



Certificate Of Health Assessment

Name	Age	Position	Department
SIHAR HALLEL HUTASOIT	27 yo	ASSISTANT INSPECTOR	TESTING

COMPANY :
INSPEKTINDO SINERGI PERSADA

CONCLUSION	
Fit for work to the job described	
Fit with Medical Note (Restriction and/or Limitation)	✓
Unfit for work to the job described	

Date	Doctors Name	Signature
17 November 2017	Anggita Nur Aziza, MD	  <small>PT. KARTIKA BINA MEDIKATAMA</small>

No. Formulir : FM-DR-008-05
 No. Revisi : 00
 Tanggal Terbit : 2 Mei 2011

TO WHOM IT MAY CONCERN

Kepada yang berkepentingan

This is certify that today Friday, 17 November 2017 Medika Plaza Clinic has performed urine drug screening and/or breath alcohol test to :

Dengan ini menyatakan bahwa, pada hari ini Jumat, 17 November 2017 Medika Plaza Clinic telah melakukan urine drug screening dan/atau breath alcohol test kepada :

SIHAR HALLEL HUTASOIT

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 checked="" type="checkbox"/> Negative	<input 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 checked="" type="checkbox"/> Negative	<input type="checkbox"/> N/A

Jakarta, November 17, 2017



PT. KARTIKA BINA MEDIKATAMA
(dr. Esther Poerwantoro, Sp.PK)

Clinical Patologist

MP BELTWAY CLINIC

Beltway Office Park, Annex Building, Ground Floor
Jl. TB. Simatupang Kav.41, Jakarta Selatan 12550
Tlp : (62-21) 808 66 099, Fax : (62-21) 808 66 098
www.medikaplaza.com

PATIENT DATA

MedRec.	: 01052510	EMPLOY. STATUS	: Employee
NAME	: SIHAR HALLEL HUTASOIT	BIRTHDATE	: 06 August 1990
EMPLOYEE No.	: -	SEX	: Male
JOB TITLE	: ASSISTANT INSPECTOR	STATUS	: Single
COMP. NAME	: INSPEKTINDO SINERGI PERSADA	NASIONALITY	: INDONESIA

SUMMARY

MEDICAL FINDING :

1. Leucocytosis
2. Hematuria (trace)
3. Overweight
4. Hemorrhoid externa
5. Radix, filled, calculus teeth


Your fitness status is fit with medical note :

Leucocytosis

SUGGESTION :

1. Repeat Leucocyte examination 1 month later
2. Drink more water at least 2lt/day (8-10 glasses/day). Repeat urinalysis after 2 weeks
3. 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 76.56 Kgs (present body weight is 81.80 Kgs)
4. See a surgeon if any complaint of Hemorrhoid externa
5. See a dentist for dental care minimal once a year or better once in 6 months

Responsible Doctor



Anggita Nur Aziza, MD

Notes:

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

Email : - dr.Meiwulandari@medikaplaza.com

- dr.yosephine@medikaplaza.com

Telepon Klinik : (62-21) 295 22 610

CLINICAL EVALUATION

Name : SIHAR HALLEL HUTASOIT	Sex : Male	MR : 01052510	Visit : 17/11/2017
Comp.: INSPEKTINDO SINERGI PERSADA		DOB : 06 August 1990	
EXAMINATION	RESULT	NOTES	

ANAMNESA

PRESENT COMPLAINT AND HISTORY OF PRESENT

ILLNESS

Present complaint

Common cold since yesterday, not taking medicine

MEDICAL HISTORY

Alergy	No
Imunisasi	Yes
Surgery	No
Hospitalization	No
Disease	No

LIFE STYLE

Alcohol intake	No
Smoking	Yes
Exercise	Yes

Swimming

FAMILY MEDICAL HISTORY

Diabetes Melitus	No
Hypertension	No
Heart disease	No
Lung TB	No
Kidney disease	No
Astma	No
Mental disease	No
Epilepsy	No
Cancer	No
Color blind	No
Stroke	No
Liver disease	No
Bone & joint	No
Others disease	No

WORK EXPOSURE

Noise	No
Heat Stress	No
Cold Stress	No
Vibration	No
Involving height	No
Radiation	No

CLINICAL EVALUATION

Name : SIHAR HALLEL HUTASOIT	Sex : Male	MR : 01052510	Visit : 17/11/2017
Comp.: INSPEKTINDO SINERGI PERSADA		DOB : 06 August 1990	

EXAMINATION	RESULT	NOTES
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Dust	Yes	
Toxic chemical	Yes	Iron powder
Iritating fluid	No	
Smoke	No	
Bacterium/Virus/Parasite	No	
Blood	No	
Animal	No	
Operating heavy mobile equipment	No	
Manual Handling	Yes	
Sitting continuously over 4 hours	No	
Stand continuously over 4 hours	No	
Using monitor screen more than 4 hours per day	No	
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 around rotating machinery	Yes	Crane, forklift
Administration work	No	
Handling food product	No	
Others	No	

PHYSICAL EXAMINATION

General Appearance	Good
Body shape	Athleticus

VITAL SIGN

Body Weight	81.8 Kg
Body Height	175 Cm
BMI	26.71 Kg/m ²
Normal Weight	56.66 - 76.56 Kg
BMI Conclusion	Overweight
Blood Pressure	120/80 mmHg
Pulse	80 x/minute
Body Temperature	36.4 °C

