



**GRAND MEDICA
INDONESIA**

Make SMILE and Be HEALTHY

PERSONAL DATA

No. MCU : 3120/GMI-MCU/V/2022
No. Badge : -
N a m a : **SUHERMAN, Tn.**
U m u r : 42 tahun
Perusahaan : **PT. INSPEKTINDO SINERGI PERSADA**
Jabatan : Inspector
Tgl Pemeriksaan : 09/05/2022
Alamat : *Bukit Prona Indah Blok S No. 04 Rajawali, Balikpapan Selatan.*

Medical Department

HEALTH SURVEILLANCE

Isilah formulir ini dengan sebenarnya dan selengkap-lengkapnyanya. Apabila ada hal-hal yang kurang dipahami segera hubungi dokter atau perawat.

IDENTITAS PEGAWAI

- 1. Posisi : INSPECTOR
- 2. Golongan Darah : A / B / AB / O Rhesus : + / -
- 3. Status : (1) Belum kawin (2) Kawin (3) Janda (4) Duda (5) Cerai
- 4. Jumlah anak : Anak laki-laki Orang, Anak Perempuan orang
- 5. Alamat sekarang : Bukit Pisona Indah
Blok S. No. 04 Jalan Rajawali V
Bal-Sel Telpon /HP 081350220291
- 6. No. Extension Telpon. : Kantor : Kamar (untuk lapangan)

HANYA UNTUK CALON KARYAWAN : RIWAYAT PEKERJAAN

| No. | Posisi | Lama Kerja | Perusahaan | Lama paparan dalam jam/hari | | | | | |
|-----|--------|------------|------------|-----------------------------|------|-------|---------|----------|-----------|
| | | | | Bising | Debu | Kimia | Radiasi | Ergonomi | lain-lain |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |

HANYA UNTUK KARYAWAN RIWAYAT PEKERJAAN

Tuliskan lama kerja pada masing-masing tempat kerja yang sesuai dengan posisi anda. Jumlah jam harus sesuai dengan lama kerja dalam sehari.

- 1. Office : _____ jam/hari
- 2. Warehouse : _____ jam/hari
- 3. Workshop : _____ jam/hari
- 4. Process area : _____ jam/hari
- 5. Well/Offshore : _____ jam/hari

PETUNJUK PENGISIAN : ISILAH NOMOR YANG SESUAI DENGAN JAWABAN ANDA PADA KOTAK JAWABAN YANG TELAH TERSEDIA DI SAMPING KANAN. JANGAN MELINGKARI ATAU MENCORET PILIHAN JAWABAN

RIWAYAT KESEHATAN

1. Selama 1 tahun terakhir ini, apakah anda pernah sakit :

- a. Tekanan darah tinggi 1. Ya 2. Tidak 2
- b. Tekanan darah rendah 1. Ya 2. Tidak 2
- c. Jantung 1. Ya 2. Tidak 2
- d. Stroke 1. Ya 2. Tidak 2
- e. Kencing Manis 1. Ya 2. Tidak 2

| | | | |
|---------------------------|-------|----------|-------------------------------------|
| f. Timbul benjolan/tumor | 1. Ya | 2. Tidak | <input checked="" type="checkbox"/> |
| g. Ayan / Gangguan syaraf | 1. Ya | 2. Tidak | <input checked="" type="checkbox"/> |
| h. Asma | 1. Ya | 2. Tidak | <input checked="" type="checkbox"/> |
| i. Batu ginjal | 1. Ya | 2. Tidak | <input checked="" type="checkbox"/> |
| j. Alergi | 1. Ya | 2. Tidak | <input checked="" type="checkbox"/> |
| k. Thyphus | 1. Ya | 2. Tidak | <input checked="" type="checkbox"/> |
| l. TBC | 1. Ya | 2. Tidak | <input checked="" type="checkbox"/> |
| m. Malaria | 1. Ya | 2. Tidak | <input checked="" type="checkbox"/> |
| n. Penyakit kelamin | 1. Ya | 2. Tidak | <input checked="" type="checkbox"/> |
| o. Kuning / Hepatitis | 1. Ya | 2. Tidak | <input checked="" type="checkbox"/> |
| p. Gangguan jiwa | 1. Ya | 2. Tidak | <input checked="" type="checkbox"/> |
| q. Takut pada ketinggian | 1. Ya | 2. Tidak | <input checked="" type="checkbox"/> |
| r. Mata | 1. Ya | 2. Tidak | <input checked="" type="checkbox"/> |
| s. Hidung | 1. Ya | 2. Tidak | <input checked="" type="checkbox"/> |
| t. Telinga | 1. Ya | 2. Tidak | <input checked="" type="checkbox"/> |
| u. Gigi / mulut | 1. Ya | 2. Tidak | <input checked="" type="checkbox"/> |
| v. Lambung | 1. Ya | 2. Tidak | <input checked="" type="checkbox"/> |
| w. Wasir | 1. Ya | 2. Tidak | <input checked="" type="checkbox"/> |
| x. Kulit | 1. Ya | 2. Tidak | <input checked="" type="checkbox"/> |
| y. Sendi - sendi | 1. Ya | 2. Tidak | <input checked="" type="checkbox"/> |
| z. Kandungan | 1. Ya | 2. Tidak | <input checked="" type="checkbox"/> |

RIWAYAT KECELAKAAN KERJA DAN PERAWATAN DI RUMAH SAKIT

- Dalam satu tahun terakhir apakah Anda pernah mengalami kecelakaan akibat kerja ? 1. Ya 2. Tidak
Bila tidak, langsung ke no. 6
- Bila YA, berapa kali dalam setahun terakhir Anda mengalami kecelakaan ?
- Apakah Anda perlu mendapatkan perawatan di rumah sakit karena kecelakaan tersebut ? 1. Ya 2. Tidak
- Berapa jumlah hari Anda dirawat di rumah sakit secara keseluruhan akibat kecelakaan tersebut ?
- Apakah timbul gangguan fungsi maupun kecacatan setelah sembuh ? 1. Ya 2. Tidak
- Dalam satu tahun terakhir apakah Anda pernah dirawat di rumah sakit ? 1. Ya 2. Tidak
Bila tidak, langsung ke no. 8
- Berapa jumlah hari Anda dirawat di rumah sakit secara keseluruhan dalam satu tahun terakhir ?
- Apakah Anda menderita penyakit yang dikontrol terus menerus selama satu tahun terakhir ? 1. Ya 2. Tidak

POLA KONSUMSI BAHAN MAKANAN

1. Berapa hari dalam seminggu biasanya Anda makan buah-buahan ?
2. Berapa hari dalam seminggu biasanya Anda makan sayur-sayuran ?

