6	Mouth / Throat	Odor/Lips/Tongue/Tonsils/Gums/Pharynx		✓																															
7	Teeth	Caries (O), Filling (F), Missing (X), Radix (√)			<table style="font-size: small; border-collapse: collapse;"> <tr> <td>8</td><td>7</td><td>6</td><td>5</td><td>4</td><td>3</td><td>2</td><td>1</td> <td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td> </tr> <tr> <td>8</td><td>7</td><td>6</td><td>5</td><td>4</td><td>3</td><td>2</td><td>1</td> <td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td> </tr> </table>	8	7	6	5	4	3	2	1	1	2	3	4	5	6	7	8	7	6	5	4	3	2	1	1	2	3	4	5	6	7
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8	7	6	5	4	3	2	1	1	2	3	4	5	6	7																					
8	Neck	Adenopathi/Thyroid/Carotids/Trachea/Veins/Mass/ Spine/Motion/Bruit		✓																															
9	Back / Spine	Kyphosis/Scoliosis/Lordosis/Mobility/CVA/Bone/ Tenderness/Other deformities		✓																															
10	Thorax	Symmetry/Movement/Contour/Tender		✓																															
11	Breast	Size/Consistency/Nipples/Areolar/Discharge/Pal- pable mass/Tenderness/Nodes/Scars		✓																															
12	Heart	Rate/Rhythm/Apical/Impulse/Trills/Quality of Sound/ Intensity/Splitting/Extra sound/Murmurs		✓																															
13	Chest / Lung	Excursion/Dullness of Hyper-resonance of percussion/ Quality of breath sound/Rales/Wheezing/Ronchi/Bruit		✓																															
14	Abdomen	Bowel sounds/Appearance/Liver/Spleen/Masses/Her- nias/Murmur/Contour/Tenderness/Bruit/Nodes		✓																															
15	Groin	Hernia/Inguinal nodes/Femoral pulses		✓																															
16	Genital - Male - Female	Penis/Testis/Scrotum epididymis/Variocoele/Scars/ Discharge/Circumcised/Piercing Vulva/Vagina/Cervix/Uterus/Adnexae/Rectocoele/Bartho- lini gland/Urethra Discharge		✓																															
17	Extermities	Deformity/Clubbing/Cyanosis/Edema/Nail/Peripheral pulses/Calf tenderness/Joints for swelling/ROM		✓																															
18	Joints	ROM/Swelling/Inflammation/Deformity		✓																															
19	Skin	Color/Birth Mark/Scars/Tatoos/Texture/Rash/Eczeme/ Ulcers/Piercing	✓	✓	Jar pant bekas operasi clavicula (S) thn 2013																														
20	Neurological	Reflexes/Cranial nerve/Tremor/Paralysis/Motoric/Sen- sorial (touch, prick, vibrate) / Coordination/Romberg		✓																															
21	Muscular System	Strength/Wasting/Development		✓																															
22	Rectal Examination	Sphincter tone/Hemorrhoids/Fissure/Masses/Prostate		✓																															


 Approved by
Dr. Grace Agatha M. H.
 449.1/0260-SIPD/DPMPPT

SUPPORTIVE INVESTIGATION

Name : Yudhi Prasetyo	Date of Visit : May 10, 2021
Sex : Male	Medical Record : 02 06 84
Date of Birth : September 10, 1989	Company : PT. Inspektindo Sinergi Persada

I. LABORATORY

<input type="checkbox"/> Normal	COMMENT : Blood : MCV 75 fL, MCH 25 pg, Total Cholesterol 240 mg/dl, LDL Cholesterol 155 mg/dl SGPT 43,7 IU/L
<input checked="" type="checkbox"/> Abnormal	

II. CHEST X-RAY

Pneumoconiosis	<input type="checkbox"/> Yes	<input checked="" type="checkbox"/> No
If Yes - ILO Classification		
Evidence of TB	<input type="checkbox"/> Yes	<input checked="" type="checkbox"/> No
Other Abnormalities		
COMMENT	Within normal limits	

III. ECG - TREADMILL

ECG	<input checked="" type="checkbox"/> Normal	<input type="checkbox"/> Abnormal (Specify)	
TREADMILL	<input checked="" type="checkbox"/> Negative Ischemic Response	<input type="checkbox"/> Positive Ischemic Response	<input type="checkbox"/> Borderline (Suggestion)
	Aerobic Capacity 10,1 METs		

IV. SPIROMETRY NOT EXAMINED

V. AUDIOMETRY

CONCLUSION	Change since last audiometric examination
<input checked="" type="checkbox"/> Normal	If Yes, what change :
<input type="checkbox"/> Abnormal	Recommended action :
	Refer to safety department : <input type="checkbox"/> Yes / <input type="checkbox"/> No

LABORATORY RESULTS

Name : Yudhi Prasetyo	Date of Visit : May 10, 2021	
Sex : Male	Medical Record : 02 06 84	
Date of Birth : September 10, 1989	Company : PT. Inspektindo Sinergi Persada	
TEST NAME	RESULTS	NORMAL RANGE
HEMATOLOGY		
Automated Blood Count		
- WBC	7,8	4.5 - 10.0 K/ul
- RBC	5,56	M : 4.7-6.1 M/ul F : 4.2-5.4 M/ul
- Haemoglobine	14,0	M : 13-18 g/dl F : 12-16 g/dl
- Haematocrite	42%	M : 42-52% F : 37-47%
- MCV	75	80- 100 fL
- MCH	25	26 - 34 pg
- MCHC	33	32 - 36 g/dL
- Thrombocyte	429	150 - 450 K/ul
- ESR	6	M : 0 - 10 mm/h : F : 0 - 20 mm/h
- Diff. Count :		
Basophil	0%	0 - 1%
Eosinophil	0%	2 - 4%
Stab	1%	3 - 5%
Segment	69%	55 - 65%
Lymphocyte	27%	25 - 35%
Monocyte	3%	3 - 6%
BLOOD CHEMISTRY		
LIPID PROFILE		
- Total Cholesterol	240	<200 mg/dl
- HDL Cholesterol	46	M : >35 mg/dl F : >45 mg/dl
- LDL Cholesterol	155	<150 mg/dl
- Trygliceride	195	30 - 200 mg/dl
RENAL FUNCTION		
- Ureum	21,2	10 - 50 mg/dl
- Creatinine	0,83	M : 0.6-1.1 mg/dl F : 0.5-1.0 mg/dl
- Uric Acid	6,5	M : <7 mg/dl F : <5.7 mg/dl
LIVER FUNCTION		
- SGOT	22,9	M : 0-37 IU/L F : 0-31 IU/L
- SGPT	43,7	M : 0-42 IU/L F : 0-32 IU/L
- Gamma GT	35.0	8 - 61 U/L
DIABETES		
- Glucose Fasting	98	70-110 mg/dl

