



MEDICAL CHECK UP REPORT



NAME : Reza Achmad Fathurachman
SEX : Male
COMPANY : PT. Inspektindo Sinergi Persada
MEDICAL RECORD : 02 06 89
DATE OF VISIT : May 17, 2021
NEXT VISIT : May 17, 2022

EXAMINATION RESULTS

Name : Reza Achmad Fathurachman	Date of Visit : May 17, 2021
Sex : Male	Medical Record : 02 06 89
Date of Birth : June 29, 1996	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, 17 Cigarettes/day	Filter
- Alcohol / Drugs	None	
- Exercise	6x/ Month	
IMMUNIZATIONS HISTORY		
- Have you had a tetanus vaccination	Unknown	
- Have you had hepatitis vaccination	None	

EXAMINATION RESULTS

Name : Pera Achmad Fathurachman	Date of Visit : May 17, 2021
Sex : Male	Medical Record : 02 06 80
Date of Birth : June 29, 1996	Company : PT-Insperhindo Sinergi Persada

A. GENERAL CONDITION

• Blood Pressure	116/80	mmHg
• Pulse	78	x / minute
• Respiration	18	x / minute
• Temperature	36,5	°C

• Abdominal Circumference	70	cm
• Weight (W)	54,5	kg
• Height (H)	173	cm
• BMI	18,21	

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

VISION	Unaided		With Spectacles		Colour Blindness
	Left	Right	Left	Right	
DISTANT	7/6	7/6			<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: none;"> <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/Varicocele/Scars/ Discharge/Circumcised/Piercing Vulva/Vagina/Cervix/Uterus/Adnexae/Rectocele/Bartho- lini 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/Birth Mark/Scars/Tatoos/Texture/Rash/Eczeme/ Ulcers/Piercing		✓																															
20	Neurological	Reflexes/Cranial nerve/Tremor/Paralysis/Motoric/Sen- soric (touch, prick, vibrate) / Coordination/Romberg		✓																															
21	Muscular System	Strength/Wasting/Development		✓																															
22	Rectal Examination	Sphincter tone/Hemorrhoids/Fissure/Masses/Prostate		✓																															

Dr. Gessy Adet Lusiana S

No 449 1/328/P.3/DPMP/SIP-D/2018
Approved by GP: _____

SUPPORTIVE INVESTIGATION

Name : Reza Achmad Fathurachman	Date of Visit : May 17, 2021
Sex : Male	Medical Record : 02 06 89
Date of Birth : June 29, 1996	Company : PT. Inspektindo Sinergi Persada

I. LABORATORY

<input checked="" type="checkbox"/> Normal	COMMENT :
<input 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 (Sinus Bradikardi)	<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 12,8 METs		

IV. SPIROMETRY NOT EXAMINED

V. AUDIOMETRY

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

LABORATORY RESULTS

Name : Reza Achmad Fathurachman	Date of Visit : May 17, 2021
Sex : Male	Medical Record : 02 06 89
Date of Birth : June 29, 1996	Company : PT. Inspektindo Sinergi Persada

TEST NAME	RESULTS	NORMAL RANGE
HEMATOLOGY		
Automated Blood Count		
- WBC	7.8	4.5 - 10.0 K/ul
- RBC	5.24	M : 4.7-6.1 M/ul F : 4.2-5.4 M/ul
- Haemoglobine	16.5	M : 13-18 g/dl F : 12-16 g/dl
- Haematocrite	48%	M : 42-52% F : 37-47%
- MCV	92	80- 100 fL
- MCH	31	26 - 34 pg
- MCHC	34	32 - 36 g/dL
- Thrombocyte	285	150 - 450 K/ul
- ESR	5	M : 0 - 10 mm/h : F : 0 - 20 mm/h
- Diff. Count :		
Basophil	0%	0 - 1%
Eosinophil	2%	2 - 4%
Stab	2%	3 - 5%
Segment	69%	55 - 65%
Lymphocyte	25%	25 - 35%
Monocyte	2%	3 - 6%
BLOOD CHEMISTRY		
LIPID PROFILE		
- Total Cholesterol	142	<200 mg/dl
- HDL Cholesterol	39	M : >35 mg/dl F : >45 mg/dl
- LDL Cholesterol	92	<150 mg/dl
- Trygliceride	53	30 - 200 mg/dl
RENAL FUNCTION		
- Ureum	26.9	10 - 50 mg/dl
- Creatinine	0.9	M : 0.6-1.1 mg/dl F : 0.5-1.0 mg/dl
- Uric Acid	5.7	M : <7 mg/dl F : <5.7 mg/dl
LIVER FUNCTION		
- SGOT	18.8	M : 0-37 IU/L F : 0-31 IU/L
- SGPT	12.3	M : 0-42 IU/L F : 0-32 IU/L
- Gamma GT	18.6	8 - 61 U/L
DIABETES		
- Glucose Fasting	93	70-110 mg/dl

LABORATORY RESULTS

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TEST NAME	RESULTS	NORMAL RANGE
URINALYSIS		
MACROSCOPIC		
- Color	Yellow	
- Turbidity	Clear	
- S. Gravity	1.015	1.010 - 1.030
- pH	5.0	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	0 - 1	0 - 4
- RBC	0 - 1	0 - 1
- Ephitel	0 - 1	+ / 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 : Reza Achmad Fathurachman	Date of Visit : May 17, 2021
Sex : Male	Rontgen Record : 0072
Date of Birth : June 29, 1996	Company : PT. Inspektindo Sinergi Persada

TEST NAME : RONTGEN THORAX

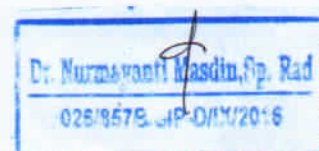
TS Yth.

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.