CLINICAL EVALUATION

Name : SIHAR HALLEL HUTASOIT	Sex : Male	MR : 01052510	Visit : 17/11/2017
Comp.: INSPEKTINDO SINERGI PERSADA		DOB : 06 August 1990	

EXAMINATION	RESULT	NOTES
RR	20	
Neck Circumference	-	
Arm Circumference	-	
Chest size	-	
Abdominal Circumference	-	
SKIN		
Skin	Normal	
EYE		
Left	Normal	
Right	Normal	
ENT		
Auricle	Normal	
Ear canal	Normal	
Drums	Normal	
Septum/Conchae	Normal	
Sinuses	Normal	
Pharynx	Normal	
Tonsil	Normal	
MOUTH		
Gum	Normal	
Dental	Abnormal	Radix, filled, calculus teeth
NECK		
General	Normal	
Thyroid Gland	Normal	
CHEST		
Form	Normal	
Lung	Normal	
Heart	Normal	
Breast	Normal	
ABDOMEN		
Form	Flat	
Palpation	Supple	
Liver	Not Palpable	
Spleen	Not Palpable	
Kidney	No Ballotment	
-	No	
Hernia inguinal	No	

CLINICAL EVALUATION

Name : SIHAR HALLEL HUTASOIT		Sex : Male	MR : 01052510	Visit : 17/11/2017
Comp.: INSPEKTINDO SINERGI PERSADA			DOB : 06 August 1990	
EXAMINATION	RESULT	NOTES		

EXTRIMITIES

Bones, joint	Normal
Muscles, tonus	Normal
Fingernails	Normal
Hand	Normal
Foot	Normal

RECTAL EXAMINATION

Hemorrhoid	Positive	Externa
Rectum	Normal	

SENSORIK EXAMINATION

Tes Raba	Normal
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MOTORIK EXAMINATION

Tes Grip	Normal
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REFLEX EXAMINATION

Physiologic reflex	Normal
Patologic reflex	Normal

OTHERS EXAMINATION

Coordination	Normal
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LYMPHE SYSTEM

Submandibula	Normal
Neck Gland	Normal
Armpit gland	Normal
Inguinal	Normal

OPHTHALMOLOGY DIAGNOSTIC

Name : SIHAR HALLEL HUTASOIT		Sex : Male	MR : 01052510	Visit : 17/11/2017
Comp. : INSPEKTINDO SINERGI PERSADA			DOB : 06 August 1990	
EXAMINATION		Right	Left	
Reading		-		
Previous Glasses		-	-	
Without Glasses	Distant	20/20	20/20	
	Near	J1	J1	
Correction	Distant	-	-	
	Near	-	-	
		-		
Tonometry		-	-	
Funduscopy		-	-	
Visual Fields		-		
Colour Blind Test		Normal		

Impression :

RADIOLOGY DIAGNOSTIC

Name : SIHAR HALLEL HUTASOIT

Sex : Male

MR : 01052510

Visit : 17/11/2017

Comp.: INSPEKTINDO SINERGI PERSADA

DOB : 06 August 1990

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 sinus and diaphragms are good.
No evidence of pleural effusion.

Impression

Normal chest.
No evidence of specific process in both lungs.

LABORATOR	
Name :	SIHAR HALLEL HUTASOIT
Comp.:	INSPEKTINDO SINERGI PERSADA
EXAMINATION	

LAB NO: 17010211

Nama :
Umur :
Alamat :

SIHAR HALLEL HUTASOIT
01062510-L
06-08-90

INSPEKTINDO SINERGI PERSADA

GOL DARAH
A
+ / Pos
Rh



anti : A anti : B anti : AB anti : Rh

"A" Rh(+) positive

HEMATOLOGI

ABO/Rh Typing

"A" Rh(+) positive

Automated Blood Count

White Blood Cell (WBC)	15.3 *	3.8 - 11.0
Erythrocyte (RBC)	4.9	4.4 - 5.9
Haemoglobin	15.3	13.2 - 17.3
Hematocrit	44	40 - 52
Thrombocytes	336	150 - 440

MCV, MCH, MCHC

MCV	90	80 - 100
MCH	31	26 - 34
MCHC	34.5	32 - 36
ESR	13 *	0 - 10

Differential Count

Basophils	0	0 - 1
Eosinophil	4	2 - 4
Bands / Stab	1 *	3 - 5
Neutrophils	67	50 - 70
Lymphocytes	18 *	25 - 40
Monocytes	10 *	2 - 8

BLD CHEMISTRY/LIPID PROFILE

Total Cholesterol	154	Normal/Desireable: <200 Borderline High: 200-239 High: >=240
HDL Cholesterol	53.1	Normal : >40 - <60 Low HDL : <40 Desireable : >=60
LDL Cholesterol	79	Optimal: <100 Near/Above Optimal: 100-129 Borderline High: 130-159 High: 160-189 Very High: >=190
Tryglicerides	111	Normal : <150 Borderline High: 150-199 High : 200-499 Very High : >=500

BLD CHEMISTRY/KIDNEY FUNCTION

LABORATORY RESULT

Name : SIHAR HALLEL HUTASOIT	MR : 01052510	Visit : 17/11/2017	#Lab : IN613429442788
Comp.: INSPEKTINDO SINERGI PERSADA	Sex : Male	DOB : 06 August 1990	

EXAMINATION	RESULT	NORMAL RANGE
Ureum	17.3	10.0 - 50.0
Creatinine	0.8	0.6- 1.3
Uric Acid	4.7	3.5 - 7.2