LABORATORY RESULTS

Name : Yudhi Prasetyo	Date of Visit : May 10, 2021
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Date of Birth : September 10, 1989	Company : PT. Inspektindo Sinergi Persada

TEST NAME	RESULTS	NORMAL RANGE
URINALYSIS		
MACROSCOPIC		
- Color	Yellow	
- Turbidity	Clear	
- S. Gravity	1.025	1.010 - 1.030
- pH	6.0	4.8 - 7.4
- Leucocyte (Enzymatic)	Negative	Negative
- Glucose	Negative	Negative
- Nitrite	Negative	Negative
- Bilirubin	Negative	Negative
- Blood	Negative	Negative
- Urobilinogen	Negative	Negative
- Protein	Negative	Negative
- Keton	Negative	Negative
MICROSCOPIC		
- WBC	1 - 2	0 - 4
- RBC	0 - 1	0 - 1
- Ephitel	1 - 2	+ / Positive
- Cylinder	Negative	Negative
- Crystal Oxalat	Negative	Negative
- Bacteria	Negative	Negative
- Others	Negative	Negative

Technician of Laboratory



Renny Prasetyowati

Laboratory Consultant



dr. Yuyun Norwahyuni Sp.PK

RADIOLOGY RESULT

Name : Yudhi Prasetyo	Date of Visit : May 10, 2021
Sex : Male	Rontgen Record : 0 0 6 9
Date of Birth : September 10, 1989	Company : PT. Inspektindo Sinergi Persada

TEST NAME : RONTGEN THORAX

TS Yth.

Foto Thorax

- Corakan bronchovaskuler paru dalam batas normal.
- Tidak tampak proses spesifik pada kedua paru.
- Jantung tidak membesar.
- Kedua sinus dan diafragma normal.
- Tulang - tulang intak.

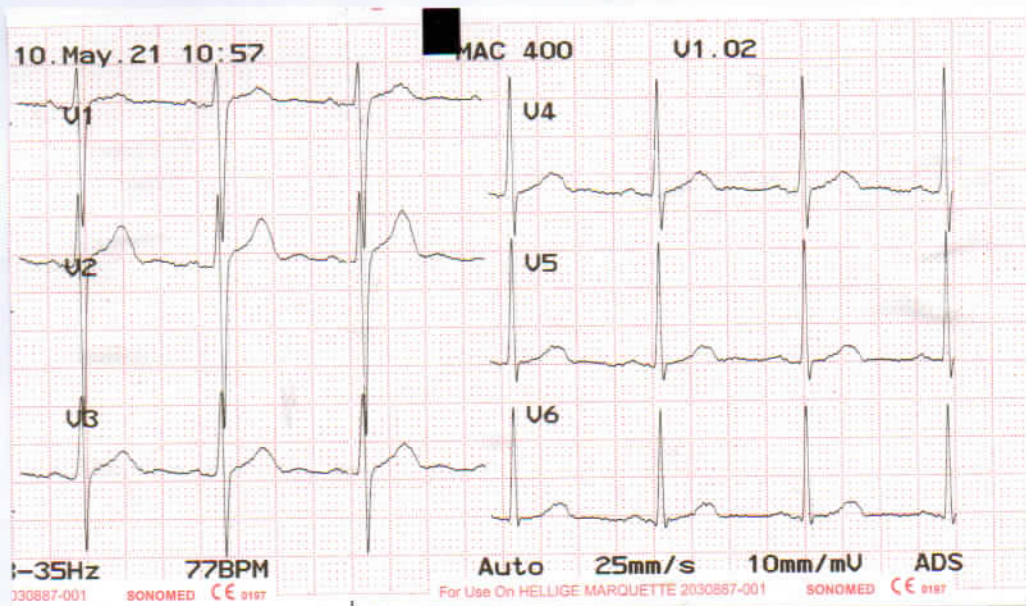
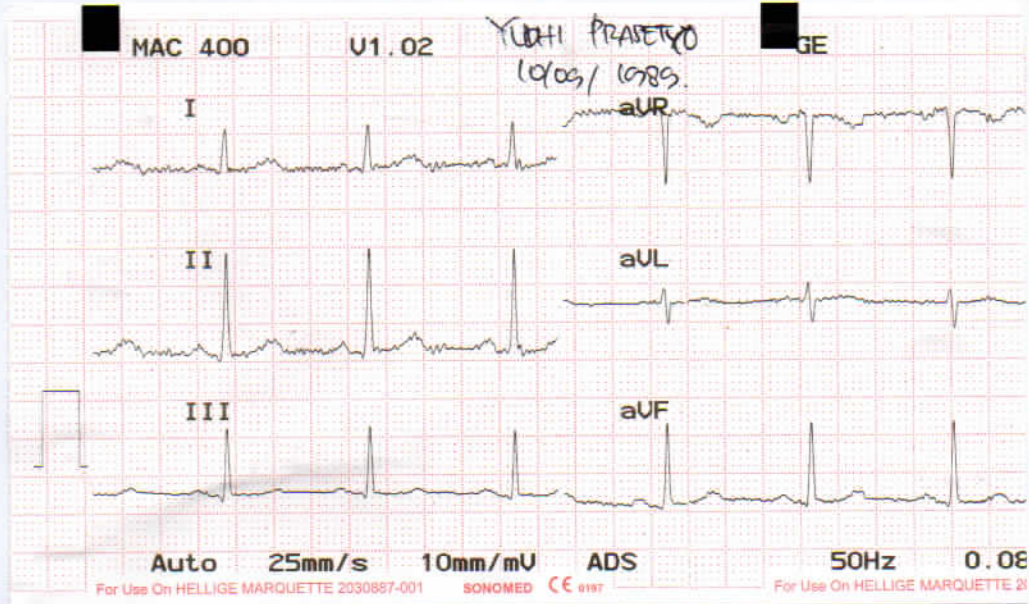
Kesan : Tidak tampak kelainan radiologik pada foto thorax ini.