RIWAYAT PENYAKIT KELUARGA

1. Apakah ada diantara Ayah/Ibu Anda menderita penyakit berikut
- a. Tekanan darah tinggi 1. Ya 2. Tidak
 - b. Penyakit jantung 1. Ya 2. Tidak
 - c. Stroke 1. Ya 2. Tidak
 - d. Kencing manis 1. Ya 2. Tidak
 - e. Kanker 1. Ya 2. Tidak
 - f. Alergi 1. Ya 2. Tidak
 - g. Asma 1. Ya 2. Tidak
2. Apakah ada saudara kandung Anda menderita penyakit berikut
- a. Tekanan darah tinggi 1. Ya 2. Tidak
 - b. Penyakit jantung 1. Ya 2. Tidak
 - c. Stroke 1. Ya 2. Tidak
 - d. Kencing manis 1. Ya 2. Tidak
 - e. Kanker 1. Ya 2. Tidak
 - f. Alergi 1. Ya 2. Tidak
 - g. Asma 1. Ya 2. Tidak
3. Di antara Ayah/Ibu/Saudara Kandung Anda, apakah ada yang meninggal karena penyakit-penyakit di atas pada usia kurang dari 45 tahun untuk laki-laki dan 55 tahun untuk perempuan ? 1. Ya 2. Tidak

UNTUK KARYAWAN WANITA

1. Apakah saat ini Anda sedang hamil ? 1. Ya 2. Tidak
- Bila tidak, langsung ke no. 3*
2. Berapa bulan umur kehamilan Anda saat ini ?
3. Berapa jumlah kehamilan yang pernah Anda alami (termasuk kehamilan kali ini) ?
4. Berapa jumlah keguguran yang pernah Anda alami ?
5. Kapan hari pertyama haid terakhir Anda ? / /
6. Berapa umur Anda pada saat haid pertama ?
7. Berapa banyak pada saat Anda haid ? 1. Banyak 2. Sedikit
8. Apakah dalam satu tahun terakhir pola haid Anda teratur ? 1. Ya 2. Tidak
9. Apakah ada rasa sakit yang berhubungan dengan haid ? 1. Ya 2. Tidak
10. Apakah Anda sering menderita keputihan ? 1. Ya 2. Tidak

KELUARGA BERENCANA

1. Apakah keluarga Anda mengikut keluarga berencana ?

1. Ya 2. Tidak

Bila tidak langsung ke Vaksinasi

2. Bila YA, metode KB apa yang Anda gunakan ?

1. Kondom 5. IUD
2. Pili 6. Vasektomi
3. Suntik 7. Tubektomi
4. Susuk 8. Lainnya

RIWAYAT VAKSINASI

1. Apakah anda pernah mendapatkan vaksinasi tetanus ?

1. Ya 3. Tidak tahu
2. Tidak

2. Apakah Anda pernah mendapatkan vaksinasi hepatitis ?

1. Ya 3. Tidak tahu
2. Tidak

DONOR DARAH

1. Bersediakah Anda mendonorkan darah bila dibutuhkan ?


1. Ya 2. Tidak

2. Kapan Anda melakukan donor darah terakhir ?

/ /

Formulir tersebut di atas telah saya isi dengan benar dan sesungguhnya.

Balikpapan, 09 May 20.22
Nama dan tanda tangan karyawan


(..... SUHERMAN)

MEDICAL CHECK UP –2022

PHYSICAL EXAMINATION

| | | | | | |
|------|---------------|-----|---|------|---|
| NAME | SUHERMAN, Tn. | S/N | - | DEPT | - |
|------|---------------|-----|---|------|---|

I. VITAL SIGN

| | | | | | | | | | | | |
|-------------------------|--------|------|------------|-----|-----|-------------|-------|-------|-------|------|----|
| Blood Pressure (supine) | 120/80 | mmHg | Pulse | 72 | x/m | Respiration | 20 | x/m | Temp. | 36,3 | °C |
| Weight (W) | 59 | kg | Height (H) | 168 | cm | BMI | 20,90 | Waist | 78 | cm | |

(*) BMI = W / H² (Underweight = <18, Normal 18-25, Overweight 25-30, Obese > 30)

II. PHYSICAL EXAMINATION

| No | PHYSICAL | A = ABNORMAL; N = NORMAL | A | N | Describe abnormalities in detail (circle words of importance and explain) |
|----|--------------------|---|---|---|--|
| 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/ Turbinate /Discharges | | ✓ | |
| 6 | MOUTH / THROAT | Odor/Lips/Tongue/Tonsils/ Gums/ Pharynx | | ✓ | |
| 7 | TEETH | Caries ☉, Filling(F), Missing (M), Radi☉ | ✓ | | Caries, Missing. |
| 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/ Areola / Discharge/ Palpable mass/ enderness/ Nodes/ Scars | | ✓ | |
| 12 | HEART | Rate/Rhythm/Apical/Impulse/Trills/ Quality of sound/Intensity/Splitting/Extra sound/Murmurs | | ✓ | |
| 13 | CHEST / LUNG | Excursion/Dullness or Hyper-resonance of percussion/ Quality of breath sound/ Rales/ Wheezing/Ronchi/ Bruit | | ✓ | |
| 14 | ABDOMEN | Bowel sounds/ Appearance/ Liver/ Spleen/ Masses/ Hernias/ Murmur/ Contour/ Tenderness/ Bruit/ Nodes | | ✓ | |
| 15 | GROIN | Hernia/Inguinal nodes/Femoral pulses | | ✓ | |
| 16 | GENITAL | MALE | Penis/Testis/Scrotum epididymis/ Varicocele/ Scars/ Discharge/ Circumcised/ Piercing | ✓ | |
| | | FEMALE | Vulva/Vaginal/ Cervix/ Uterus/ Adnexae/ Rectocele/ Bartholini gland/ Urethra/ Discharge | | |
| 17 | EXTREMITIES | Deformity/Clubbing/Cyanosis/Edema/Nail/ Peripheral pulses/ Calf tenderness/Joints for swelling/ ROM | | ✓ | |
| 18 | JOINTS | ROM/ Swelling / Inflammation /Deformity | | ✓ | |
| 19 | SKIN | Color/Birthmark/Scars/ Tattoos /Texture/Rash/ Eczema / ulcers/Piercing | | ✓ | |
| 20 | NEUROLOGICAL | Reflexes/Cranial nerve/Tremor/Paralysis/Motoric/ Sensor (touch,prick,vibrate)/ Coordination/ Romberg | | ✓ | Romberg Test : Negative |
| 21 | MUSCULAR SYSTEM | Strength/Wasting/Development | | ✓ | |
| 22 | RECTAL EXAM. | Sphincter tonus/ Hemorrhoids/ Fissure/ Masses /Prostate | | ✓ | |

SUPPORTIVE INVESTIGATIONS

I. VISION

| Vision | Unaided | | With Spectacles | | Depth Perception | Colour Blindness | |
|------------------------------|---------|-------|-----------------|-------|------------------|------------------|--------------------|
| | Left | Right | Left | Right | | | |
| Distant | 20/30 | 20/30 | - | - | | ✓ | Normal |
| Near | 20/30 | 20/30 | - | - | | | Red – Green Absent |
| Visual fields (Normal > 70°) | | | Left | 85° | Right | 85° | Colour Blind |

II. LABORATORIUM SUMMARY

See attached result

| | | |
|---|----------|-----------|
| ✓ | Normal | COMMENT : |
| | Abnormal | |

III. CHEST X-RAY

See attached result

| | | | |
|-----------------------------|--------------------|----|---|
| Pneumoconiosis | Yes | No | ✓ |
| If Yes – ILO Classification | | | |
| Evidence of TB | Yes | No | ✓ |
| Other Abnormalities | | | |
| COMMENT | Foto Thorax Normal | | |

IV. ECG (Optional for over 35 years of age)

See attached result

| | | | |
|--------|---|----------|---------------------------------|
| Normal | ✓ | Abnormal | (specify) : Normal Sinus Rhythm |
|--------|---|----------|---------------------------------|

V. TREADMILL (Optional for over 35 years of age)

See attached result

| | | | |
|--------|---|----------|--|
| Normal | ✓ | Abnormal | (specify) : Negative Ischemic Response, 12 Mets. |
|--------|---|----------|--|

VI. SPIROMETRY (Optional for dust exposure, respiratory chronic disease,)

See attached result

| Test | Observed | Predicted | % Prediction | |
|---------|----------|-----------|--------------|---|
| VC | | | | % |
| FVC | | | | % |
| FEV 1 | | | | % |
| FEV/FVC | | | | % |

