



Management System
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 ID 9105042627



EYE EXAMINATION REPORT

IDENTIFICATION OF APPLICANT

Applicant's Name : JOSUA SAHAT PARULIAN SINAGA
 DOB/Gender/Emp. ID: 3 July 1992 / Male / 19165
 Address : CITRA BATAM BLOK C NO 194, BATAM
 Company's Name : INSPEKTINDO SINERGI PERSADA, PT



Distant Vision Acuity (Snellen Chart)	Near Vision Acuity
Right Eye: 6/9 Without Glasses Left Eye : 6/6 Without Glasses	Right Eye : J1 Without Glasses Left Eye : J1 Without Glasses
Colour Vision (Ishihara's Test)	Normal
Visual Field Test (Confrontation Test)	-
Grey Test	-
Depth Test	-
DR. REZGA AGNELA VALBETRI	
Examiner's Name	Examiner's Signature
BATAM, 07 October 21	
Place, Date of eye examination	Official Stamp of Medical Practitioner

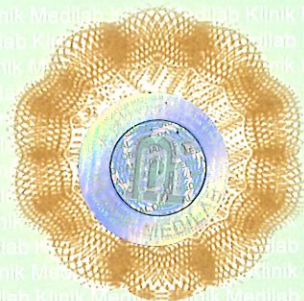


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KLINIK MEDILAB

PUSAT PEMERIKSAAN KESEHATAN TENAGA KERJA

Komplek Taman Niaga Sukajadi Blok J No. 3A-6 Jl. Ahmad Yani - Batam 29433
Telp: (0778) 7372022, 7372023, 0811 770 1188, 0811 770 1199. Fax: (0778) 7372024
E-mail: customercare@medilab-clinic.com, Website: www.medilab-clinic.com



HEALTH SCREENING REPORT

Periodic Health Examination

244

CONFIDENTIAL

No. Medical Record : 
00100/001/X/ISP/21

PERSONAL DATA

Name : JOSUA SAHAT PARULIAN SINAGA
 Birthday/Gender/Emp. ID : 3 July 1992 / Male / 19165
 Father's Name : SIHAR MARLON
 Address : CITRA BATAM BLOK C NO 194, BATAM
 Occupation : INSPECTOR
 Name of Employer / Recruitment Agency : INSPEKTINDO SINERGI PERSADA, PT
 Address of Employer / Recruitment Agency : KAWASAN INDUSTRI SEKUPANG KAVLING.13, BATAM



MEDICAL HISTORY

	Yes	No		Yes	No		Yes	No
1. Hypertension	<input type="checkbox"/>	<input checked="" type="checkbox"/>	4. Allergic Rhinitis	<input type="checkbox"/>	<input checked="" type="checkbox"/>	7. Surgery	<input type="checkbox"/>	<input checked="" type="checkbox"/>
2. Bronchial Asthma	<input type="checkbox"/>	<input checked="" type="checkbox"/>	5. Peptic Ulcer	<input type="checkbox"/>	<input checked="" type="checkbox"/>	8. Echolalia	<input type="checkbox"/>	<input checked="" type="checkbox"/>
3. Bloody Cough	<input type="checkbox"/>	<input checked="" type="checkbox"/>	6. Epilepsy	<input type="checkbox"/>	<input checked="" type="checkbox"/>	9. Others	<input type="checkbox"/>	<input checked="" type="checkbox"/>

CLINICAL EXAMINATION

		Yes/Abnormal	No/Normal			Yes/Abnormal	No/Normal
Weight	: 83 Kg			3. Cardiovascular System			
BMI	: 30.85			a. Blood Pressure	<input type="checkbox"/>	<input checked="" type="checkbox"/>	
				Systolic / Diastolic	: 116 / 89 mm Hg		
				Pulse	: 70 / min		
1. Vision				b. Heart Disease	<input type="checkbox"/>	<input checked="" type="checkbox"/>	
a. Distant Vision	<input type="checkbox"/>	<input checked="" type="checkbox"/>		c. Varicose Veins	<input type="checkbox"/>	<input checked="" type="checkbox"/>	
(Should be at least 6/12 in both eyes with or without glasses)				4. Respiratory System	<input type="checkbox"/>	<input checked="" type="checkbox"/>	
b. Near Vision	<input type="checkbox"/>	<input checked="" type="checkbox"/>		5. Skin-Chronic Disease	<input type="checkbox"/>	<input checked="" type="checkbox"/>	
(Should be at least J2 in both eyes with or without glasses)				6. Abdomen	<input type="checkbox"/>	<input checked="" type="checkbox"/>	
c. Colour Vision	<input type="checkbox"/>	<input checked="" type="checkbox"/>		7. Locomotor/Neurological	<input type="checkbox"/>	<input checked="" type="checkbox"/>	
d. Any Organic Eye Disease	<input type="checkbox"/>	<input checked="" type="checkbox"/>		8. Endocrine disorders	<input type="checkbox"/>	<input checked="" type="checkbox"/>	
2. Hearing	<input type="checkbox"/>	<input checked="" type="checkbox"/>		9. Mental State	<input type="checkbox"/>	<input checked="" type="checkbox"/>	
(Unable to hear ordinary conversation at 2 m)							