Salam Sejawat,

f
Dr. Nurmawanti Masdin, Sp. Rad
026/8575. SIP-D/IX/2016

ECG RESULT

Name : Yudhi Prasetyo	Date of Visit : May 10, 2021
Sex : Male	Medical Record : 02 06 84
Date of Birth : September 10, 1989	Company : PT. Inspektindo Sinergi Persada



KESIMPULAN	DOKTER PEMERIKSA
Sinus ritmik, HR = 77x/mnt, Normalis	 MEDICAL CHECK UP

TREADMILL TEST RESULT

Name : Yudhi Prasetyo	Date of Visit : May 10, 2021
Sex : Male	Medical Record : 02 06 84
Date of Birth : September 10, 1989	Company : PT. Inspektindo Sinergi Persada

LAPORAN TREADMILL EXERCISE TEST (PROTOKOL BRUCE)

EKG Pretest : STVR rhytmik HR 87 x/l

Lama Test : 9 Menit 65 Detik

Tekanan Darah Awal : 129/81 mmHg Tekanan Darah Maksimal : 140/95 mmHg

Denyut Jantung Tercapai : 161 x/menit Denyut Jantung Maksimal : 161 x/menit (863)

Test dihentikan karena

- Fatigue
- Dipsneu
- Angina
- Pusing
- Terdapat perubahan segmen ST-T
- Target denyut jantung tercapai
- Respon Hipersensitif

Perubahan segmen ST-T

- Tidak terdapat perubahan
- Upsloping
- ST depresi 0,5 - 1mm
- Bermakna (ST Depresi > 1 mm)

Tingkat kebugaran jasmani

- Rendah
- Kurang
- Sedang
- Baik
- Sangat baik

Kapasitas aerobik : 10,1 mets

Kesimpulan

- Negative Ischemic Response
- Positive Ischemic Response
- Boderline stress test
- Target denyut jantung tidak tercapai
- Fit untuk bekerja dilokasi/Remote Area
- Unfit untuk bekerja dilokasi/Remote area

Balikpapan, Dr. Ria Asriyah Sp.Jp
Dokter Pemeriksa,


Dr. Ria Ashriyah, Sp.JP
026/38B/SIP-D/IV/2017

Q-Stress Final Report

10/05/2021

1:46:19 PM

Attending
Referring

Patient **Yudhi Prasetyo, Tn**
MRN **10/05/2021 13:46:13**
DOB **10/09/1989** Age **31** Ht **169 cm**
Sex **MALE** Wt **76 kg**

Medication

Resting HR	89	Target HR	161	Max HR	163	Protocol	Bruce
Resting SBP	127	Max Predicted HR	189	Max SBP	140	HRxBP	22820
Resting DBP	81	% Max HR	86	Max DBP	90	Billing Code	
Worst-case ST Level			-1.2 III	Total Exercise Time	09:19		
Worst-case ST Slope			-14 III	METs(a)	10.1		

