

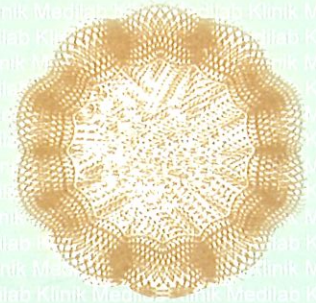


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M • KLINIK MEDILAB

PUSAT PEMERIKSAAN KESEHATAN TENAGA KERJA

Komplek Taman Niaga Sukajadi Blok J No. 3A-6 Jl. Ahmad Yani - Batam 29433
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HEALTH SCREENING REPORT

Periodic Health Examination

288

CONFIDENTIAL

No. Medical Record : 
00037/006/XI/ISP/22

PERSONAL DATA

Name : GRACE ELISABET SILALAH I
Birthday/Gender/Emp. ID : 17 December 1995 / Female / 20222
Father's Name : MARDIN EFFENDI S
Address : BENGKONG TENGAH KAV MANDIRI BLOK Q NO 1, BATAM
Occupation : OFFICER
Name of Employer / Recruitment Agency : INSPEKTINDO SINERGI PERSADA, PT
Address of Employer / Recruitment Agency : KAWASAN INDUSTRI SEKUPANG KAVLING.13, BATAM



GRACE ELISABE

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 checked="" type="checkbox"/>	<input type="checkbox"/>

CLINICAL EXAMINATION

		Yes/Abnormal	No/Normal			Yes/Abnormal	No/Normal
Weight	: 60 Kg			3. Cardiovascular System			
BMI	: 22.86			a. Blood Pressure	<input type="checkbox"/>	<input checked="" type="checkbox"/>	
				Systolic / Diastolic	: 130 / 80 mm Hg		
				Pulse	: 72 / 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 checked="" type="checkbox"/>	<input 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 checked="" 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 checked="" type="checkbox"/>	<input type="checkbox"/>
2. Spirometry	<input checked="" type="checkbox"/>	<input type="checkbox"/>
3. ECG (if indicated)	<input checked="" type="checkbox"/>	<input type="checkbox"/>
4. Chest X-Ray	<input type="checkbox"/>	<input checked="" type="checkbox"/>

Remarks: Medical History: Allergy L27, Hemorrhoid K64.4
Bilateral Varicose Grade 1 I83.9, Blood Count: Monocytosis D72.821 8.1%

CERTIFICATION

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

ADVICE :

Legs Exercise

Authentic Signature



Date of Exam : 28 November 2022



DR. RINDI NURSA'ADAH SAGALA

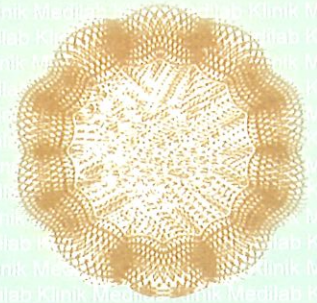


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GRACE ELISABE

LABORATORY REPORT

BLOOD COUNT

Test Name	Result	Unit	Reference Range	
HGB	11.8	gr/dl	M: 13.2 - 17.3	F: 11.7 - 15.5
WBC	4.8	10 ³ /mm ³	M: 3.8 - 10.6	F: 3.6 - 11.0
RBC	4.07	10 ⁶ /mm ³	M: 4.4 - 5.9	F: 3.8 - 5.2
ESR	5	mm/hr	M: 0 - 10	F: 0 - 20
HCT	35.7	%	M: 40 - 52	F: 35 - 47
PLT	187	10 ³ /mm ³	150 - 440	
Differential Count				
- LYM	35.9	%	25	40
- MON	8.1	%	2	8
- GRA	56.0	%	43	76

URINE FEME

Macroscopy	Result
- pH	6
- Specific Gravity	1.010
- Glucosaa	Negative
- Protein	Negative
- Ketones	Negative
- 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.

Date of Exam : 28 November 2022



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Pencegahan Varices

Untuk Pekerja Berdiri

- Olah Raga dengan berjalan kaki secara teratur minimal 30 menit per hari
- Relaksasi kaki sesering mungkin :
 - Lipat kaki kanan dan kiri bergantian
 - Jinjit
 - Remaskan jari-jari kaki didalam sepatu
 - Topanglah berat badan dari satu kaki ke kaki lain setiap beberapa menit sekali
- Gunakan Kaos kaki/Stocking elastis
- Tinggikan Kaki dengan Bantal Sewaktu Berbaring / Tidur selama \pm 20 menit
- Hindari Pemakaian Korset (pakaian dalam yang ketat)
- Hindari menyilangkan kaki saat duduk
- Menjaga berat badan agar ideal
- Hindari pemakaian sepatu hak tinggi