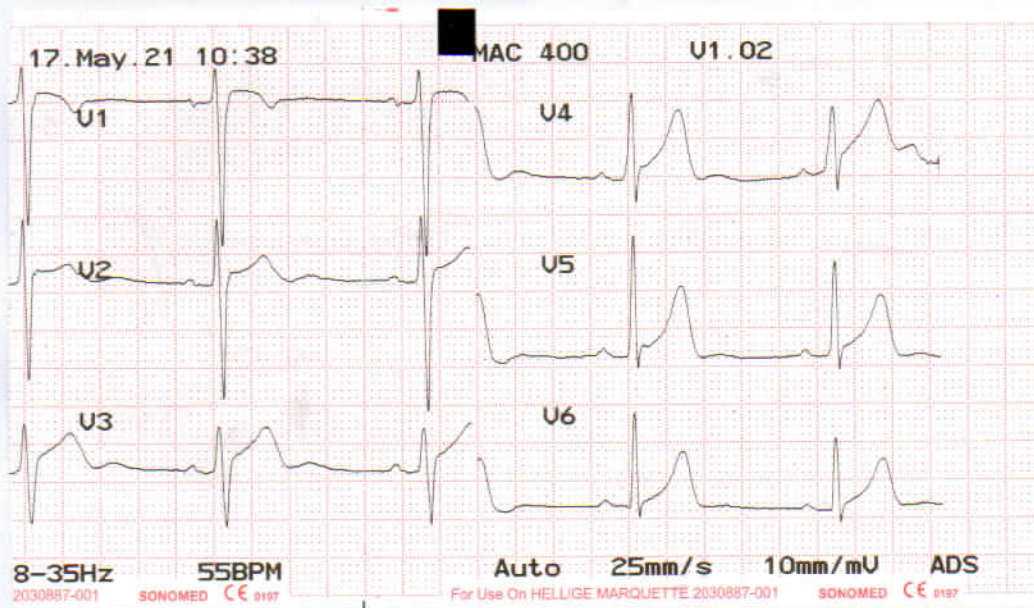
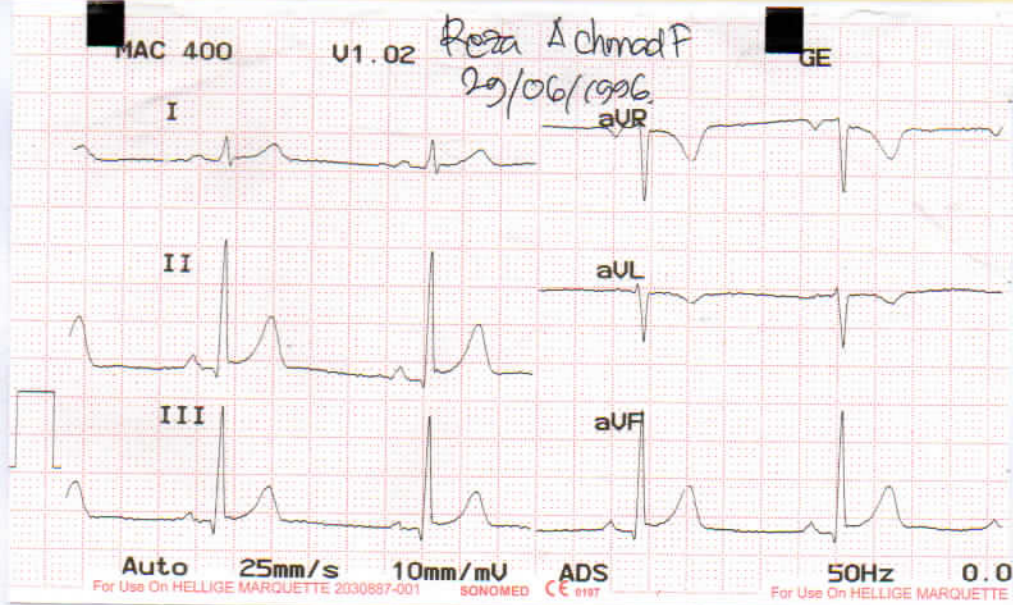
Kesan : Tidak tampak kelainan radiologik pada foto thorax ini.

Salam Sejawat,



ECG RESULT

Name : Reza Achmad Fathurachman	Date of Visit : May 17, 2021
Sex : Male	Medical Record : 02 06 89
Date of Birth : June 29, 1996	Company : PT. Inspektindo Sinergi Persada



KESIMPULAN	DOKTER PEMERIKSA
Sinus Bradikard (HR 55/m)	Dr. Lukman Fathurachman, Sp.PD, Sp.KL, FINASIM 026/1111/C/SIP-D/U/2017

TREADMILL TEST RESULT

Name : Reza Achmad Fathurachman	Date of Visit : May 17, 2021
Sex : Male	Medical Record : 02 06 89
Date of Birth : June 29, 1996	Company : PT. Inspektindo Sinergi Persada

LAPORAN TREADMILL EXERCISE TEST (PROTOKOL BRUCE)

EKG Pretest : Sinar Rbuh RBBB

Lama Test : 10 Menit 3 Detik

Tekanan Darah Awal : 110/80 mmHg Tekanan Darah Maksimal : 130/80 mmHg

Denyut Jantung Tercapai : 147 x/menit Denyut Jantung Maksimal : 171 x/menit

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 : 12,8 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, _____
Dokter Pemeriksa,

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

Q-Stress Final Report

17/05/2021 12:45:30 PM

Attending
Referring

Patient **Tn, Reza Achmad F**
MRN **17/05/2021 12:39:29**
DOB **29/06/1996** Age **24** Ht **173 cm**
Sex **MALE** Wt **54 kg**

Medication

Resting HR	84	Target HR	167	Max HR	171	Protocol	Bruce
Resting SBP	110	Max Predicted HR	196	Max SBP	130	HRxBP	22230
Resting DBP	80	% Max HR	87	Max DBP	80	Billing Code	
Worst-case ST Level			-1.0 aVL	Total Exercise Time	10:03		
Worst-case ST Slope			-11 aVL	METs(a)	12.8		