BLD CHEMISTRY/LIVER FUNCTION

SGOT(AST)	19	13 - 45
SGPT (ALT)	27	13 - 50
Alkaline Phosphatase	71	30 - 120
Gamma GT	15	0 - 50

BLD CHEMISTRY/DIABETES

Glucose Fasting	95	< 100
Glucose Urine	Negative	Negative
Keton Urine	Negative	Negative

Blood Glucose 2 PP

Blood Sugar 2 Hours PP	102	< 140
Glucose Urine	Negative	Negative
Keton Urine	Negative	Negative

TOXICOLOGY - DRUGS SCREENING

Methadone	Negative	Negative
THC/Marijuana	Negative	Negative
Amphetamine	Negative	Negative
Benzodiazepines	Negative	Negative
Opiat	Negative	Negative
Cocain	Negative	Negative
Metamphetamine	Negative	Negative
Alcohol	Negative	Negative

URINALYSIS

Complete Urine Analysis

Macroscopic

Color	Colorless	
Turbidity	Clear	Clear
Specific Gravity	1.007	1.000 - 1.030
pH	6.0	4.5 - 8.0
Leucocyte	Negative	Negative
Glucose	Negative	Negative
Nitrit	Negative	Negative
Bilirubin	Negative	Negative
Blood	Trace	Negative

LABORATORY RESULT

Name : SIHAR HALLEL HUTASOIT	MR : 01052510	Visit : 17/11/2017	#Lab : IN613429442788
Comp.: INSPEKTINDO SINERGI PERSADA	Sex : Male	DOB : 06 August 1990	

EXAMINATION	RESULT	NORMAL RANGE
Urobilinogen	Normal	Normal
Protein	Negative	Negative
Keton	Negative	Negative
Microscopic		
RBC	0-1	0 - 1
WBC	0-1	0 - 4
Cylinder	Negative	
Epithels Squamous	0-1	5 - 15
Crystals	Negative	
Bacteria	Negative	Negative
Others	Negative	

STOOL / RECTAL SWAP

Faeces Complete

Macroscopic

Color	Brown	
Consistency	Smooth	
Mucus	Negative	Negative
Blood	Negative	Negative
Pus	Negative	Negative
Parasitologi Faeces	Negative	Negative
Lipid	Negative	Negative

Microscopic

RBC	0-1	0 - 1
WBC	0-1	0 - 5
Amoeba	Negative	
Ephitels	Positive	Positive
Worm Eggs	Negative	Negative
Yeast	Negative	Negative
Muscle Fiber	Negative	Negative
Others	Negative	Negative

Digestive

Amylum	Negative	Negative
Fat	Negative	
Fibers	Positive	Positive

SPIROMETRY DIAGNOSTIC

Name : SIHAR HALLEL HUTASOIT	Sex : Male	MR : 01052510	Visit : 17/11/2017
Comp.: INSPEKTINDO SINERGI PERSADA		DOB : 06 August 1990	

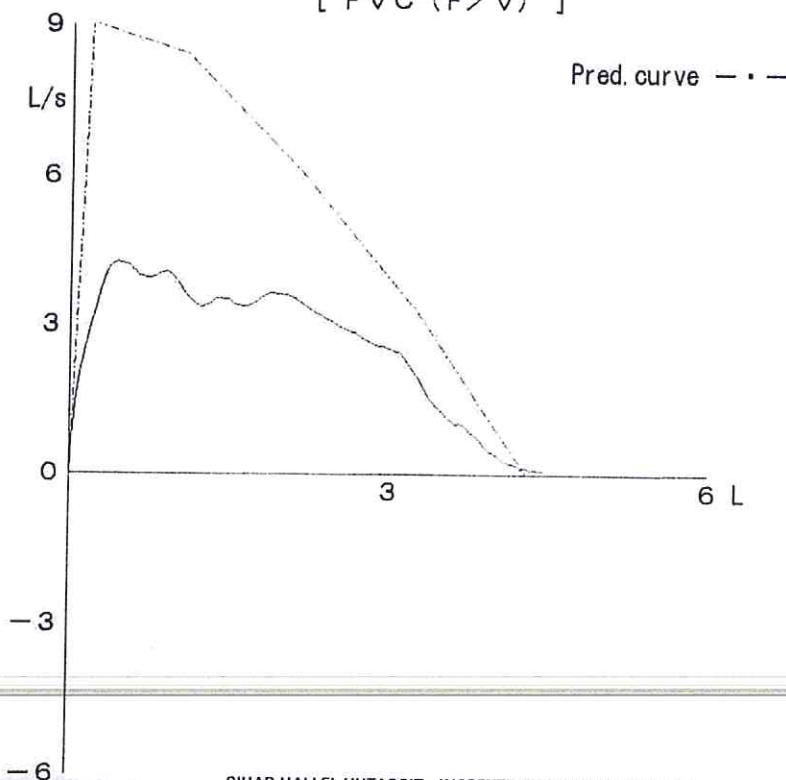
EXAMINATION	RESULT
FVC Result	: 4.46 L---> 103.5 %
FEV1 Result	: 3.29 L---> 79.7 %
FEV1/FVC Result	: 73.77 %---> 90.3 %
PEF Result	: 4.25 L/S---> 40.8 %
Indonesian Standart Result	:
Index	:
Spirometry Result	: Normal

Impression : Normal Spirometric Functions

[COPD CLASSIFICATION]

FEV1/FVC : 73.77 %
 %FEV1.0 : 79.70 %
 Stage : Normal
 Recommended treatment by GOLD:

[FVC (F/V)]