LABORATORY TEST

(Report Enclosed)

	Yes/Abnormal	No/Normal
1. Blood Count	<input checked="" type="checkbox"/>	<input type="checkbox"/>
2. Urine Feme	<input type="checkbox"/>	<input checked="" type="checkbox"/>
3. Other Laboratory Test	<input checked="" type="checkbox"/>	<input type="checkbox"/>

OTHER TEST

(Report Enclosed)

	Yes/Abnormal	No/Normal
1. Audiometry	<input type="checkbox"/>	<input checked="" type="checkbox"/>
2. Spirometry	<input checked="" type="checkbox"/>	<input type="checkbox"/>
3. ECG (if indicated)	<input type="checkbox"/>	<input checked="" type="checkbox"/>
4. Chest X-Ray	<input type="checkbox"/>	<input checked="" type="checkbox"/>

Remarks: Obese E66, Myopia H52.1 R:6/9, L:6/6 MIM, Waist Circumference: 102 cm, Lab: Alkaline Phosphatase R74.9 133 U/L MIE, SGOT R74.9 105 U/L MOE, SGPT R74.9 183 U/L MOE, GGT R74.9 203 U/L MOE, Total Cholesterol E78.0 275 mg/dl VHR, HDL E78.4 45 mg/dl BHR, LDL E78.4 170 mg/dl HR, Triglyceride E78.1 298 mg/dl HR, Cholesterol Ratio E78 6.1 AR, Urea R79.89 16 mg/dl, Anti HBs (+), BUN R79.89 7.5 mg/dl, Blood Count: Monocytosis D72.821 8.8%

CERTIFICATION

I certify that I have examined the abovenamed person. In my opinion, this person is **TEMPORARY UNFIT** for duties mentioned above.

ADVICE :
Regular Exercise and Reduce Weight, Take Enough Rest & Consume Curcuma,
Consultation to Company Doctor, Low Fat Diet

Authentic Signature



DR. REZGA AGNELA VALBETRI

Date of Exam : 7 October 2021



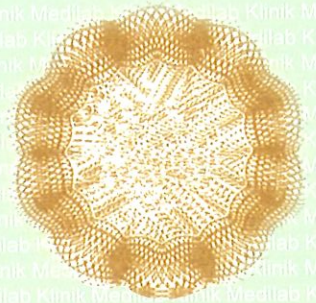


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LABORATORY REPORT

BLOOD COUNT

Test Name	Result	Unit	Reference Range	
HGB	15.6	gr/dl	M: 13.2 - 17.3	F: 11.7 - 15.5
WBC	10.6	10 ³ /mm ³	M: 3.8 - 10.6	F: 3.6 - 11.0
RBC	5.34	10 ⁶ /mm ³	M: 4.4 - 5.9	F: 3.8 - 5.2
ESR	9	mm/hr	M: 0 - 10	F: 0 - 20
HCT	47.5	%	M: 40 - 52	F: 35 - 47
PLT	248	10 ³ /mm ³	150 - 440	
Differential Count				
- LYM	34.0	%	25	40
- MON	8.8	%	2	8
- GRA	57.2	%	43	76
Indicator of Infection				
- Neutrophil Lymphocyte Ratio (NLR)	1.68	%	> 3.13 Cautious	6 - 9 Suspicious > 9 Perilous
- Absolute Lymphocyte Count (ALC)	3604	%	< 1500 Cautious	< 1100 Suspicious < 500 Perilous

URINE FEME

Macroscopy	Result	Microscopy	Result
- pH	5	- WBC/HPF	Occ/HPF
- Specific Gravity	1.015	- RBC/HPF	Nil/HPF
- Glucossa	Negative	- Epithel Cell	Nil
- Protein	Negative	- Crystals	Nil
- Ketones	Negative	- Cast	Nil/HPF
- Bilirubin	Negative		
- Urobilinogen	Normal		
- Nitrit	Negative		
- Blood	Negative		
- Leucocytes	Negative		

X-RAY REPORT

Chest PA:
Show no Abnormalitis.
There is no evidence of pulmonary tuberculosis or other pulmonary,pleural or mediastinal lesions.
The size,shape and position of the heart are within limits of normal variations.
Bony structures of the thorax show no abnormalities.