Reason for Test *MCU*

Reason for Ending Test *fatigue*

Observation **Conclusion**

*Negative ischemic Response
Fitness class good 12.8 min*

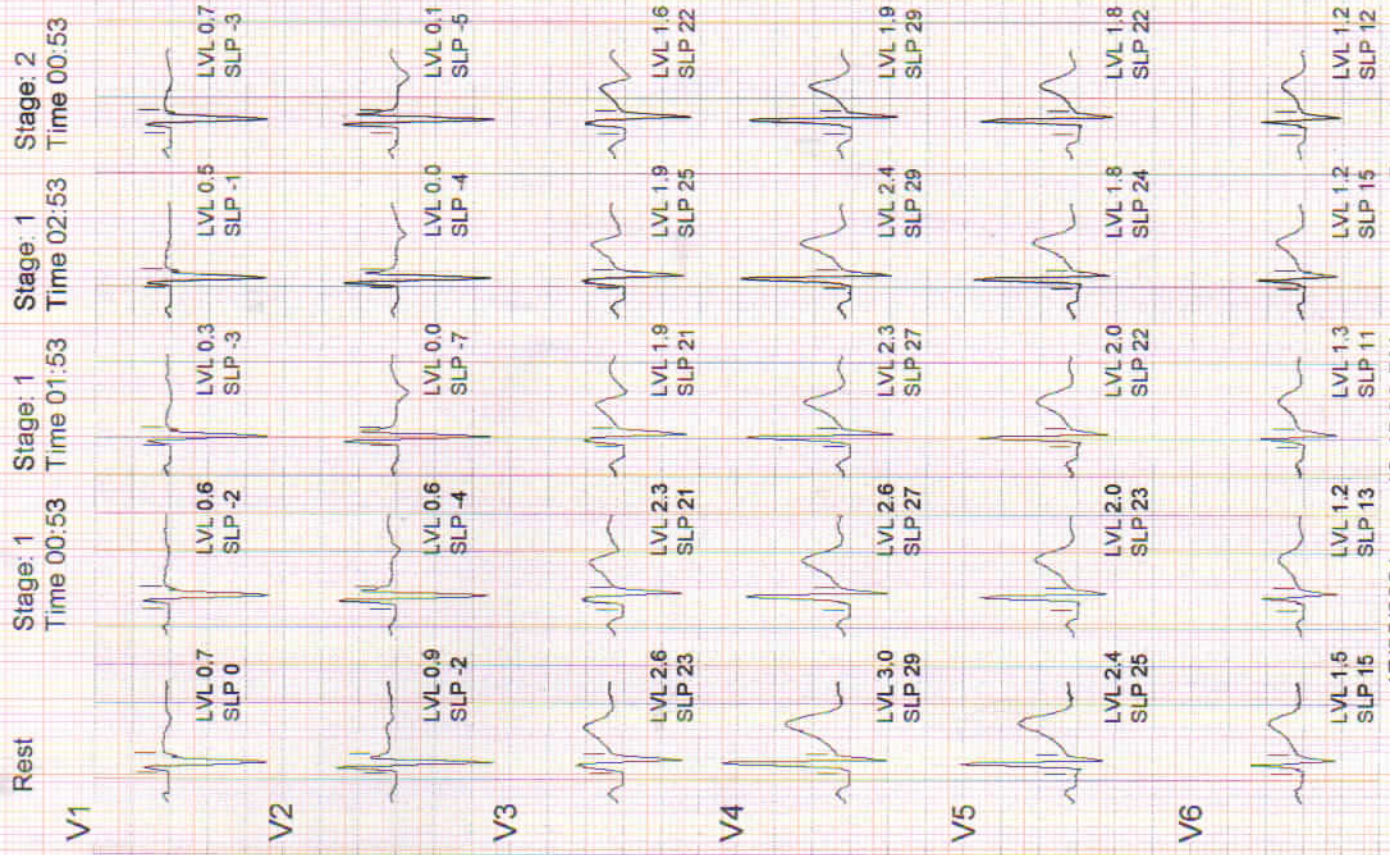
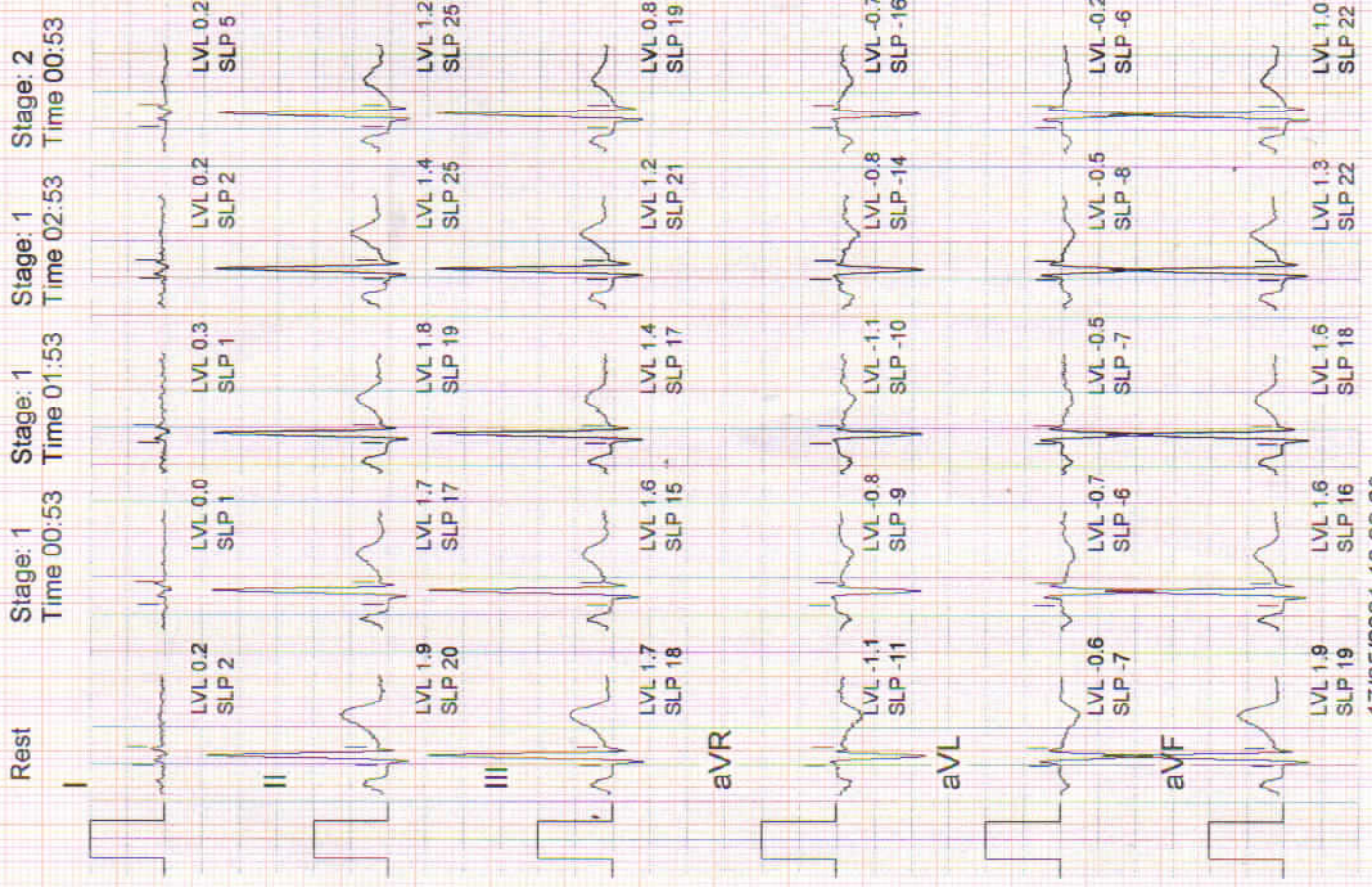
Tabular Summary

Tn, Reza Achmad F

Stage	Total Stage Time	HR	Current ER	BP	HRxBP	TM Speed km/h	TM Grade %	LVL II	LVL V2	LVL V5
REST	04:56	84	0	110/80	9240	1.9	0.0	1.9	0.9	2.4
Stage 1										
	01:00	90	0	110/80	9900	2.7	10.0	1.7	0.6	2.0
	02:00	93	0	110/80	10230	2.7	10.0	1.8	0.0	2.0
	03:00	90	0	120/70	10800	2.7	10.0	1.4	0.0	1.8
Stage 2										
	01:00	104	5	120/70	12480	4.0	12.0	1.2	0.1	1.8
	02:00	109	0	120/70	13080	4.0	12.0	1.1	-0.2	1.6
	03:00	123	0	120/80	14760	4.0	12.0	1.4	0.0	2.0
Stage 3										
	01:00	125	0	120/80	15000	5.4	14.0	1.3	-0.1	2.0
	02:00	133	0	120/80	15960	5.4	14.0	0.9	0.1	2.6
	03:00	136	0	130/80	17680	5.4	14.0	1.4	0.3	2.8
Stage 4										
	01:00	170	1	130/80	22100	0.0	16.0	2.0	0.2	3.5
	01:03	166	1	130/80	21580	0.0	16.0	2.0	0.2	3.5
Stop exercise at 10:03										
RECOVERY	00:29	139	3	130/80	18070	0.0	0.0	2.8	0.9	5.3