SIHAR HALLEL HUTASOIT - INSPEKTINDO SINERGI PERSADA

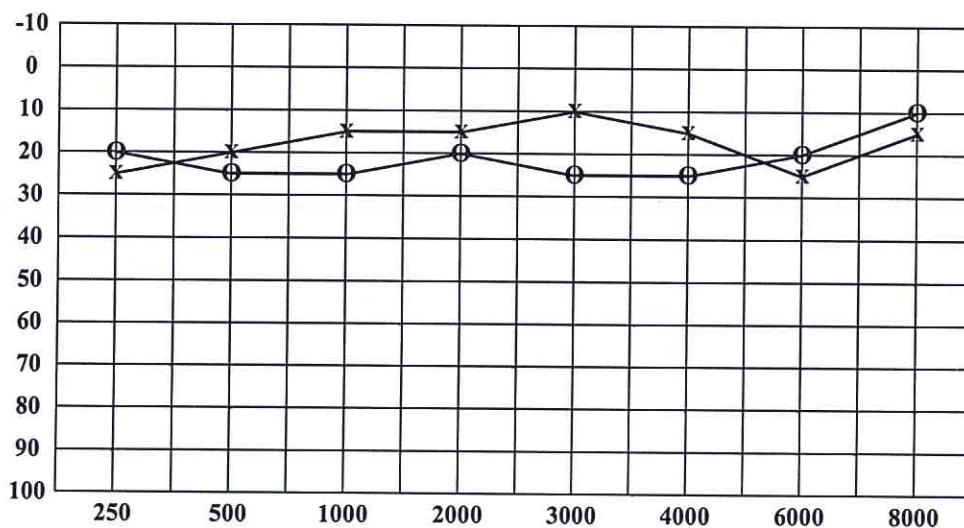
AUDIOMETRY DIAGNOSTIC

Name : SIHAR HALLEL HUTASOIT	Sex : Male	MR : 01052510	Visit : 17/11/2017
Comp.: INSPEKTINDO SINERGI PERSADA		DOB : 06 August 1990	

RESULT

Left Ear	250	500	1000	2000	3000	4000	6000	8000
AC	25	20	15	15	10	15	25	15
BC	-	-	-	-	-	-	-	-

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



< : Right Ear (BC)
> : Left Ear (BC)

O : Right Ear (AC)
X : Left Ear (AC)

Conclusion Right Ear : Hearing threshold = 23.75 dB
(Within normal limit)

Conclusion Left Ear : Hearing threshold = 16.25 dB
(Within normal limit)

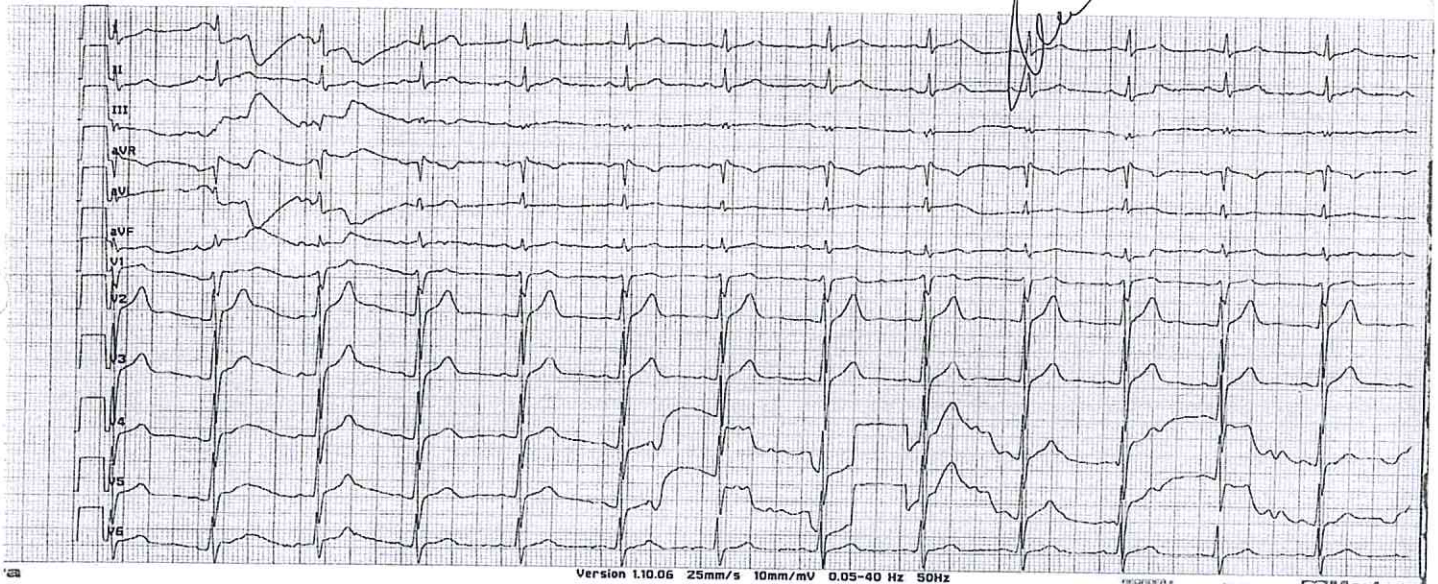
CARDIOLOGY DIAGNOSTIC

Name : SIHAR HALLEL HUTASOIT	Sex : Male	MR : 01052510	Visit : 17/11/2017
Comp.: INSPEKTINDO SINERGI PERSADA		DOB : 06 August 1990	