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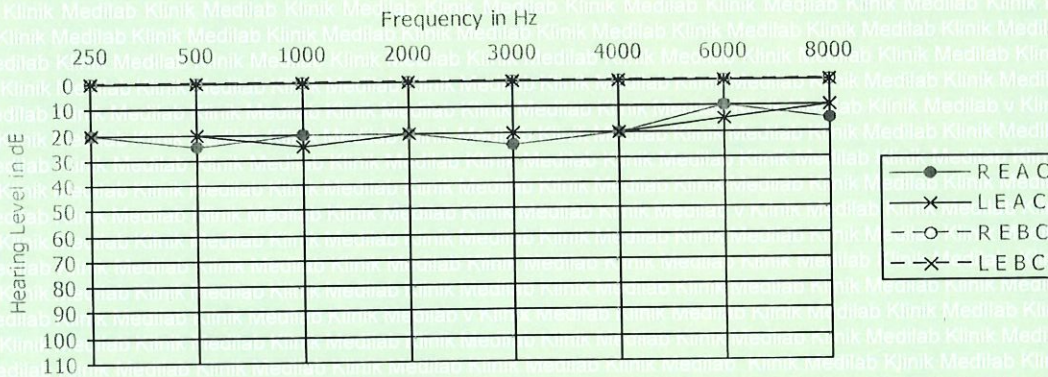
AUDIOMETRY REPORT

Occupational History

	Yes	No
- Noisy Working Environment	<input type="checkbox"/>	<input checked="" type="checkbox"/>
- Present/use of Hearing Protector	<input type="checkbox"/>	<input checked="" type="checkbox"/>
- Period of Working	0.0 years	

Medical History/Examination

	Yes	No	If Yes, which ear	Left	Right
- Ear Surgery	<input type="checkbox"/>	<input checked="" type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>
- Head/Ear Injury	<input type="checkbox"/>	<input checked="" type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>
- Ears Infection	<input type="checkbox"/>	<input checked="" type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>
- Ear Drum Perforation	<input type="checkbox"/>	<input checked="" type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>
- Ear Cerumen	<input type="checkbox"/>	<input checked="" type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>



Conclusion :

- Audiogram : Normal
- Hearing Impairment : Monaural : R : -3.75 %
L : -5.63 %
Hearing Handicap : -5.313 %
- Not a Noise Induced Hearing Loss

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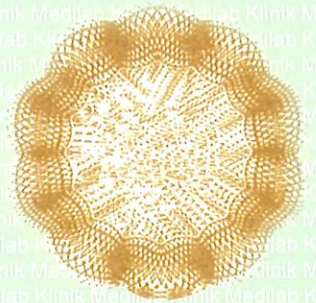


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LABORATORY REPORT

Test Name	Result Unit	Reference Range
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LIVER FUNCTION TEST

Total Bilirubin	: 0.5 mg/dl	0.3 - 1.1
Direct Bilirubin	: 0.1 mg/dl	0.1 - 0.4
Indirect Bilirubin	: 0.4 mg/dl	0.2 - 0.7
Alkaline Phosphatase	: * 133 U/L	30 - 120
SGOT	: * 105 U/L	M: <= 35 F: <= 31
SGPT	: * 183 U/L	M: <= 45 F: <= 34
Gamma GT	: * 203 U/L	M: <= 49 F: <= 32

LIPID PROFILE TEST

Total Cholesterol	: * 275 mg/dl	<= 200
HDL - Cholesterol	: 45 mg/dl	M: > 35 F: > 45
LDL - Cholesterol	: * 170 mg/dl	50 - 140
Triglycerida	: * 298 mg/dl	<= 204
Ratio Cholesterol (Total Chol : HDL)	: * 6.1	M: < 3.4 F: < 3.3

BLOOD SUGAR TEST

Glucose	: 64 mg/dl	< 100
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RENAL FUNCTION TEST

Ureum	: * 16 mg/dl	17 - 43
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SEROLOGI

TPHA	: Non Reactive	Non Reactive
HBsAg	: Negative	Negative
Anti HBs	: Positive	

URINE

Cannabinoid	: Negative	Negative
Methamphetamine	: Negative	Negative
Opiates	: Negative	Negative
Cocain	: Negative	Negative
Amphetamine	: Negative	Negative
Benzodiazepine	: Negative	Negative