Average Beat Summary

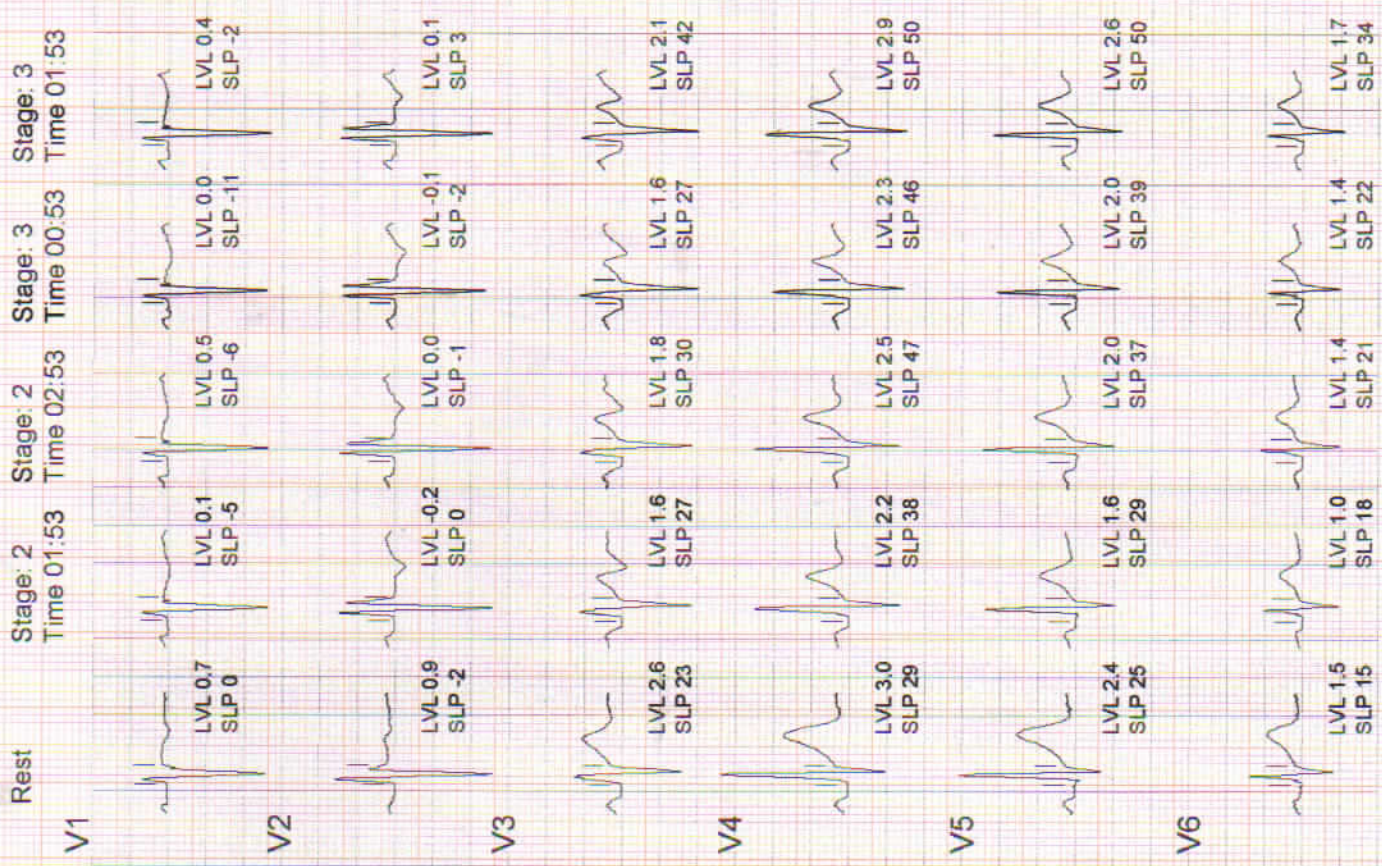
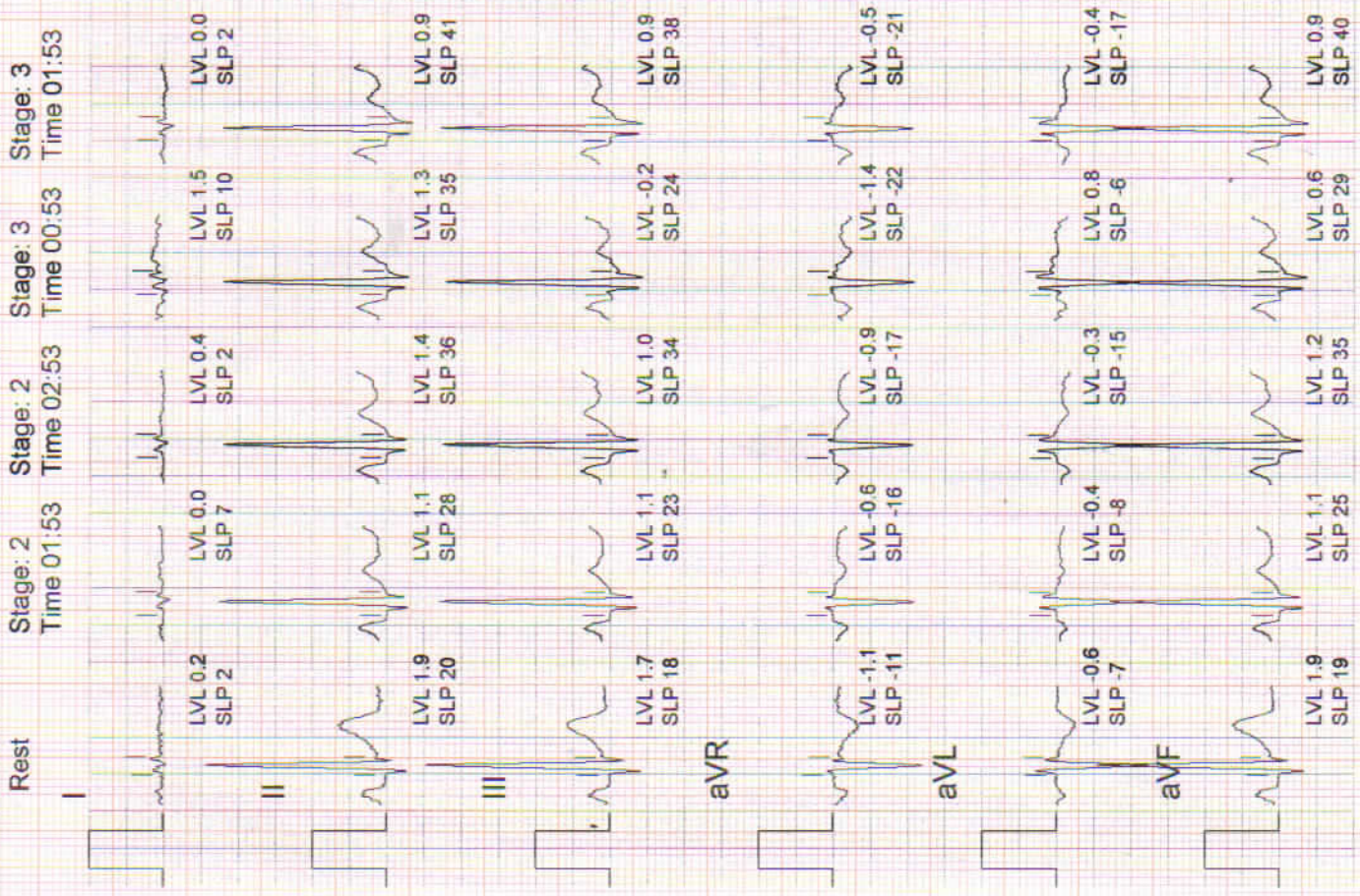
Tn, Reza Achmad F