EXAMINATION	RESULT	Comments :
ELECTROCARDIOGRAPHY	Sinus Rythm axis (N), P wave (N), PR int 0.16" ST - T segment (N), aritmia (-)	Normal ECG
TREADMILL	Sinus Rythm axis (N), P wave (N), PR int 0.16" ST - T segment (N), aritmia (-)	Treadmill Exercise Test : Negative Cardiopulmonary Fitness Classification : Good METs : 12.3

SIHAR HALLEL HUTASOIT
DOB: 06/08/1990
Yr. 27 yo
INSPEKTINDO SINERGI PERSADA

17-Nov-2017 8:25:26



Name: MR SIHAR HALLEL
ID: INSEKTIENDO

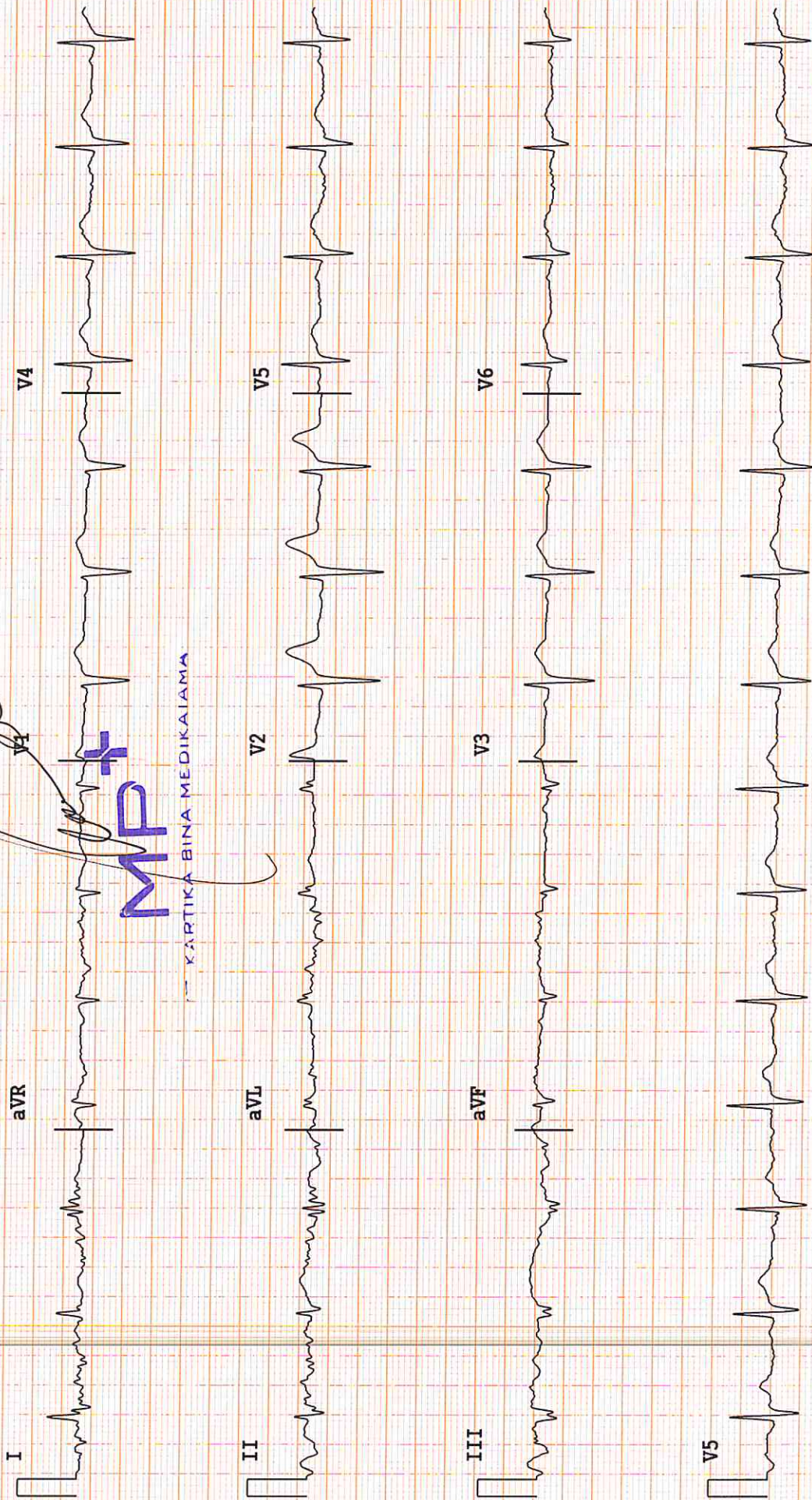
11/17/2017 08:34

HR: 83
BP: 120/80
Age: 27 Years
Gender: Male
Race: Oriental
Height: 175 cm
Weight: 81 Kg
Medication(s): No Medication
Clin. Class: Normal
Department: MEDIKA PLAZA
Technician: Nr. Jeni
Physician: Dr. Adolf DSJP

Baseline ECG

Lead	Q	R	S	T	QT
I	0.5	1.3	0.9		
II	1.0	3.0	2.0		
III	0.6	1.6	1.5		
aVR	-	-	-		
aVL	0.0	0.0	0.0		
aVF	0.8	1.5	0.7		
V1	0.4	1.3	1.4		
V2	0.9	3.0	2.0		
V3	0.9	2.0	2.0		
V4	0.5	1.5	0.8		
V5	1.8	1.8	0.7		
V6	1.8	1.8	0.8		