OTHERS

BUN	: * 7.5 mg/dl	8 - 22
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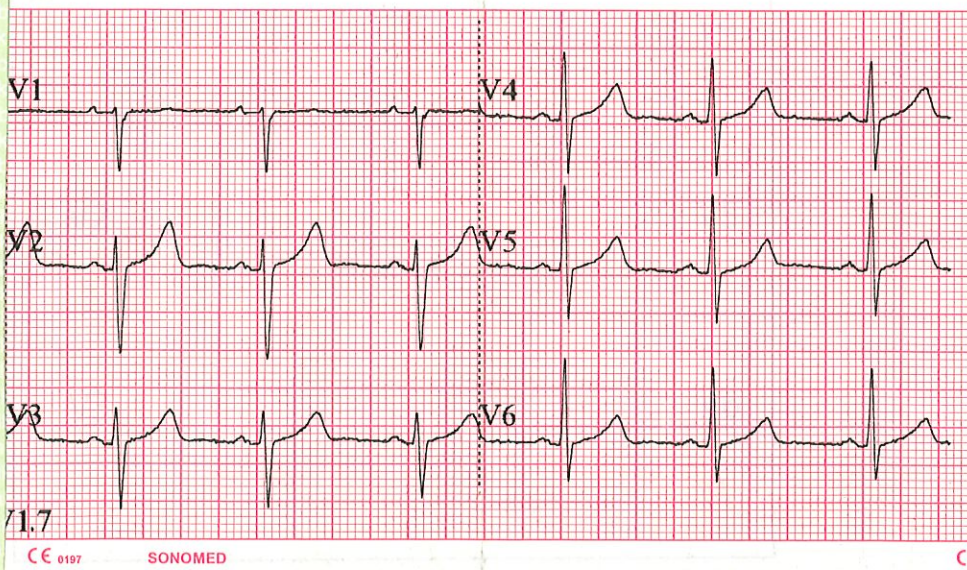
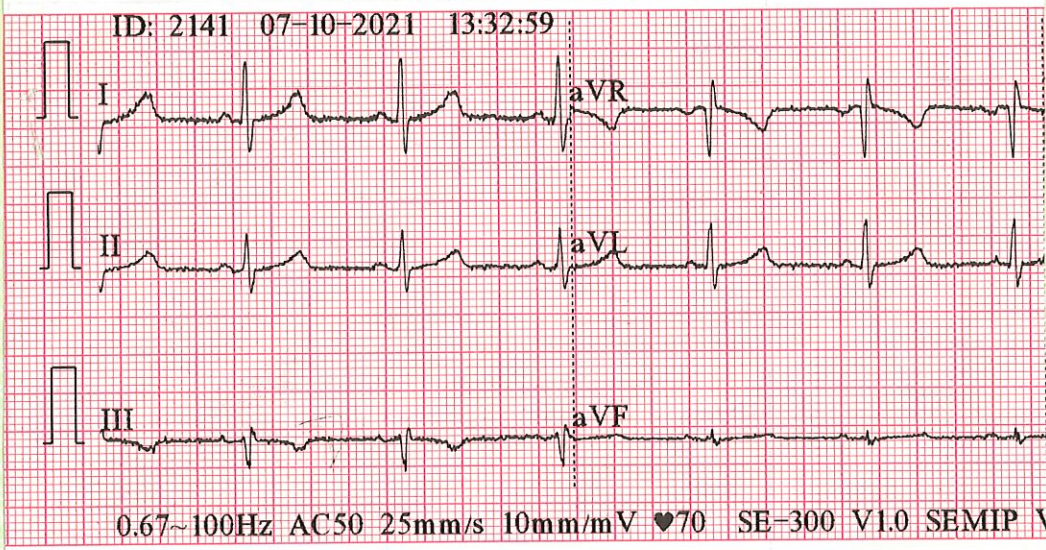
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ELECTROCARDIOGRAM INTERPRETATION (RESTING)

Name : JOSUA SAHAT PARULIAN SINAGA
Age : 29 Years
Gender : Male
Place/Date : BATAM/07 October 2021
Company's Name : INSPEKTINDO SINERGI PERSADA, PT



CONCLUSION : Normal Resting ECG

ADVICE :

EXAMINER :



dr. REZGA AGNELA VALBETRI
Examining Physician

OVERWEIGHT DAN OBESE

Kemendes RI

CEGAH DENGAN MELAKUKAN POLA HIDUP SEHAT

Overweight adalah berat badan yang melebihi berat badan normal.