Rest Stage: 1 Stage: 1 Stage: 2
 Time 00:53 Time 01:53 Time 02:53 Time 00:53

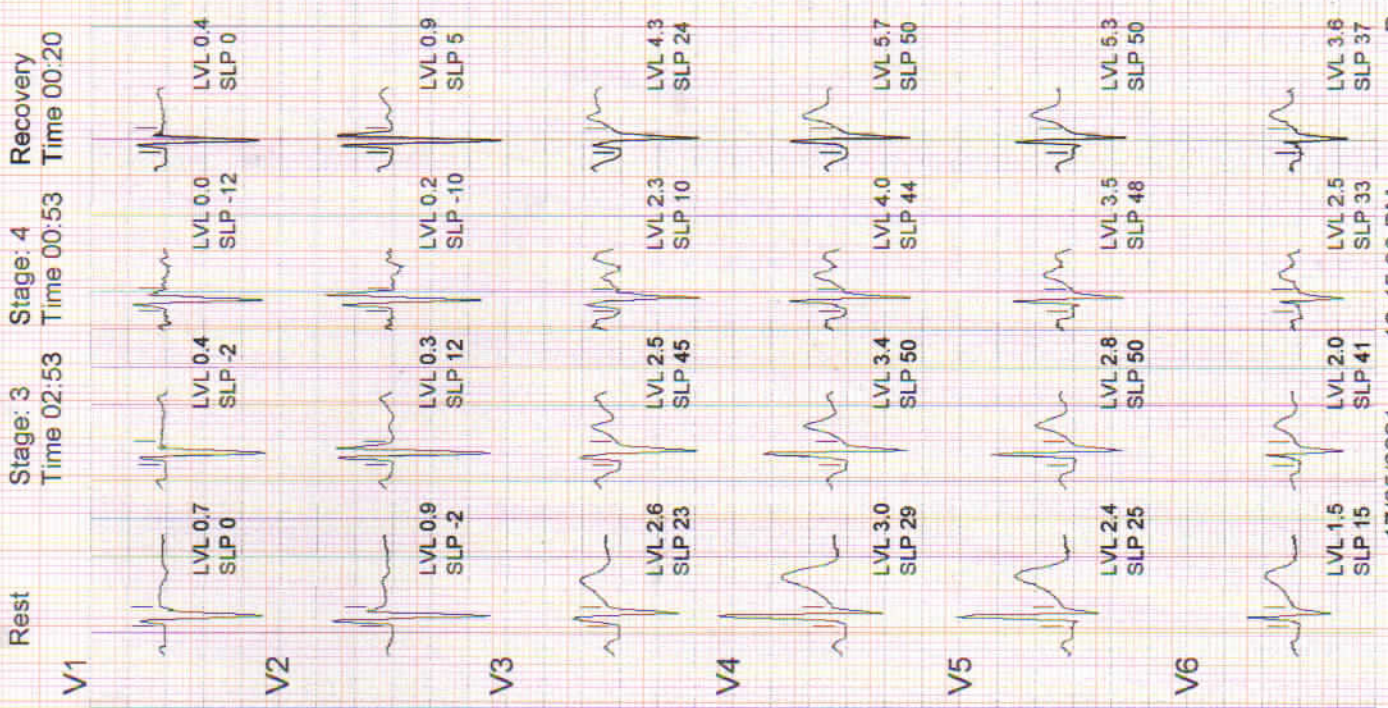
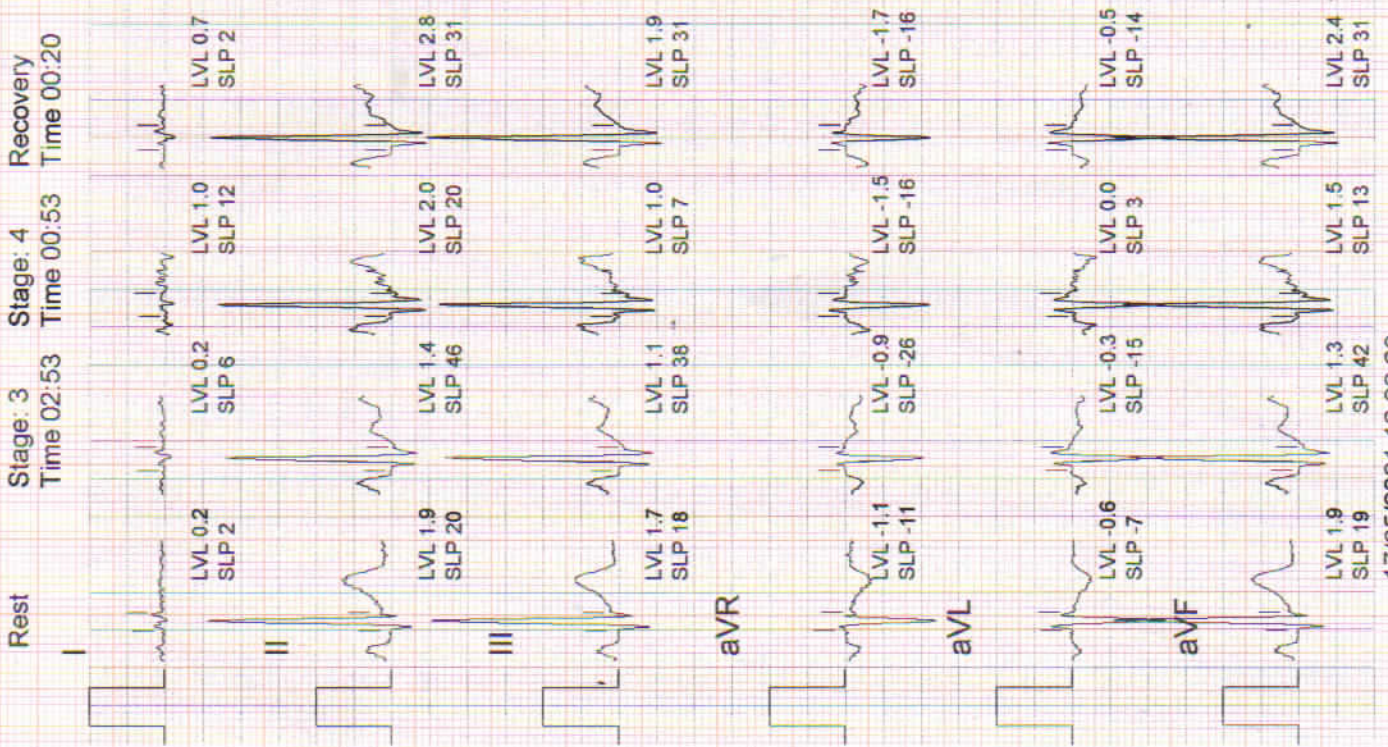
Average Beat Summary

Tn, Reza Achmad F



Average Beat Summary

Tn, Reza Achmad F



Rest Time 02:53
Stage: 3 Time 02:53
Stage: 4 Time 00:53
Recovery Time 00:20

Tn Reza Achmad F
 17/05/2021 12:39:29
 29/06/1996
 12-Lead Manual (simultaneous)