Reason for Test

MCU

Reason for Ending Test

fatigue

Observation

Conclusion

Normal ECG Report

R
Dr. Ria Ashriyah, Sp.JP
026/38B/SIP-DIV/2017

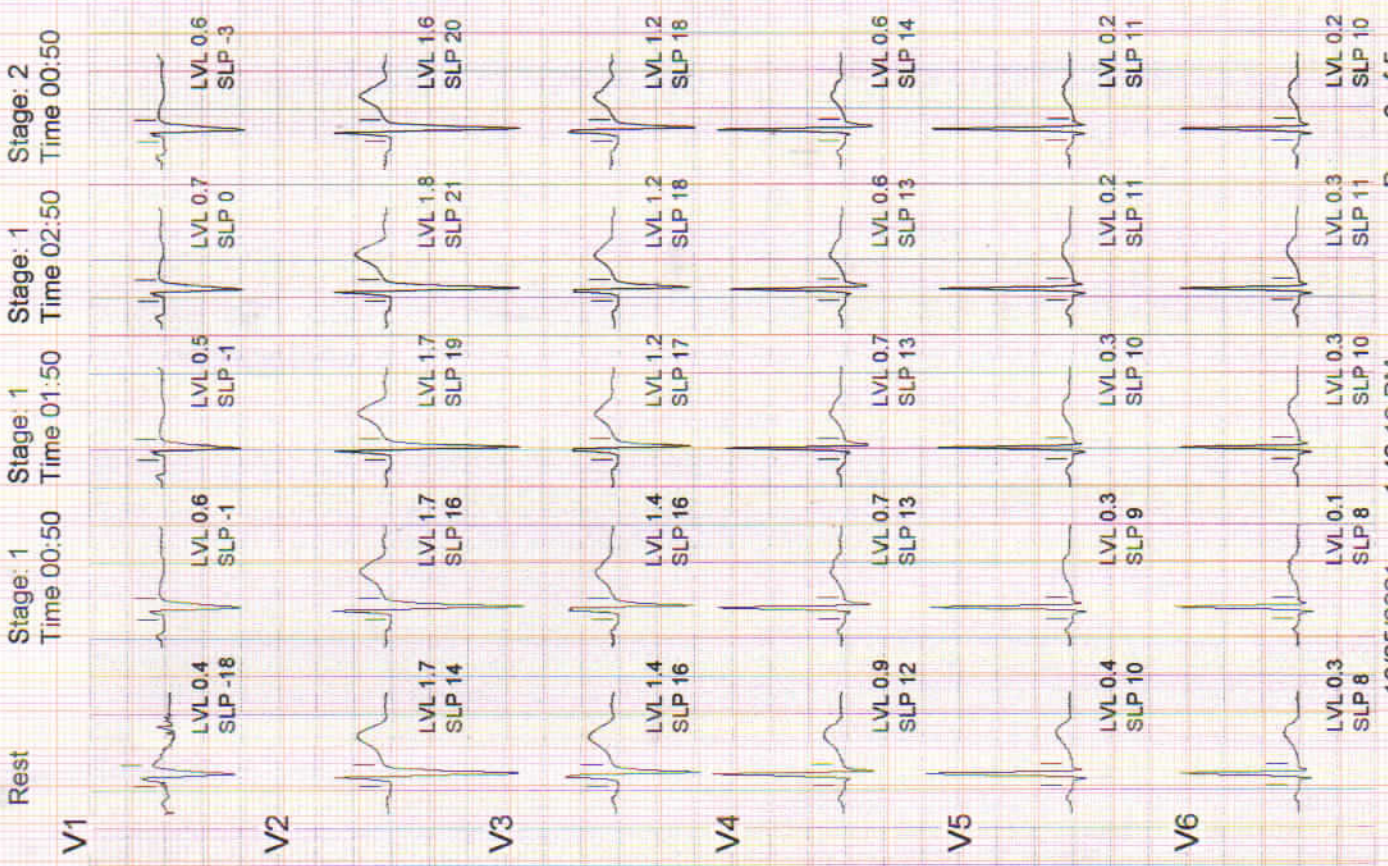
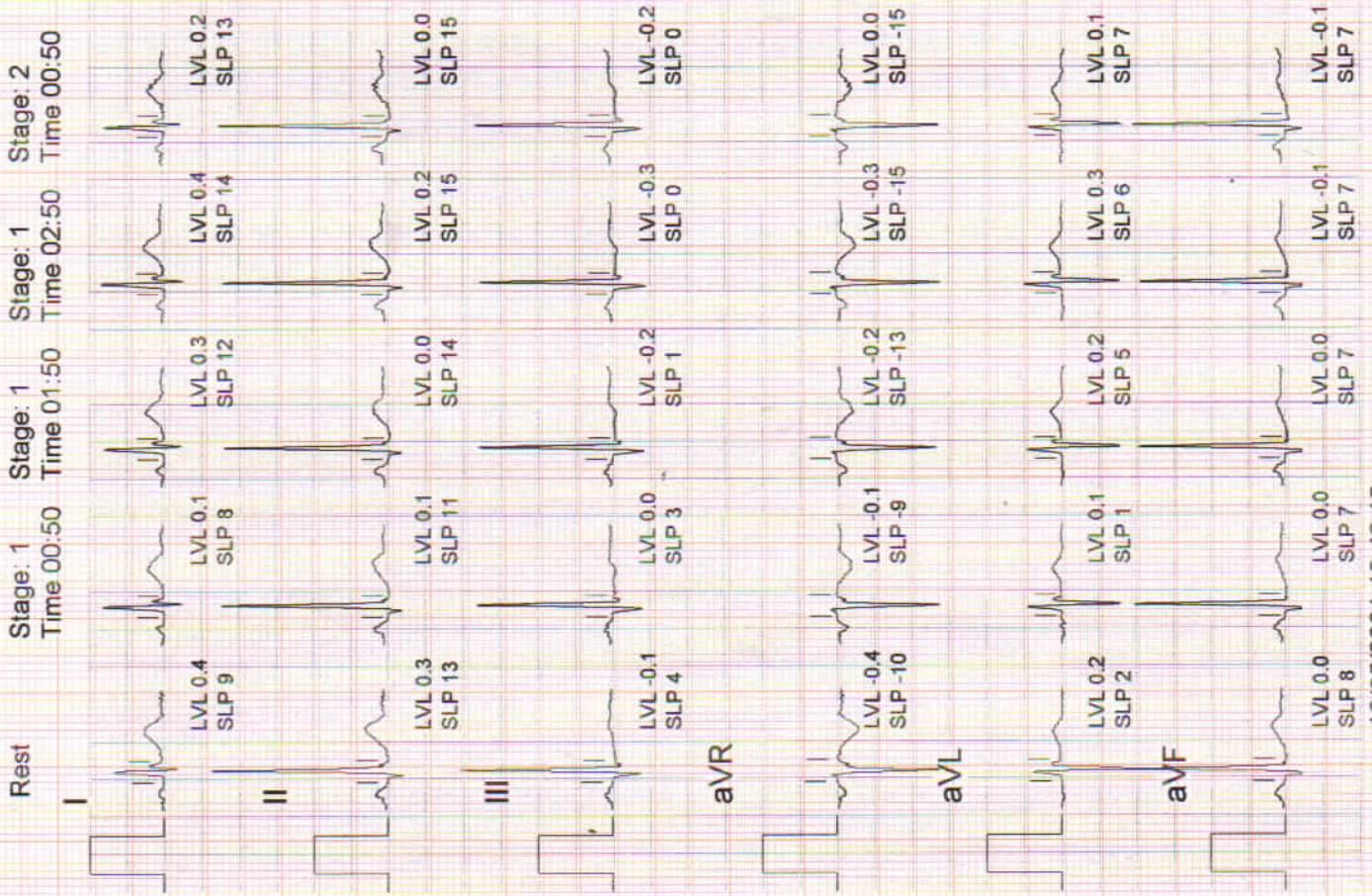
Tabular Summary

Yudhi Prasetyo, Tn

Stage	Total Stage Time	HR	Current ER	BP	HRxBP	TM Speed km/h	TM Grade %	LVL II	LVL V2	LVL V5
REST	01:08	89	0	127/81	11303	1.9	0.0	0.3	1.7	0.4
Stage 1	01:00	99	0	127/81	12573	2.7	10.0	0.1	1.7	0.3
	02:00	104	0	127/81	13208	2.7	10.0	0.0	1.7	0.3
	03:00	105	0	130/90	13650	2.7	10.0	0.2	1.8	0.2
Stage 2	01:00	111	0	130/90	14430	4.0	12.0	0.0	1.6	0.2
	02:00	113	0	130/90	14690	4.0	12.0	0.0	1.7	0.3
	03:00	119	0	130/90	15470	4.0	12.0	0.0	1.8	0.2
Stage 3	01:00	133	0	130/90	17290	5.4	14.0	0.0	1.8	0.3
	02:00	138	0	130/90	17940	5.4	14.0	0.0	2.1	0.3
	03:00	146	0	140/90	20440	5.4	14.0	0.0	2.3	0.4
Stage 4	00:19	163	0	140/90	22820	6.7	16.0	-0.3	2.3	0.3
Stop exercise at 09:19										
RECOVERY	00:34	147	0	140/90	20580	1.9	0.0	0.5	3.0	0.7