Levels measured at 80ms Post-J Levels in mm Slope in uV/mS



Name: MR SIHAR HALLEL
ID: INSPKINDO

Worst Case S-T Depression

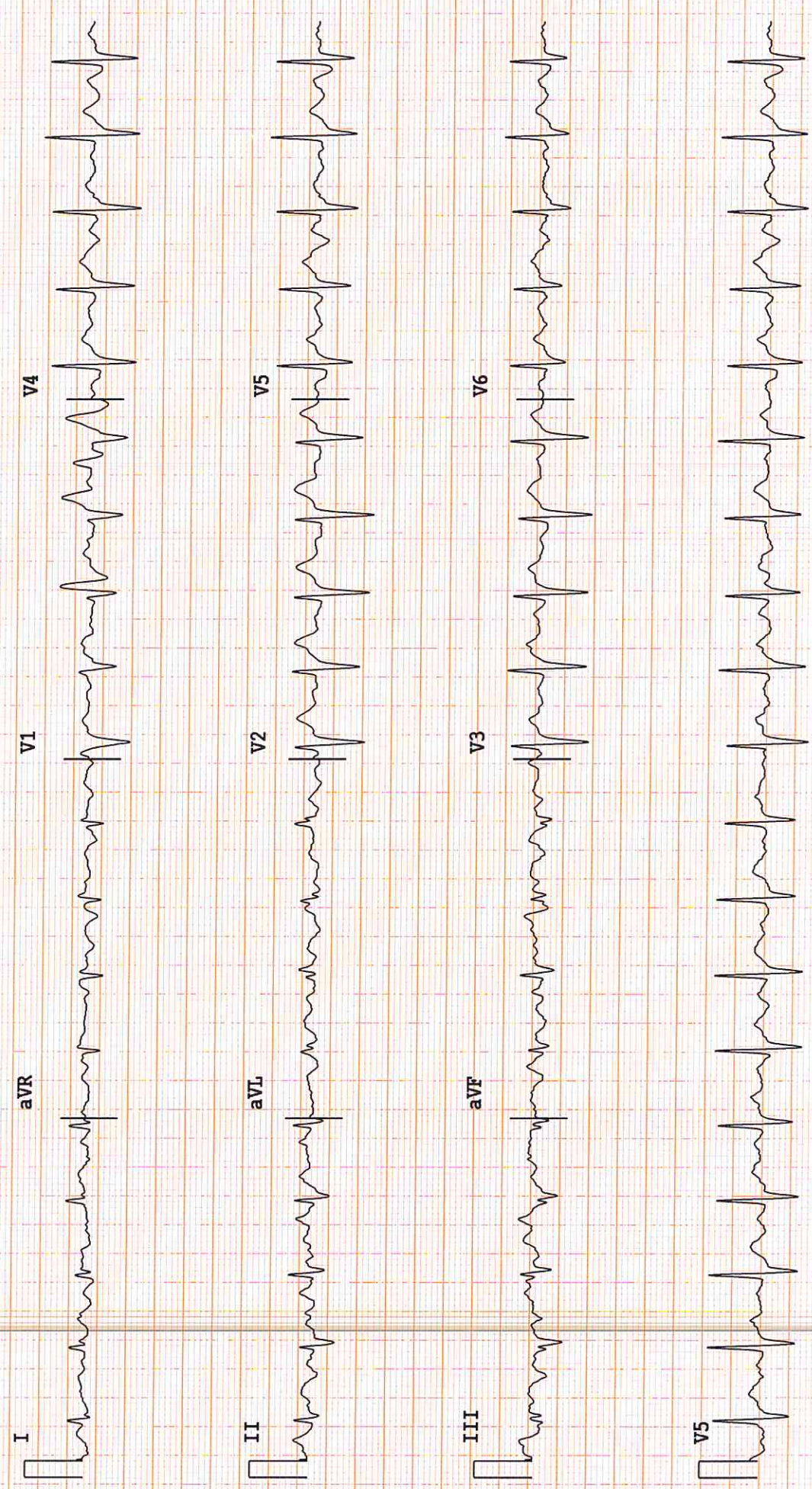
11/17/2017 08:34

HR: 110
BP: 120/80
RPE: 4.5
METs: 4.5
Phase: Exercise
Exercise Time: 02:50
Stage/Time: 1/02:50
Workload: 2.7 kmh 9.9 % grade
Protocol: Bruce