Protocol

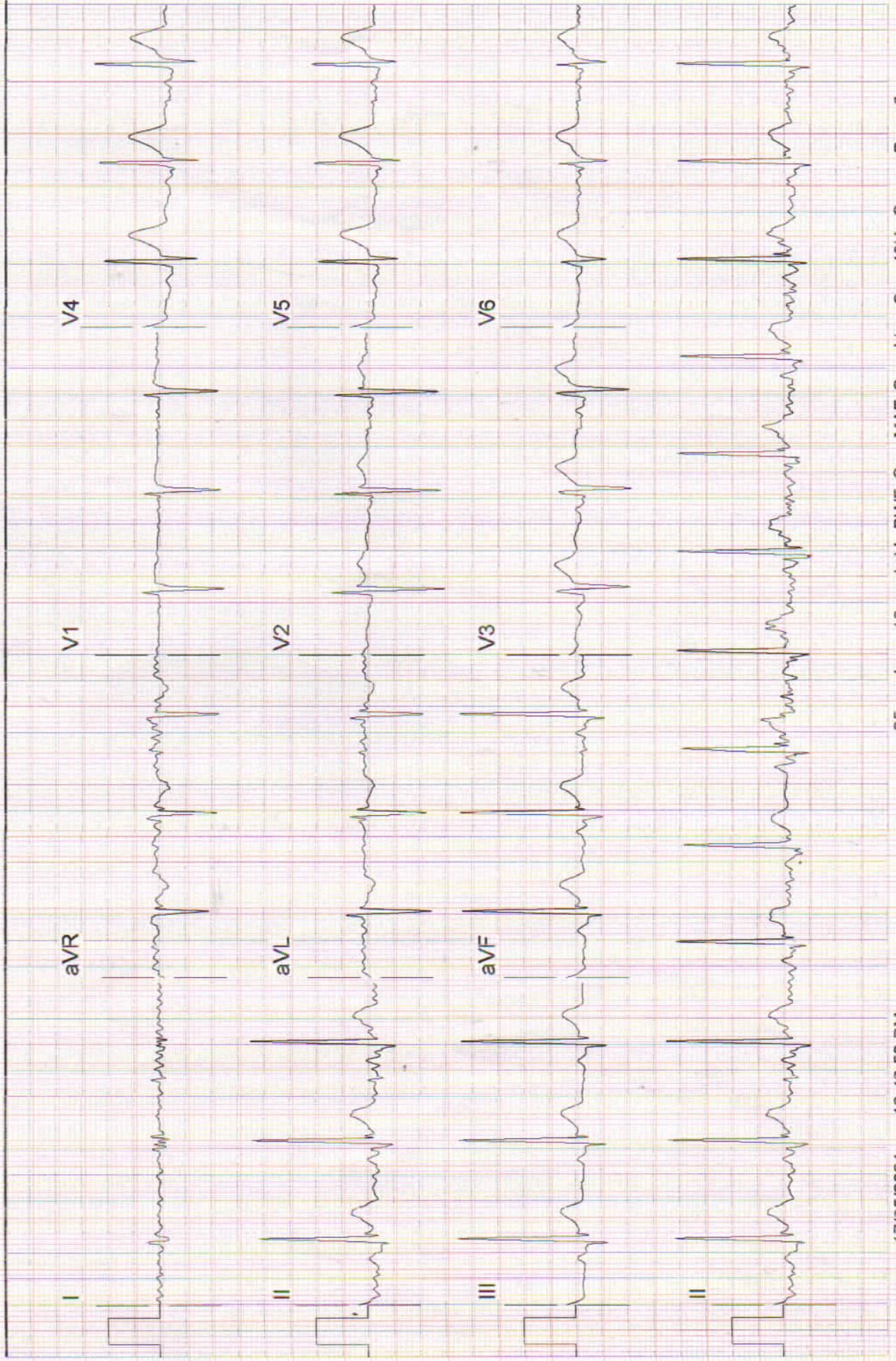
Bruce
 Stage
 Spd/Grd

Rest:03:29
 0.0 km/h 0.0%

RPE --
 METs(a) 1.0
 BP 110/80
 Previous BP 110/80

HR 79
 Target HR 167
 Max HR 79
 HRxBP 8690

LVL 2.0 SLP 10
 LVL 1.0 SLP -2
 LVL 2.4 SLP 24



Tn Reza Achmad F
 17/05/2021 12:39:29
 29/06/1996
 12-Lead (simultaneous)