Body Mass Index (BMI) $\geq 25 \text{ Kg/m}^2$



Obese adalah kelebihan akumulasi lemak dalam tubuh.

Body Mass Index (BMI) $\geq 30 \text{ Kg/m}^2$

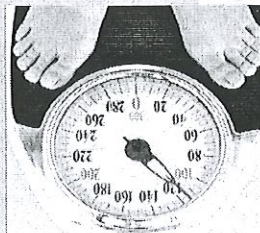
World Health Organization (WHO)

Cara Mengatasi :

1. Mengurangi porsi makan dari biasanya, perbanyak makan buah dan sayur serta kacang-kacangan.
2. Mengurangi penggunaan minyak dan santan, dianjurkan masak dengan cara dikukus, direbus atau dipanggang.
3. Mengurangi makanan dan minuman yang manis.
4. Mengurangi penggunaan garam dan makanan yang diawetkan, diasinkan dan dikemas dalam kaleng.
5. Hindari susu tinggi lemak, minumlah susu yang rendah lemak.
6. Meningkatkan konsumsi makan ikan segar.
7. Melakukan aktivitas fisik minimal 30 menit setiap hari. Kegiatan ini dapat dilakukan dimana saja dan kapan saja seperti berjalan kaki, bersepeda, membersihkan rumah dan kebun, mencuci motor/mobil.

Cara Mencegah :

1. Makan dengan gizi seimbang
*Jumlah dan jenis makanan sesuai kebutuhan
*Jadwal makan teratur
2. Aktifitas Fisik minimal 30 menit setiap hari
3. Timbang berat badan secara teratur





CHOLESTEROL DARAH

Dr. Mariaman Tjendera, M. Kes



Total kolesterol darah dibagi dalam 3 kategori :

1. **Layak** : < 200 mg/dl
2. **Resiko Sedang** : 200-239 mg/dl (memiliki resiko serangan jantung 2 kali lebih besar dari nilai kolesterol < 200 mg/dl)
3. **Resiko Tinggi** : > 240 mg/dl (Resiko yang lebih tinggi untuk mendapatkan serangan jantung dan stroke)

Jenis - jenis Kolesterol

1. **LDL - Kolesterol : Kolesterol "Jahat"**
LDL-Kolesterol yang terlalu banyak beredar di darah dapat membentuk plaque, penebalan dan pengerasan yang menyebabkan penyempitan bahkan penyumbatan pembuluh darah. Kondisi tersebut dapat menyebabkan penyakit jantung dan stroke.
2. **HDL-Kolesterol : Kolesterol "Baik"**
HDL- Kolesterol yang banyak di sirkulasi darah dapat melindungi serangan jantung. HDL-Kolesterol memiliki kecenderungan membawa kolesterol keluar dan dapat membuang plaque dari pembuluh darah.
3. **Trigliserida**
Merupakan salah satu jenis lemak darah yang bila tinggi dapat menyebabkan gangguan jantung.

Cara menurunkan resiko serangan jantung dan stroke pada kolesterol yang tinggi :

1. Menghindari makanan berlemak jenuh yang dijumpai pada hasil hewan dan minyak tumbuhan tropis, seperti : *daging lembu, domba, babi, mentega, coklat, susu lembu, keju, minyak kelapa, minyak palem, minyak kacang tanah dan snack crackers.*
2. Memakan makanan berlemak tidak jenuh, seperti : *minyak zaitun, minyak jagung, minyak bunga matahari, dan minyak kedelai.*
3. Memakan makanan berserat seperti : *cereal, buah segar dan sayur-sayuran.*
4. *Daging ikan* yang mengandung asam lemak omega 3 dapat membantu menurunkan resiko serangan jantung.
5. *Telur, ayam tanpa kulit, kacang buncis dan kacang polong* dibatasi 3-4 kali seminggu.
6. Olah raga selama 30 - 60 menit, paling sedikit 3-4 kali seminggu.
7. Hentikan merokok, rokok dapat meningkatkan resiko serangan jantung.
8. Mempertahankan tekanan darah tetap normal.
9. Mempertahankan kadar gula darah tetap normal.
10. Mempertahankan berat badan yang ideal.
11. Hindari minuman beralkohol, karena dapat meningkatkan tekanan darah.
12. Periksa kadar kolesterol secara rutin.

Kepustakaan:

- American Heart Association, 2002
- Indiana university health center (03/01/2003), <http://Indiana.edu/~health/choles.html>