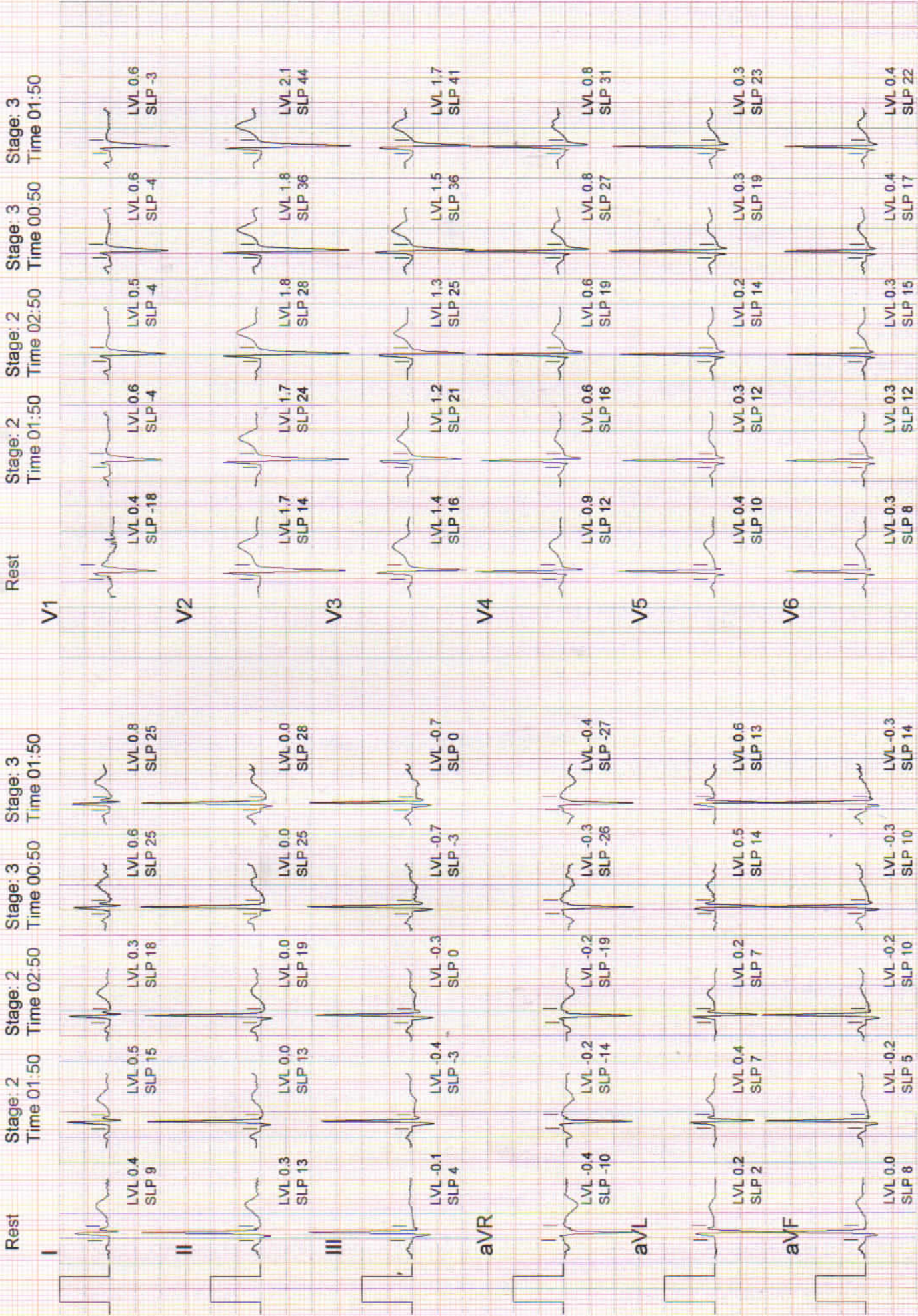
Average Beat Summary

Yudhi Prasetyo, Tn



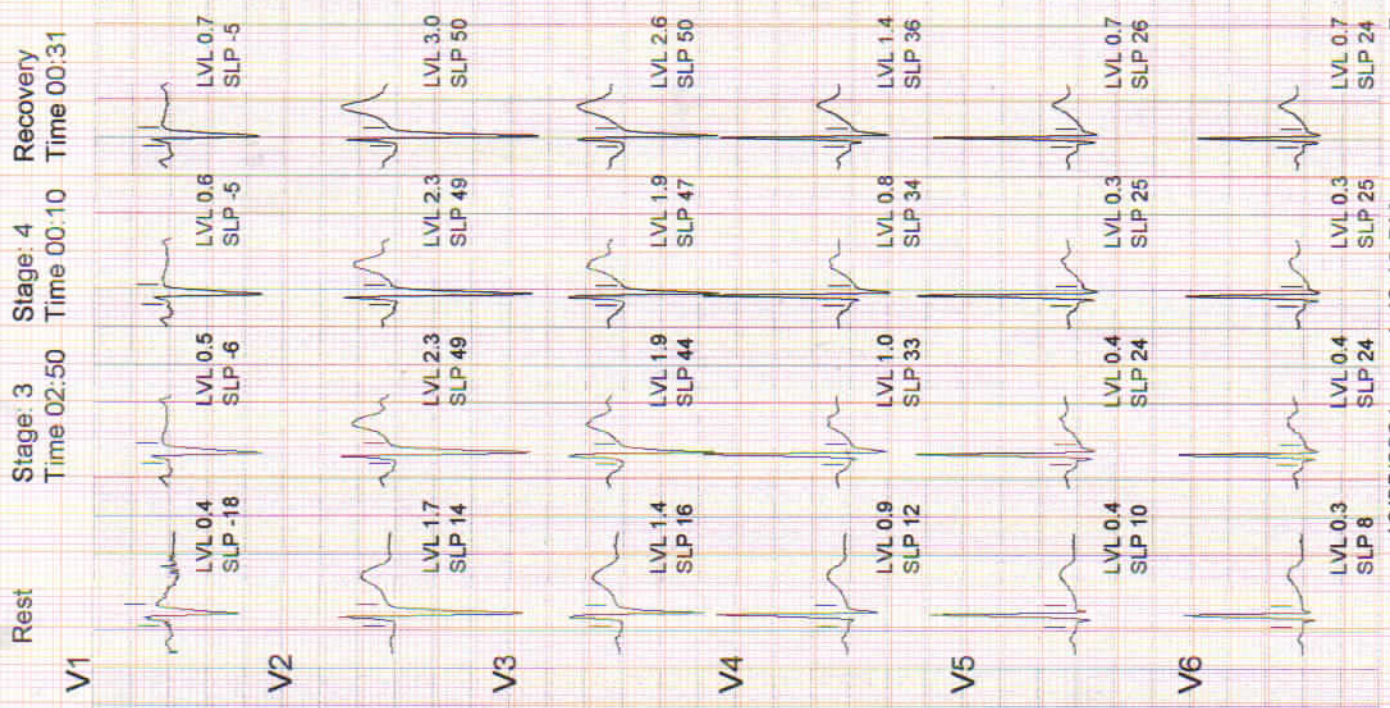
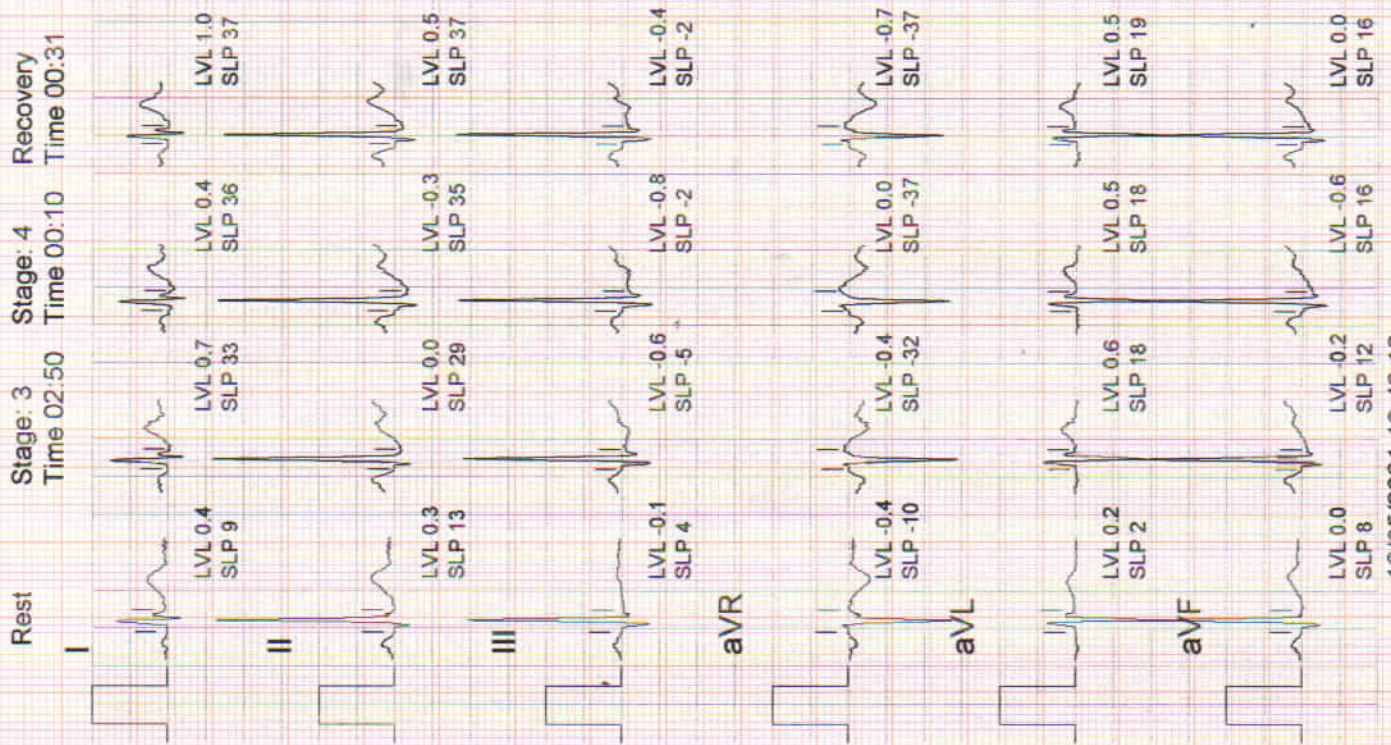
Average Beat Summary

Yudhi Prasetyo, Tn



Average Beat Summary

Yudhi Prasetyo, Tn



Yudhi Prasetyo Tn
 10/05/2021 13:46:13
 10/09/1989
 12-Lead Manual (simultaneous)