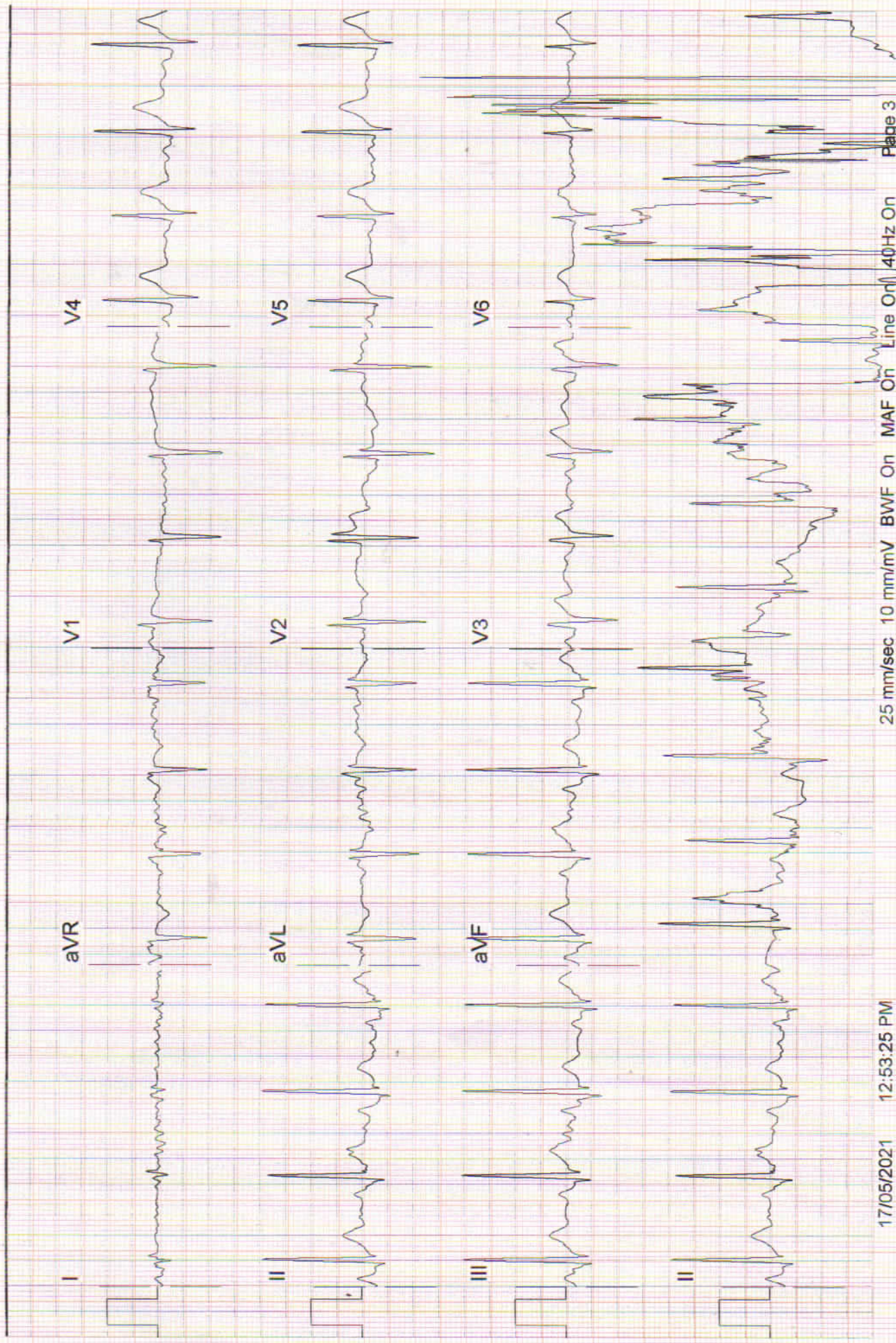
Protocol Bruce
 Stage
 Spd/Grd

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

RPE --
 METs(a) 4.6
 BP 120/70
 Previous BP 120/70

HR 90
 Target HR 167
 Max HR 96
 HRxBP 10800 V5

LVL 1.4 SLP 25
 LVL 0.0 SLP -4
 LVL 1.8 SLP 24



Tn Reza Achmad F
 17/05/2021 12:39:29
 29/06/1996
 12-Lead (simultaneous)

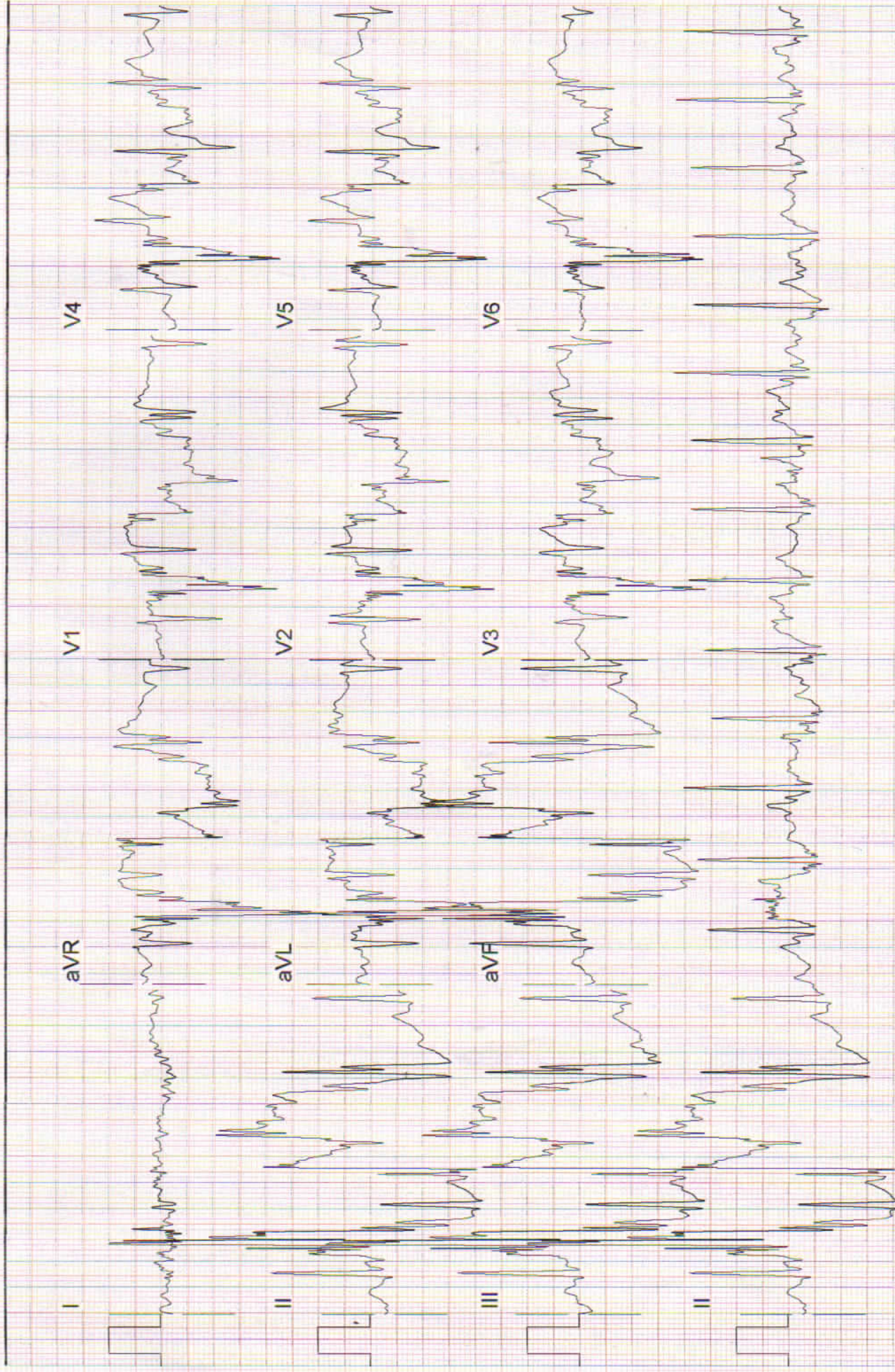
Protocol
 Bruce
 Stage
 Spd/Grd

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

RPE --
 METs(a) 7.0
 BP 120/80
 Previous BP 120/80

HR 123
 Target HR 167
 Max HR 123
 HRxBP 14760

LVL 1.4
 SLP 0.0
 SLP 2.0
 SLP 37



Tn Reza Achmad F
 17/05/2021 12:39:29
 29/06/1996
 12-Lead (simultaneous)