Baseline
Current

aVL
L 0.0
S 0.0
J+80ms

aVL
L 0.2
S 0.2
J+80ms



Name: MR SIHAR HALLEL
ID: INSPEKTINDO

Worst Case S-T Depression

11/17/2017 08:53:34

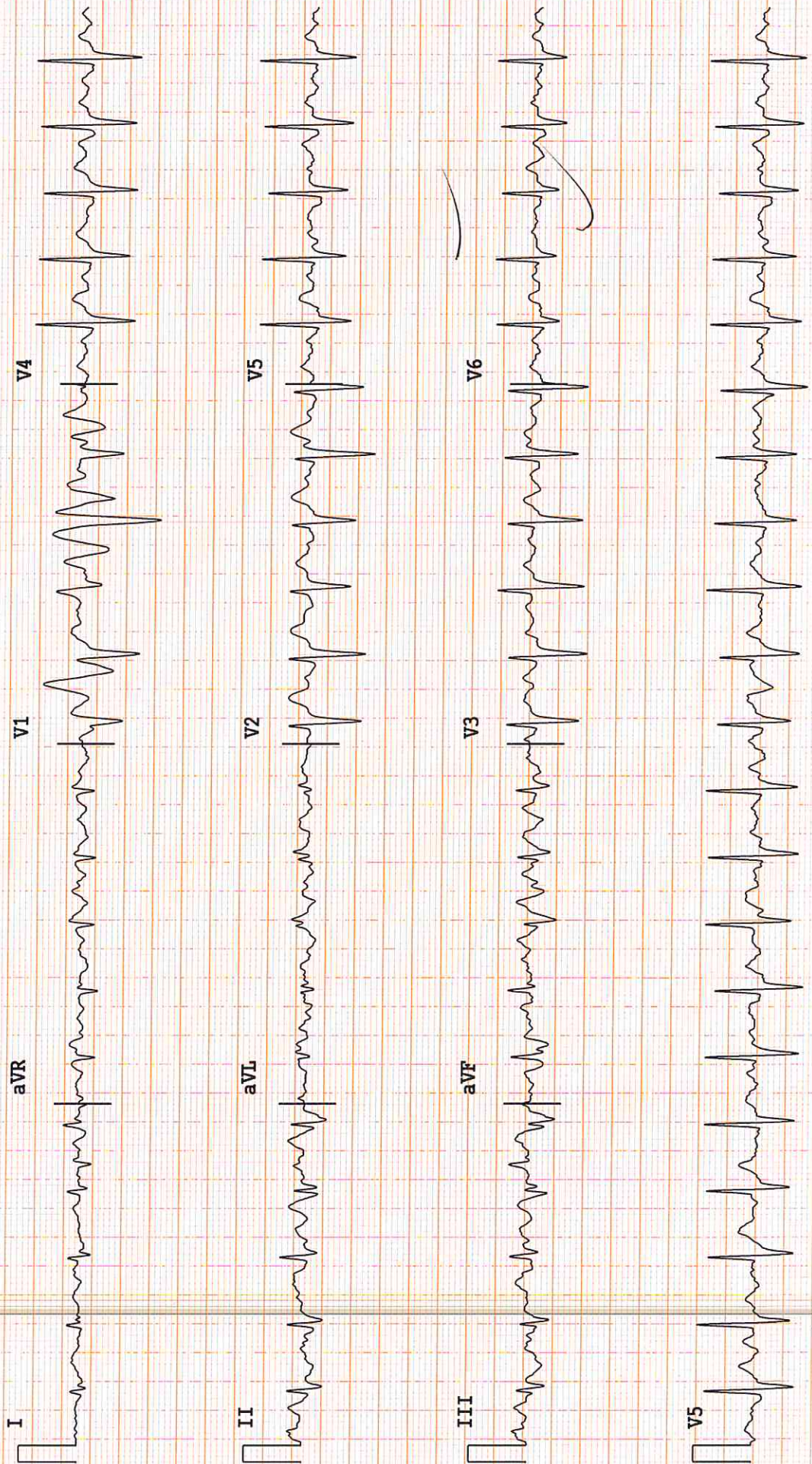
HR: 130
BP: 130/90
RPE: 7.0
METs: 7.0
Phase: Exercise
Exercise Time: 05:50
Stage/Time: 2/02:50
Workload: 4.0 kmh 11.9 % grade
Protocol: Bruce

Baseline Current



aVL
L 0.0
S 0.0
J+80ms

aVL
L 0.2
S 0.4
J+80ms



Name: MR SIHAR HALLEL
ID: INSPEKTINDO

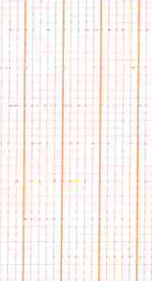
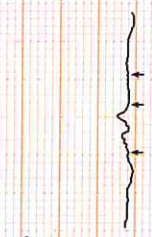
Worst Case S-T Depression

11/17/2017 08:34

HR: 148
BP: 150/100
RPE:
METs: 10.0

Phase: Exercise
Exercise Time: 08:50
Stage/Time: 3/02:50
Workload: 5.4 kmh 13.9 % grade
Protocol: Bruce