VII. AUDIOMETRY (Optional for noise exposure, previous hearing problem,)

See attached result

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

Patient Data

| | | | |
|-------------|----------------------|---------------|---|
| ID Number : | 3120/GMI-MCU/V/2022 | | |
| Name : | SUHERMAN, Tn. | | Company : PT. INSPEKTINDO SINERGI PERSADA |
| Gender : | Laki-Laki | | Occupation : Inspector |
| DOB / Age : | 06/05/1980 | / 42 Yo. | Test Date : 09/05/2022 |
| Height (cm) | 168 | Weight (kg) : | 59 BMI : 20,90 |

Jakarta Cardiovascular Risk Table

| Risk Factor | | Score | Result | Poin | Determine the 10-year CVD risk (%) | | |
|-----------------------------------|----------------------|-------|--------|-----------|------------------------------------|----------------------|----------|
| Sex | Female | 0 | Male | 1 | Total Points | 10-year CVD risk (%) | |
| | Male | 1 | | | | -4 | Low Risk |
| Age | 25-34 | -4 | 42 | -2 | -3 | Low Risk | 2,6 |
| | 35-39 | -3 | | | -2 | Low Risk | 4,2 |
| | 40-44 | -2 | | | -1 | Low Risk | 5,8 |
| | 45-49 | 0 | | | 0 | Low Risk | 7,4 |
| | 50-54 | 1 | | | 1 | Low Risk | 9 |
| | 55-59 | 2 | | | 2 | Moderate Risk | 10,0 |
| | 60-64 | 3 | | | 3 | Moderate Risk | 13,1 |
| Blood Pressure | Normal | 0 | 120/80 | 0 | 4 | Moderate Risk | 17,2 |
| | High Normal | 1 | | | 5 | High Risk | 20,0 |
| | Grade 1 Hypertension | 2 | | | 6 | High Risk | 21,2 |
| | Grade 2 Hypertension | 3 | | | 7 | High Risk | 22,5 |
| | Grade 3 Hypertension | 4 | | | 8 | High Risk | 23,7 |
| BMI (Kg/m2) | 13,79 - 25,99 | 0 | 20,90 | 0 | 9 | High Risk | 25 |
| | 26,00 - 29,99 | 1 | | | 10 | High Risk | 26,2 |
| | 30,00 - 35,58 | 2 | | | 11 | High Risk | 27,5 |
| Smoke | Never | 0 | Never | 0 | 12 | High Risk | 28,7 |
| | Ex Smoker | 3 | | | 13 | High Risk | >30 |
| | Smoker | 4 | | | | | |
| Diabetes Mellitus | No | 0 | No | 0 | Result | | |
| | Yes | 2 | | | Estimated 10-year CVD Risk | | |
| Physical Exercise/Activity | No | 2 | Medium | 0 | 5,8% | | |
| | Low | 1 | | | Risk Category | | |
| | Medium | 0 | | | Low Risk | | |
| | High | -3 | | | | | |
| Total Point | | | | -1 | | | |

Advice

Patients with **HIGH RISK** scores should be counseled aggressively about social factors contributing to their risk (smoking, exercise, weight, diet, etc) and also managed with blood pressure and lipid evaluation.

References

Kusmana. Dede. *The Jakarta Cardiovascular Score, A Modified Framingham Score, Is A Simple Method For Cardiovascular Risk Stratification In Developing Countries. 21st Scientific Meeting of the International Society of Hypertension, 2006, 201.*

Nomor Lab.
(Lab. Number) : 3120 /GMI-MCU/V/2022

Data Pasien (Patient Detail)

Nama
(Name) : SUHERMAN, Tn. / Laki-Laki **Umur**
(Age) : 42 Tahun
(Years old)

Pekerjaan
(Job Position) : INSPECTOR **Dokter**
(Doctor) : Dr. Hendra AZ

Perusahaan
(Company) : PT. INSPEKTINDO SINERGI PERSADA **Tgl Pemeriksaan**
(Date of Analysis) : 9 Mei 2022

| PEMERIKSAAN / Examination | HASIL / Result | NILAI RUJUKAN / Reference Value | SATUAN |
|-------------------------------------|----------------|--|-------------------------------------|
| HEMATOLOGI | | | |
| HEMATOLOGI RUTIN | | | |
| Hemoglobine (Hgb) | 15,5 | Laki-laki dewasa : 13,0-18,0 Perempuan dewasa : 12,0-16,0 | g/dL |
| Hematocrit (Hct) | 43,6 | Laki-laki dewasa : 40,0 - 50,0 Perempuan dewasa : 35 ,0- 45,0 | % |
| Erythrocyt (RBC) | 4,9 | Laki-laki dewasa : 4,4-5,6 Perempuan dewasa : 3,8-5,5 | 10 ⁶ sel/mm ³ |
| Leucocyt (WBC) | 7,7 | Dewasa : 4,0 - 10,0 | 10 ³ / μ L |
| Differential Count | | | |
| Basophile | 0 | 0 - 2 | % |
| Eosinophile | 2,4 | 0 - 3 | % |
| Neutrofil | 56,0 | 50 - 70 | % |
| Lymphocyte | 36 | 20 - 40 | % |
| Monocyte | 5,6 | 3 - 12 | % |
| MCV | 88 | 80 - 100 | fL |
| MCH | 31 | 27 - 34 | pg/cell |
| MCHC | 35 | 32 - 36 | g/dL |
| RDW- CV | 13,0 | 11 - 16 | % |
| RDW-SD | 42,5 | 35 - 56 | fL |
| Thrombocyt | 268 | 140 - 440 | 10 ³ /mm ³ |
| KIMIA KLINIK | | | |
| METABOLISME GLUKOSA/DIABETES | | | |
| Glucose Fasting | 78 | Normal : 70 - 110 | mg/dL |
| PROFIL LEMAK | | | |
| Cholesterol total | 168 | Yang diinginkan : < 200 Batas tinggi : 200 - 240 Tinggi : >= 240 | mg/dL |
| Triglycerides | 111 | Normal : < 150 Batas tinggi : 150 - 199 Tinggi : 200 - 499 Sangat tinggi : >= 500 | mg/dL |

Nomor Lab.
(Lab. Number) : 3120 /GMI-MCU/V/2022

Data Pasien (Patient Detail)

Nama
(Name) : SUHERMAN, Tn. / Laki-Laki **Umur**
(Age) : 42 Tahun
(Years old)

Pekerjaan
(Job Position) : INSPECTOR **Dokter**
(Doctor) : Dr. Hendra AZ

Perusahaan
(Company) : PT. INSPEKTINDO SINERGI PERSADA **Tgl Pemeriksaan**
(Date of Analysis) : 9 Mei 2022

| PEMERIKSAAN / Examination | HASIL / Result | NILAI RUJUKAN / Reference Value | SATUAN |
|---------------------------|----------------|---|--------------|
| HDL Kolesterol | 58 | Rendah : < 40 Tinggi : >= 60 | mg/dL |
| LDL Kolesterol | 88 | Optimal : < 100 Mendekati optimal : 100 - 129 Batas tinggi : 130 - 159 Tinggi : 160 - 189 Sangat tinggi : > 190 | mg/dL |
| Rasio LDL/HDL | 1,5 | CARDIO RISK INDEX (CRI) < 3 : Low risk 3 - 5 : Moderate risk > 5 : High risk | |
| FUNGSI HATI | | | |
| SGOT / AST | 24 | 0 - 37 | U/L |
| SGPT / ALT | 19 | 0 - 40 | U/L |
| FUNGSI GINJAL | | | |
| Uric Acid | 4,2 | Laki-laki dewasa : 3,5 - 7,2 Perempuan dewasa : 2,6 - 6,0 | mg/dL |
| Creatinine | 1,0 | 0,8 - 1,4 | mg/dL |
| Ureum | 22 | 10 - 50 | mg/dL |
| URINALISA | | | |
| MAKROSKOPIS URIN | | | |
| Warna | Kuning | | |
| Kejernihan | Jernih | | |
| KIMIA | | | |
| Berat jenis | 1,025 | Normal : 1,003 - 1,035 | |
| pH | 6,5 | Normal : 4,5 - 8 | |
| Protein | Negatif | Normal : < 7,5 (Negatif) | mg/dL |
| Glucose | Negatif | Normal : < 0,018 (Negatif) | mg/dL |
| Leukosit esterase | Negatif | Normal : < 9 (Negatif) | Leu/ μ L |