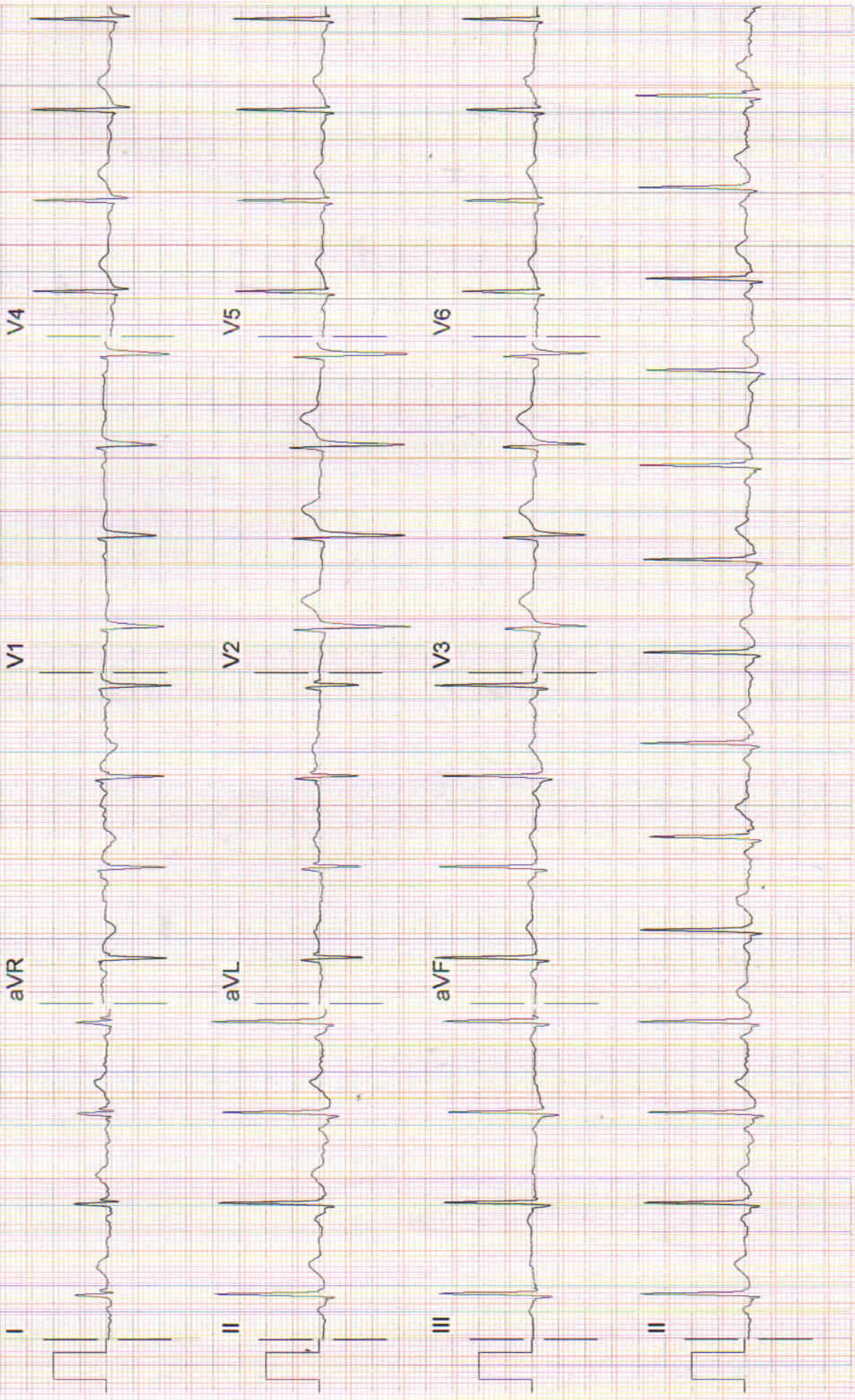
Protocol
 Bruce Stage
 Spd/Grd

Rest 00:34
 1.9 km/h 0.0%

RPE --
 METs(a) 1.0
 BP 127/81
 Previous BP 127/81

HR 87
 Target HR 161
 Max HR 87
 HRxBP 11049 V5

LVL 0.2 SLP 11
 LVL 1.8 SLP 18
 LVL 0.4 SLP 9



Yudhi Prasetyo Tn
 10/05/2021 13:46:13
 10/09/1989
 12-Lead (simultaneous)

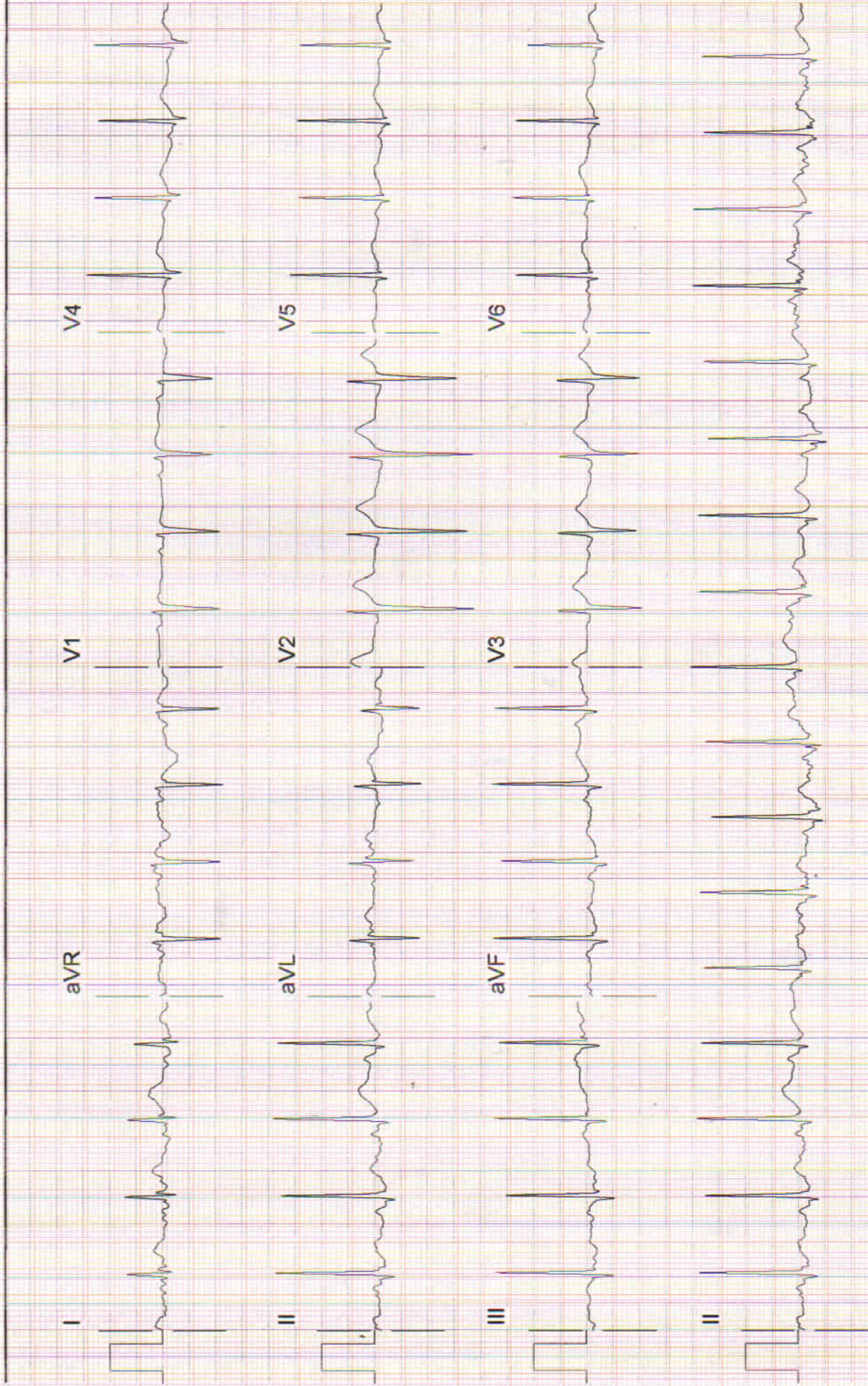
Protocol
 Bruce
 Stage
 Spd/Grd

1 02:59 02:59
 2.7 km/h 10.0%

RPE --
 METs(a) 4.6
 BP 130/90
 Previous BP 130/90

HR 105
 Target HR 161
 Max HR 105
 HRxBP 13650

LVL 0.2 SLP 15
 LVL 1.8 SLP 21
 LVL 0.2 SLP 11



Yudhi Prasetyo Tn
 10/05/2021 13:46:13
 10/09/1989
 12-Lead (simultaneous)