Baseline



aVL
L 0.0
S 0.3
J+80ms

aVL
L 0.0
S 0.0
J+80ms



Name: MR SIHAR HALLE
ID: INSPEKTINDO

Worst Case S-T Depression

11/17/2017 09:07:15

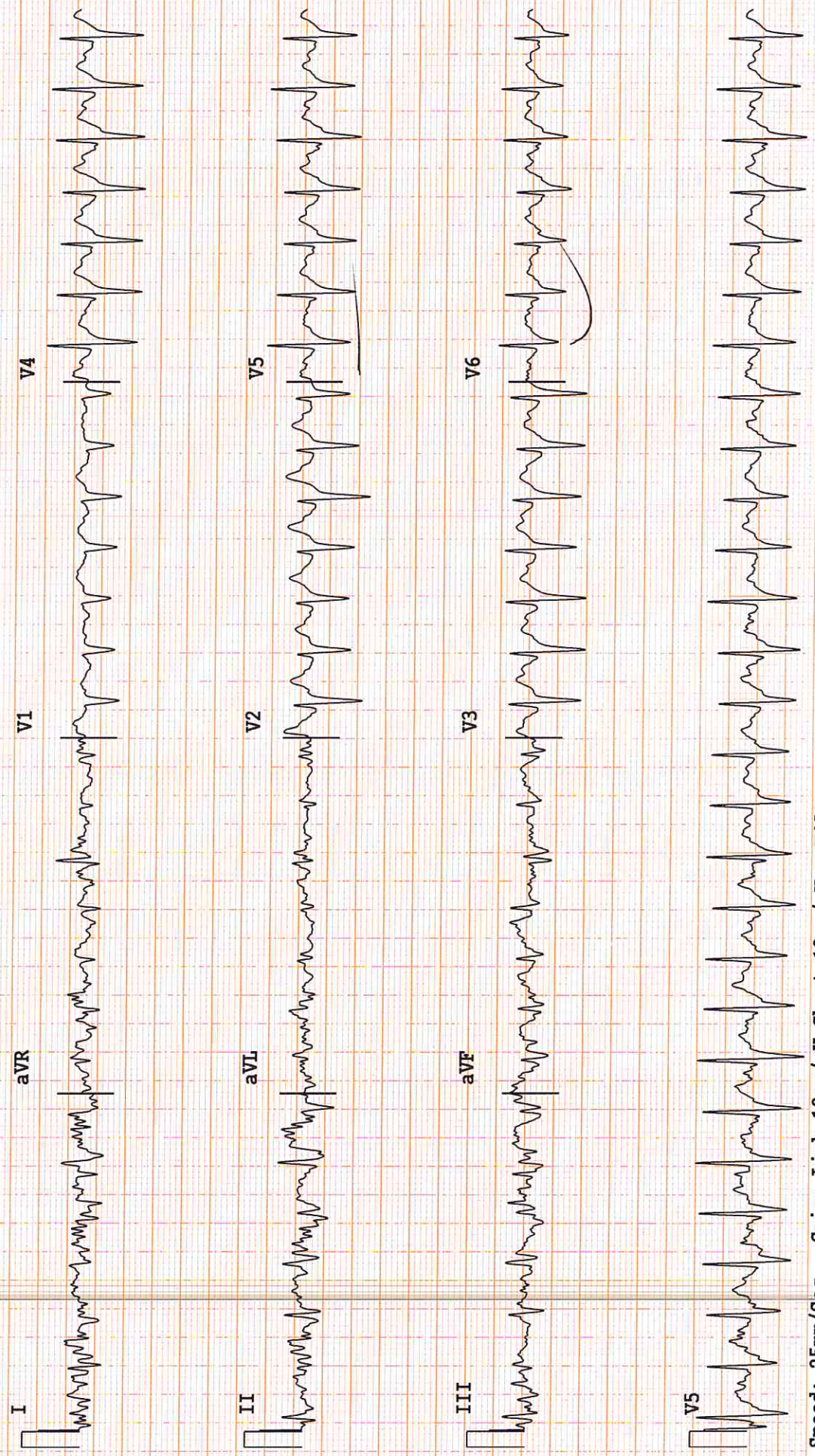
HR: 168
BP: 150/100
RPE: 12.2
METs: 12.2
Maximum Exercise
Exercise Time: 10:21
Stage/Time: 4/01:21
Workload: 6.7 kmh 15.9 % grade
Protocol: Bruce

Baseline Current



III L -0.9
S 0.0
J+80ms

MAXIMUM EXERCISE ECG



Name: MR SIHAR HALLEL
 ID: INSPEKTINDO

FINAL REPORT TEST SUMMARY

11/17/2017 09:00:29

S-T SEGMENT ANALYSIS:

- Lead III first exhibited ST depression exceeding 1mm at 10:00 of Exercise.
- ST depression exceeded 1mm for 00:20 mins.
- 2.1mm maximum depression in III was exhibited at 10:10 mins of Exercise.
- At 00:19 of Recovery ST segment returned to baseline.

SUMMARY:

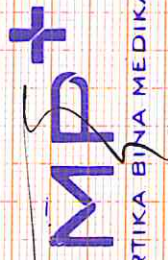
- The Bruce test ran for 21 mins. Peak METs was 12.3.
- A peak heart rate of 168 bpm was achieved at 10:18 mins in exercise.
- 87% of the 193 bpm max was reached.
- The peak BP was 150/100 (during Exercise). Baseline was 20/80.

Medication(s): No Medication
 : No Medication
 Age: 27 Years
 Gender: Male
 Race: Oriental
 Height: 175 cm
 Weight: 81 Kg
 Clin. Class: Normal
 Department: MEDIKA PLAZA
 Technician: Nr. Jeni
 Physician: Dr. Adolf DSJP

Protocol: Bruce

TIME	PHASE	KMH	GRADE	HR	BP	RPP	METS	ECTOPIC	RPE	EVENTS	Comments
00:00	Exercise	0.3	0.0	84							
01:00	Exercise	2.7	9.9	108	120/80	129	2.0				Bruce
02:00	Exercise	2.7	9.9	109	120/80	130	4.1				
03:00	Exercise	2.7	9.9	114	120/80	136	4.5				
04:00	Exercise	4.0	11.9	123	120/80	147	5.6				
05:00	Exercise	4.0	11.9	124	130/90	161	6.9				
06:00	Exercise	4.0	11.9	131	130/90	170	7.0				
07:00	Exercise	5.4	13.9	147	150/100	220	8.3				
08:00	Exercise	5.4	13.9	145	150/100	217	9.9				
09:00	Exercise	5.4	13.9	147	150/100	220	10.0				
10:00	Exercise	6.7	15.9	163	150/100	244	11.6				
10:21	Max Exer.	6.7	15.9	168	150/100	252	12.2				
00:23	Recovery	2.0	0.0	161	150/100	241	10.4				

Adolf DSJP
Dr. Adolf DSJP



PT. KARTIKA BINA MEDIKAJAMA