Nomor Lab.
(Lab. Number) : 3120 /GMI-MCU/V/2022

Data Pasien (Patient Detail)

Nama
(Name) : SUHERMAN, Tn. / Laki-Laki **Umur**
(Age) : 42 Tahun
(Years old)

Pekerjaan
(Job Position) : INSPECTOR **Dokter**
(Doctor) : Dr. Hendra AZ

Perusahaan
(Company) : PT. INSPEKTINDO SINERGI PERSADA **Tgl Pemeriksaan**
(Date of Analysis) : 9 Mei 2022

| PEMERIKSAAN / Examination | HASIL / Result | NILAI RUJUKAN / Reference Value | SATUAN |
|---------------------------|----------------|---------------------------------|--------|
| Ketone | Negatif | Normal : < 2,5 (Negatif) | mg/dL |
| Urobilin | Negatif | Normal : < 0,2 (Negatif) | mg/dL |
| Bilirubin | Negatif | Normal : < 0,4 (Negatif) | mg/dL |
| Nitrite | Negatif | Normal : < 0,05 (Negatif) | mg/dL |
| Blood | Negatif | Normal : 1< 0,018 (Negatif) | mg/dL |

Tanggal pengambilan sampel : 9 Mei 2022

Penanggung Jawab Laboratorium,

 **Laboratorium**
GRAND Medica
Dr. Hendra Agus Z

Analisis Laboratorium

Syamsiar Am. Ak



Nomor Pasien
(Patient Number) :

Nomor Film
(Film Number) : 3120

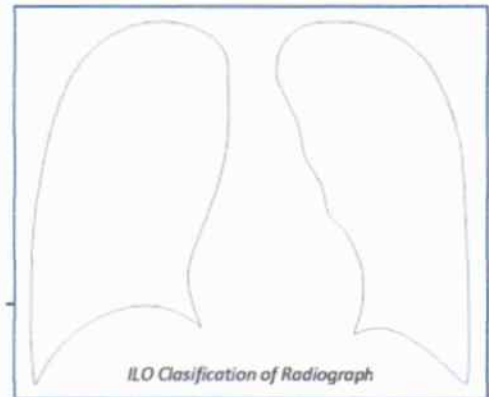
Data Pasien (Patient Detail)

Nama
(Name) : **SUHERMAN, Tn.**
Umur
(Age) : **42** **Tahun**
(years old)
Jenis Kelamin
(Gender) : **Male**

Perusahaan
(Company) : **PT. INSPEKTINDO SINERGI PERSADA**
Pekerjaan
(Occupation) : **INSPECTOR**
Tgl Pemeriksaan
(Date of Analysis) : **09 Mei 2022**

Rincian Pemeriksaan (Examination Detail)

Jenis Pemeriksaan
(Type of Examination) : **Foto thorax**
Posisi Penyinaran
(Exposure Position) : **PA**
Kondisi Penyinaran
(Exposure Condition) : **kV : 58**
mAs : 3,6



Interpretasi Foto Thorak oleh Spesialis Radiologi
(Chest X-ray Interpretation by the Radiologist)

Penjelasan Keadaan Abnormal
(Comment on Abnormalities)

- Kelainan Tulang dan/atau Jaringan Lunak?**
(Skeleton and/or Soft Tissue Abnormalities)
- Kelainan Bayangan Jantung?**
(Abnormal heart shadows)
- Kelainan Hilus dan/atau Kelenjar Limfa?**
(Abnormal hilar and/or lymphatic gland)
- Kelainan Diafragma dan Sudut Costophrenic?**
(Abnormal Diaphragms and Costophrenic angles)
- Kelainan Paru-paru?**
(Abnormal Lung Fields)
- Gambaran Lainnya dari Lesi TBC?**
(Any evidence of tubercular lesions)
- Gambaran Abnormal Lainnya?**
(Detail of Other Abnormalities)

| | |
|-------------------------------------|-------|
| <input checked="" type="radio"/> No | Yes → |
| <input checked="" type="radio"/> No | Yes → |
| <input checked="" type="radio"/> No | Yes → |
| <input checked="" type="radio"/> No | Yes → |
| <input checked="" type="radio"/> No | Yes → |
| <input checked="" type="radio"/> No | Yes → |
| <input checked="" type="radio"/> No | Yes → |

Kesimpulan Spesialis Radiologi (Radiologist Conclusion)

Foto Thorax Normal

dr. ABDUL HARIS, Sp.Rad
Spesialis Radiologi

Patient Data

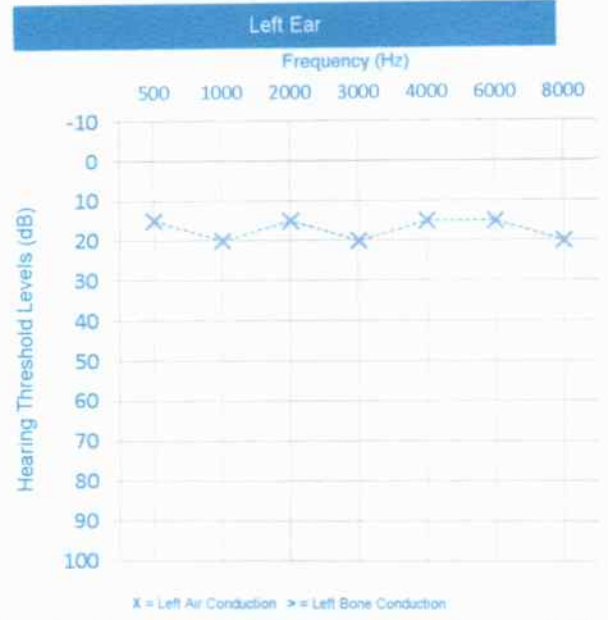
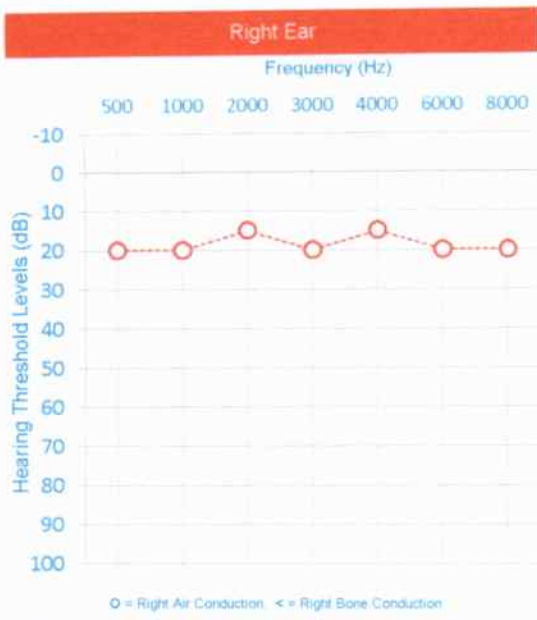
| | | | |
|------------|----------|------------|-----------------|
| ID Number | 3120 | Gender | Laki-laki |
| First Name | SUHERMAN | Occupation | Inspector |
| Last Name | - | Company | PT. Inspektindo |
| Age | 42 Yo. | Test Date | 9 Mei 2022 |

Occupational Noise Exposure

| | | | |
|-------------------|-------------------------|-------------------|-----------------------------|
| Present | Type of work: Inspector | Period of work: - | Hearing Protection Worn: No |
| Previous 1) | - | - | - |
| Previous 2) | - | - | - |
| Military Services | - | | |