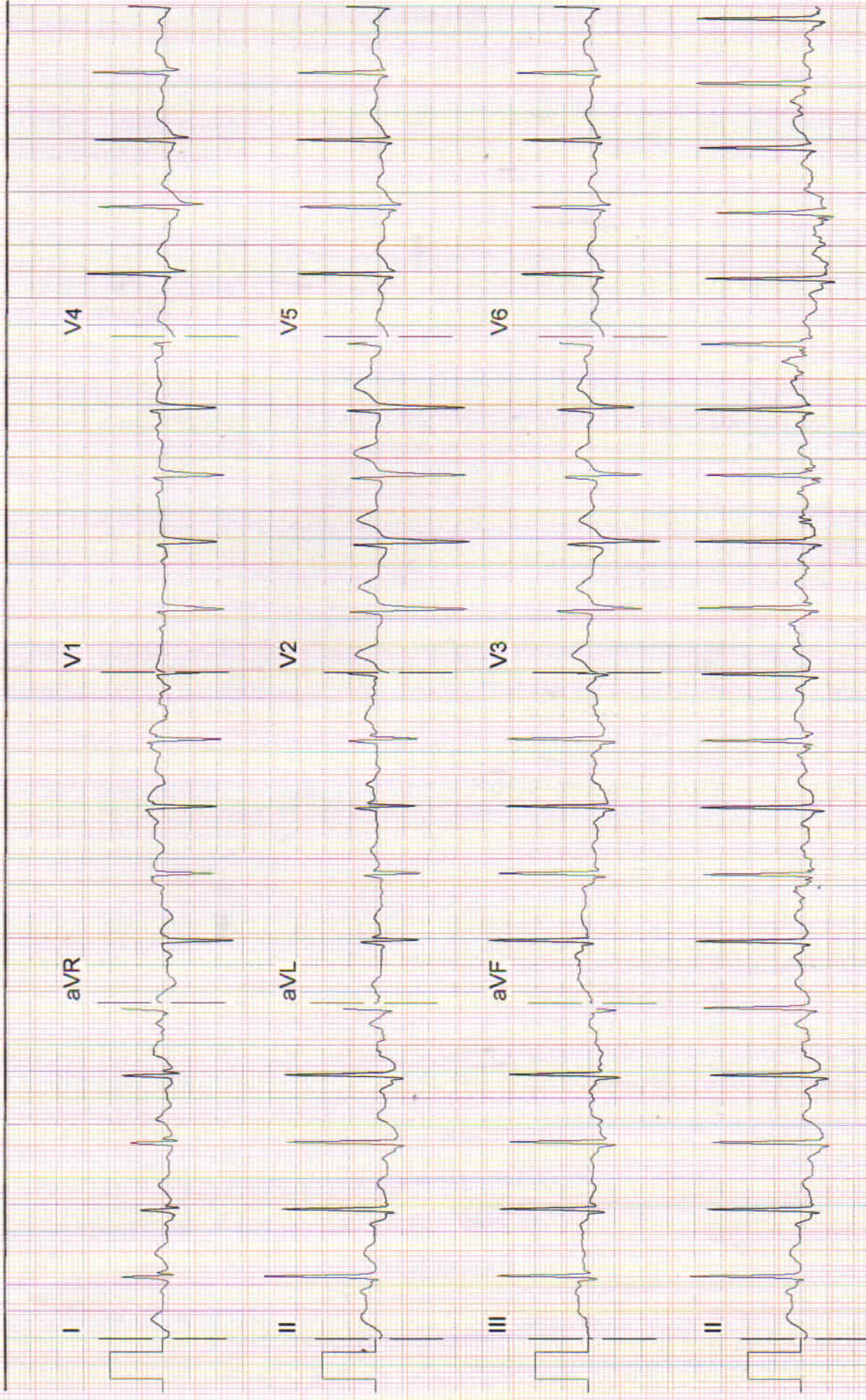
Protocol Bruce
 Stage
 Spd/Grd

2 02:59 05:59
 4.0 km/h 12.0%

RPE --
 METs(a) 7.0
 BP 130/90
 Previous BP 130/90

HR 119
 Target HR 161
 Max HR 120
 HRxBP 15470 V5

19
 28
 14



Yudhi Prasetyo Tn
 10/05/2021 13:46:13
 10/09/1989
 12-Lead (simultaneous)

Protocol

Bruce
 Stage
 Spd/Grd

3 02:59 08:59
 5.4 km/h 14.0%

RPE
 METs(a)
 BP
 Previous BP

HR
 Target HR
 Max HR
 HRxBP

146
 161 II
 149 V2
 20440 V5

29
 49
 24



Yudhi Prasetyo Tn
 10/05/2021 13:46:13
 10/09/1989
 12-Lead (simultaneous)

Protocol

Bruce
 Stage
 Spd/Grd

4 00:18 09:18
 6.7 km/h 16.0%

RPE
 METs(a)
 BP
 Previous BP

HR
 Target HR
 Max HR
 HRxBP

10.1
 140/90
 140/90
 163

161
 163
 22820

V2
 V5
 V5

35
 49
 25



AUDIOMETRY RESULT

Name : Yudhi Prasetyo	Date of Visit : May 10, 2021
Sex : Male	Medical Record : 02 06 84
Date of Birth : September 10, 1989	Company : PT. Inspektindo Sinergi Persada



Test oleh : Ahmad Junaidi
Dokter : Dr. Ira Rahma Sp.THT . MQH

AUDIOGRAM CODE

EAR	COL	AC		BC	
		UM	M	UM	M
R	RED	O	Δ	<	
L	BLUE	X	□	>	
NO RESPONSE ↓					

AC _____ BC _____

<p>Kesimpulan</p> <p style="font-size: 2em; font-family: cursive;">Normal</p>	<p>Dokter Pemeriksa</p> <div style="border: 2px solid blue; padding: 5px; display: inline-block;"> <p>Dr. Ira Rahma, Sp. THT-KL 026/124C/SIP-D/XII/2017</p> </div>
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