Test Detail

Test Location: Sound Booth Other
 Technician: Rentivia Apriyani A.Md. Kep
 Hours Away from Noise: < 14 hours 14 - 24 hours > 24 hours



Right Ear Observation and Test Result

| | | | | | | | | |
|------------|----------------|------|------|------|------|------|------|-------|
| Canal | Normal | | | | | | | HTL |
| Ear Drum | Normal | | | | | | | RIGHT |
| Conduction | Frequency (Hz) | | | | | | | 16,7 |
| | 500 | 1000 | 2000 | 3000 | 4000 | 6000 | 8000 | |
| | Air | 20 | 20 | 15 | 20 | 15 | 20 | |
| Bone | | | | | | | | |

Left Ear Observation and Test Result

| | | | | | | | | |
|------------|----------------|------|------|------|------|------|------|------|
| Canal | Normal | | | | | | | HTL |
| Ear Drum | Normal | | | | | | | LEFT |
| Conduction | Frequency (Hz) | | | | | | | 16,7 |
| | 500 | 1000 | 2000 | 3000 | 4000 | 6000 | 8000 | |
| | Air | 15 | 20 | 15 | 20 | 15 | 15 | |
| Bone | | | | | | | | |

Conclusion / Medical Report

Right Ear : Fungsi pendengaran dalam batas normal.
 Left Ear : Fungsi pendengaran dalam batas normal.

Signature 
 dr. Hendra A.Z.

Instrument used
 SIBELSOUND 400

Standard
 OSHA





Patient Data

| | | | |
|-------------|--------------|-------------|-----------------|
| ID Number | 3120 | Company | PT. Inspektindo |
| Name | SUHERMAN, Tn | Occupation | Inspector |
| Gender | Male | Test Date | 09 Mei 2022 |
| DOB / Age | 06 Mei 1980 | Weight (kg) | 59 |
| Height (cm) | 168 | BMI | 20,90 |

Pre-exercise Test

| | |
|-----------------|------------------|
| Indication | Medical Check Up |
| Pre-exercise BP | 120/80 mmHg |
| Heart Rate | 80 bpm |
| Respiration | 18 x/mnt |
| Resting ECG | <i>RegM</i> |

Exercise Test Summary

| | | | | |
|--------------------|--------|-------|-------------------|-----------------|
| Exercise Time | 12:04 | mm:ss | End Stage | 4 |
| Max Heart Rate | 157 | bpm | Target Heart Rate | 157 bpm |
| Max Blood Pressure | 130/90 | mmHg | Max Heart Rate | 100 % |
| Aerobic Capacity | 12 | METs. | VO2 Max | 42,70 ml/kg/min |

Reason Of End

Fatigue
 Dyspnoe
 Angina
 Dizziness
 ST- T segment changes
 Maximum HR reach

ST- T segment changes

No changes
 ST-segment depression 0,5 - 1 mm
 Upsloping
 Significant changes (ST-segment depression > 1 mm)

Abnormal Lead :

Classification of Physical Fitness

Low
 Fair
 Average
 Good
 High

Blood Pressure Response

Normal Response
 Hipertensive Response

Functional Classification

Clas I
 Clas II
 Clas III

Conclusion / Medical Report

*Negative tolerance. Respons
Fit to work at present time*

Recommendation :

Cardiologist Signature

Dr. ACHMAD YUSRI, SpJP
 SPESIALIS JANTUNG DAN PEMBULUH DARAH
 Instrument Used
 CONTEC 8000S S/N 140203027



ID : 3120
Name : Suberman
Age : 42 Years
Gender : Male
Department: PT. Inspekindo

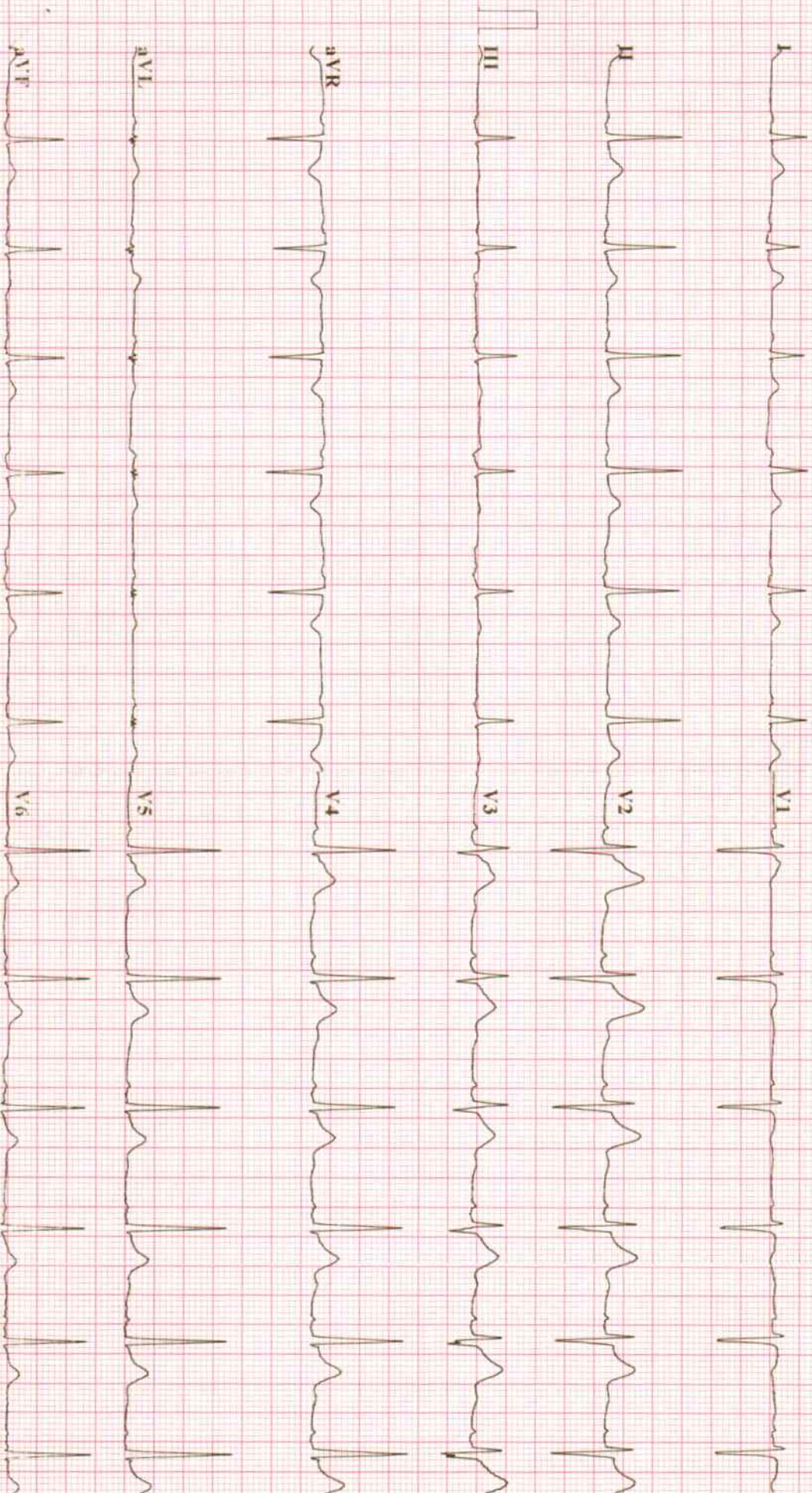
HR : 72 BPM
P Dur : 94 ms
PR Int : 149 ms
QRS Dur : 80 ms
QT/QTc Int : 366/403 ms
P/QRS/T axis : 39/61/44 °
RV5/SV1 amp : 1.704/0.990 mV
RV6/SV1 amp : 2.694 mV
RV6/SV2 amp : 1.484/0.925 mV

Diagnosis Information:
800: Sinus Rhythm
Normal ECG

TSR

Technician : Rinda Amd. Kep
Report Confirmed by:

Signature
dr. AGUNG ANDY WUSRI STJP
SPEKIALIS JANTUNG DAN PEREDULUH DARAH



Grand Medica Indonesia Stress Exercise Report

ID:3120 Section: Name: Suherman, Tn Sex: Female Age: 35 Exam Time: 09-05-2022 13:43

Information

DOB: 1987-07-15 Race: Oriental Race
 Height: 168.00 cm Weight: 59.00 kg

Indications: MCU

Smoking Diabetic
 Hypertension Hyperlipidemia History of MI
 Family History

Medications:

Address:
 Telephone:

Result

| Stage Name | HR(bpm) | BP(mmHg) |
|------------|---------|----------|
| PRE-EXE | 96 | ---/--- |
| EXE1 | 100 | 120/80 |
| EXE2 | 110 | 125/80 |
| EXE3 | 151 | ---/--- |
| EXE4 | 157 | ---/--- |
| REC1 | 141 | 130/90 |

Protocol Name: BRUCE
 Target HR: 157 bpm
 Exercise Time: 12:04 mm:ss
 Max Speed: 6.8 km/h
 Max Grade: 16.0 %
 Exeed +/-100uV Leads:
 I II III aVR aVF V1
 V2 V3 V4 V5 V6
 DUKE Score: ----

| HR: | Max Values |
|--------------------|------------------|
| 157 bpm | 157 bpm |
| Target HR: 100.0 % | 100.0 % |
| METS: 13.5 | 13.5 METs |
| HR*BP: | 13120.0 bpm*mmHg |
| SYS: 130.0 | 130.0 mmHg |
| DIA: 90.0 | 90.0 mmHg |

| ST Segment |
|---------------------------------------|
| 11:20 Max Elevation: 0.23 mV |
| 11:00 Max Depression: -0.19 mV |
| 07:40 Max Elevation Change: 0.14 mV |
| 10:20 Max Depression Change: -0.21 mV |
| V3 |
| V6 |
| V5 |
| V6 |

Arrhythmia

| Parameter | Value | Abnormal Beats |
|---------------|-------|----------------|
| Total Beats: | 1435 | 11 |
| Total V: | 4 | 5 |
| V Pairs: | 0 | 0 |
| V Run: | 0 | 0 |
| V bigeminal: | 0 | 0 |
| V trigeminal: | 0 | 0 |
| Total Long: | 2 | |

Reason for End :

Symptoms:

Conclusions:

Negativa *Sherwin* *Kapra*

Operator:

Reviewing Physician:

dr. ACHMAD YUSRI, SpJP
 SPESIALIS JANTUNG DAN PEMBULUH DARAH



Grand Medica Indonesia Stress Exercise Report

Average QRS

ID:3120 Section: Name: Suherman, Tn Sex: Female Age: 35 Exam Time: 09-05-2022 13:43

| Time:00:20 HR:99 bpm | Time:03:20 HR:99 bpm BP:120/80 mmHg | Time:06:20 HR:112 bpm BP:120/80 mmHg | Time:09:20 HR:146 bpm BP:125/80 mmHg | Time:11:30 HR:150 bpm BP:125/80 mmHg | Time:11:50 HR:141 bpm BP:125/80 mmHg |
|-------------------------|---|--|--|--|--|
| 0.08 I 15.77 | 0.07 I 17.62 | 0.05 I 23.15 | 0.01 I 18.83 | 0.02 I 24.77 | 0.08 I 43.61 |
| 0.06 II 24.75 | 0.04 II 21.06 | 0.08 II 23.08 | -0.12 II 59.26 | 0.00 II 49.36 | 0.10 II 57.11 |
| -0.02 III 10.88 | -0.03 III 4.23 | 0.01 III 0.78 | -0.13 III 51.34 | -0.02 III 34.50 | 0.02 III 30.36 |
| -0.07 aVL 20.52 | -0.06 aVL 19.01 | -0.05 aVL 23.54 | 0.05 aVL 43.97 | -0.01 aVL 39.44 | -0.09 aVL 51.25 |
| 0.05 aVF 20.7 | 0.05 aVF 5.77 | 0.02 aVF 10.58 | 0.06 aVF 24.51 | 0.02 aVF 5.29 | 0.03 aVF 10.20 |
| 0.02 V1 18.18 | 0.00 V1 12.26 | 0.03 V1 12.44 | -0.13 V1 54.91 | -0.01 V1 42.49 | 0.06 V1 49.94 |
| 0.00 V2 0.27 | 0.01 V2 0.27 | 0.01 V2 3.64 | 0.11 V2 32.93 | 0.04 V2 3.28 | 0.02 V2 4.10 |
| 0.17 V3 0.6 | 0.16 V3 0.54 | 0.13 V3 18.83 | 0.08 V3 49.80 | 0.08 V3 23.89 | 0.11 V3 38.27 |
| 0.15 V4 20.58 | 0.16 V4 29.65 | 0.16 V4 33.11 | 0.03 V4 59.10 | 0.11 V4 59.29 | 0.17 V4 59.89 |
| 0.07 V5 22.75 | 0.06 V5 19.43 | 0.06 V5 20.61 | -0.06 V5 45.11 | -0.00 V5 42.24 | 0.03 V5 45.55 |
| 0.04 V6 18.69 | 0.02 V6 13.74 | 0.03 V6 16.25 | -0.05 V6 46.53 | -0.01 V6 36.85 | 0.04 V6 36.34 |
| 0.05 18.41 | 0.06 12.26 | 0.01 6.64 | 0.07 59.22 | -0.12 1.09 | -0.01 35.80 |

Grand Medica Indonesia Stress Exercise Report

ECG Strips

ID:3120

Section:

Name: Suherman, Tn

Sex: Female

Age: 35

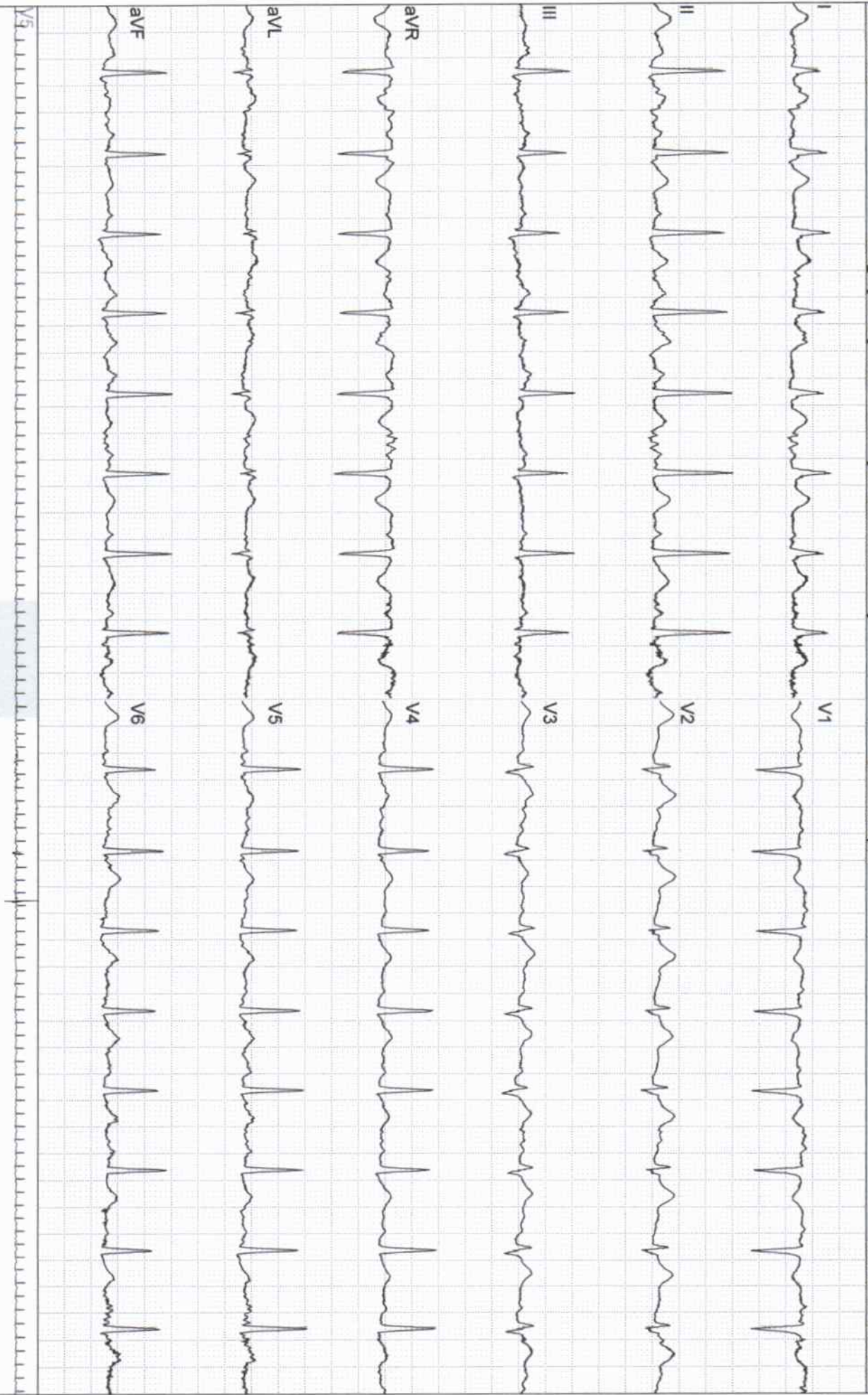
Exam Time: 09-05-2022 13:43

Time: 00:30

Stage: [2 / 6] EXE1 00:00 [2.7 Km/h 10.0 %]

HR: 100 bpm

10mm/mV 25mm/s



Grand Medica Indonesia Stress Exercise Report

ECG Strips

ID:3120

Section:

Name: Suherman, Tn

Sex: Female

Age: 35

Exam Time: 09-05-2022 13:43

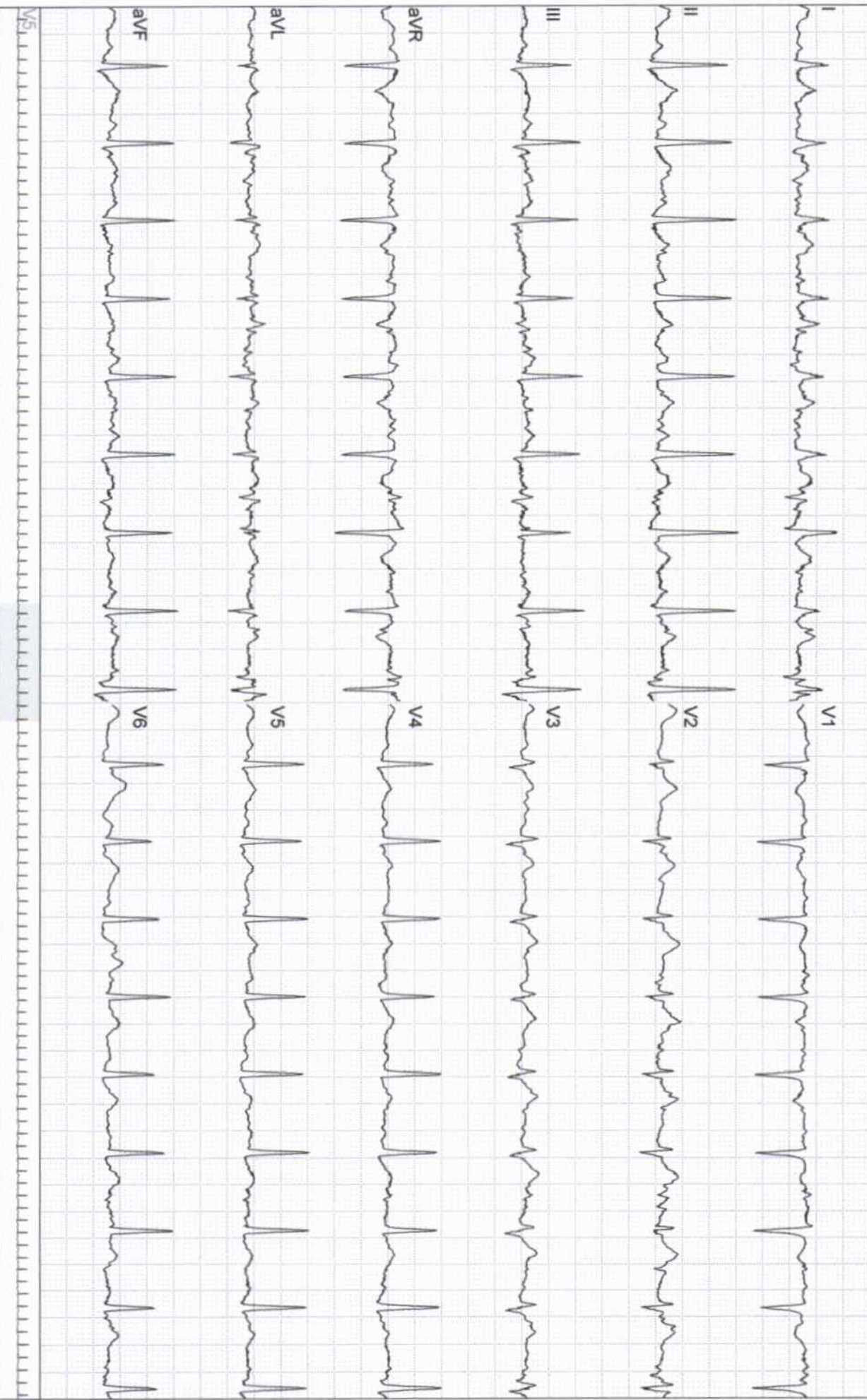
Time: 03:36

Stage: [3 / 6] EXE2 00:06 [4.0 Km/h 12.0 %]

HR: 102 bpm

BP: 120/80 mmHg

10mm/mV 25mm/s



Grand Medica Indonesia Stress Exercise Report

ECG Strips

ID:3120

Section:

Name: Suheman, Tr

Sex: Female

Age: 35

Exam Time: 09-05-2022 13:43

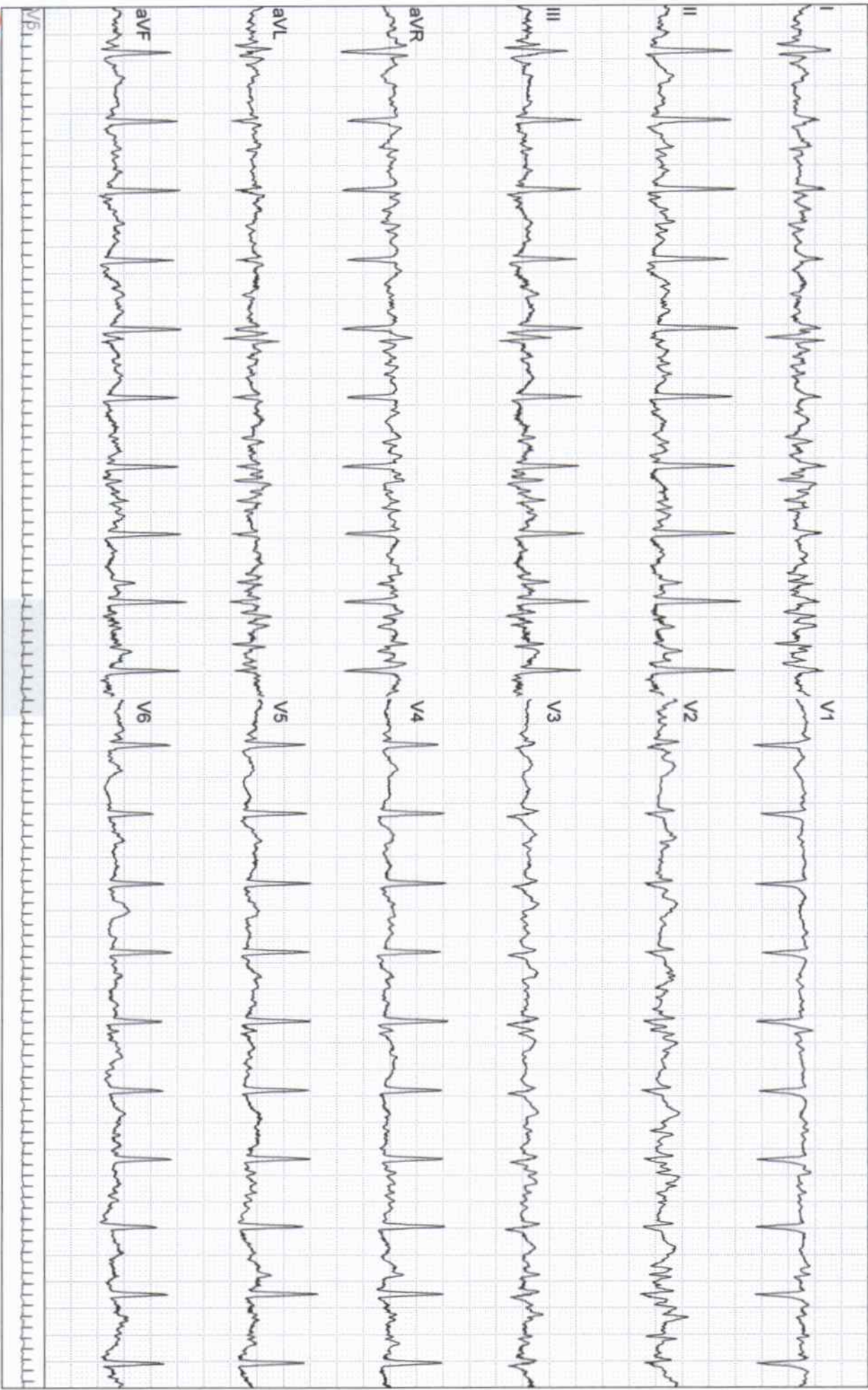
Time: 06:26

Stage: [3 / 6] EXE2 02:56 [4.0 Km/h 12.0 %]

HR: 112 bpm

BP: 125/80 mmHg

10mm/mV 25mm/s



Grand Medica Indonesia Stress Exercise Report

ECG Strips

ID:3120

Section:

Name: Suherman, Tn

Sex: Female

Age: 35

Exam Time: 09-05-2022 13:43

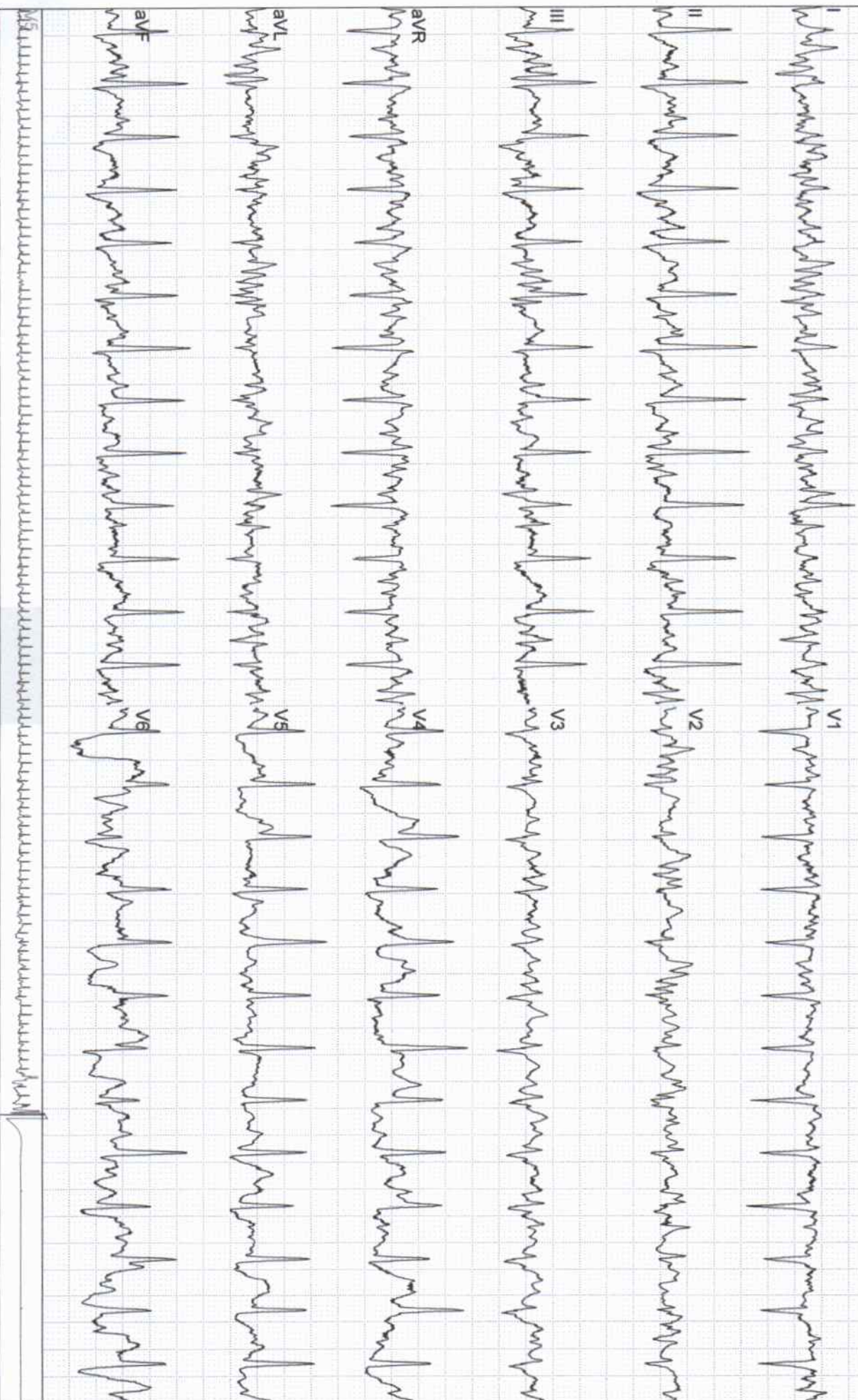
Time: 09:36

Stage: [5 / 6] EXE4 00:06 [6.8 Km/h 16.0 %]

HR: 152 bpm

BP: 125/80 mmHg

10mm/mV 25mm/s



Grand Medica Indonesia Stress Exercise Report

ECG Strips

ID:3120

Section:

Name: Suherman, Tr

Sex: Female

Age: 35

Exam Time: 09-05-2022 13:43

Time: 11:43

Stage: [6 / 6] Recovery 00:04 [0.0 Km/h 0.0 %]

HR: 145 bpm

BP: 125/80 mmHg

10mm/mV 25mm/s