Protocol Bruce
 Stage
 Spd/Grd

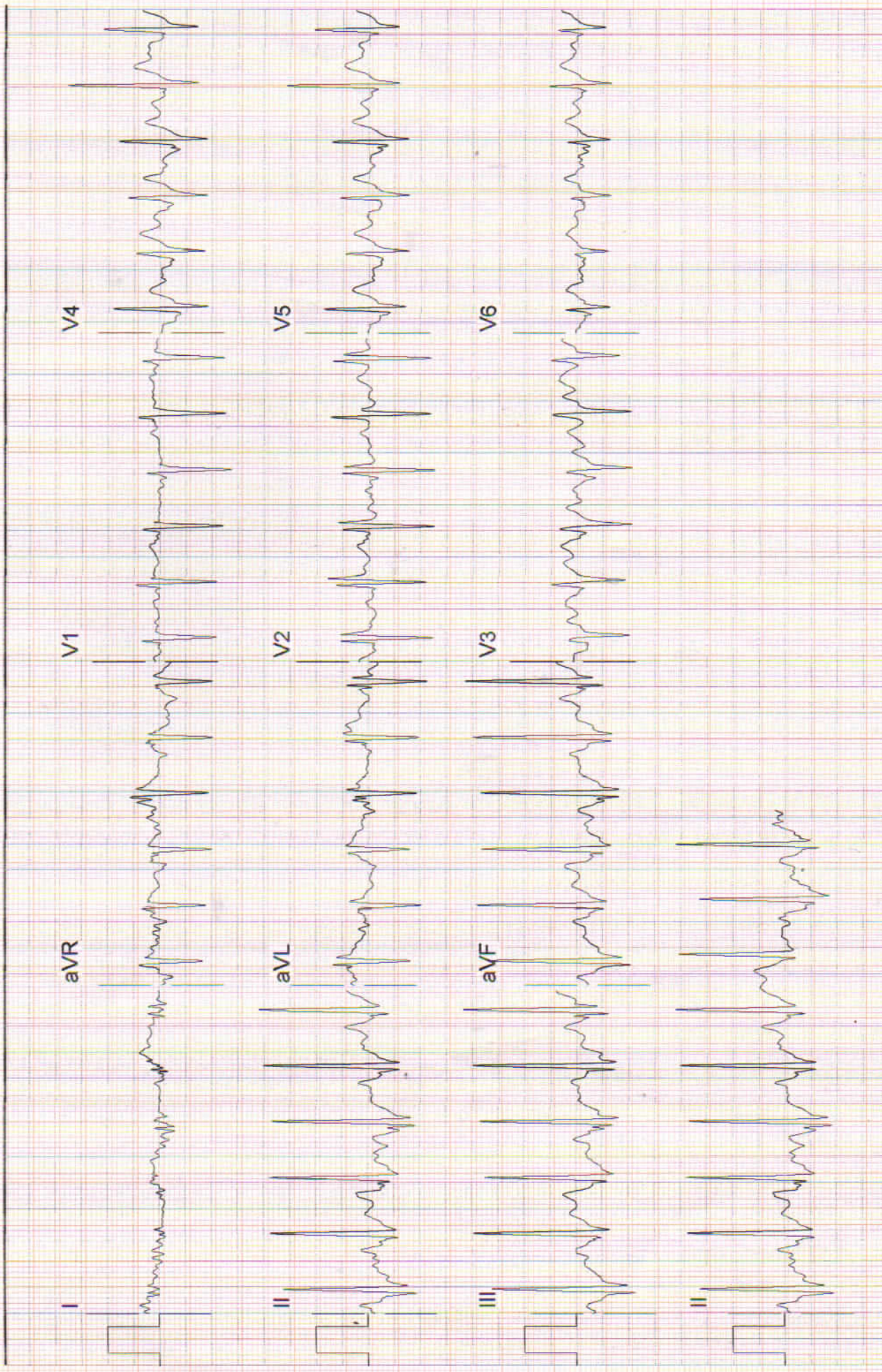
3 02:59 08:59
 5.4 km/h 14.0%

RPE --
 METs(a) 10.1
 BP 130/80
 Previous BP 130/80

HR 136
 Target HR 167
 Max HR 137
 HRxBP 17680

LVL 1.4
 LVL 0.3
 LVL 2.8

SLP 46
 SLP 12
 SLP 50

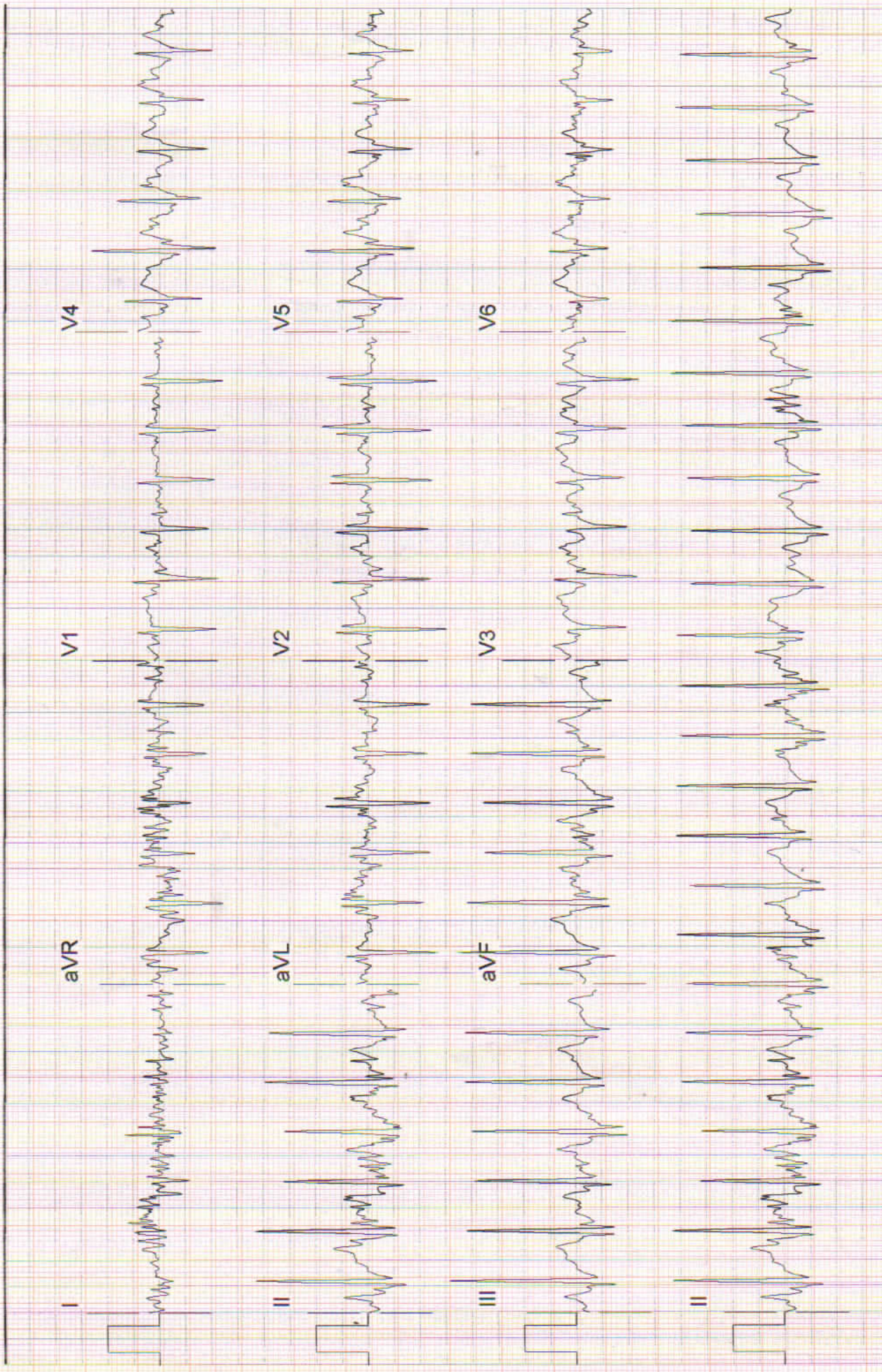


Tn Reza Achmad F
 17/05/2021 12:39:29
 29/06/1996
 12-Lead (simultaneous)

Protocol Bruce
 Stage
 Spd/Grd

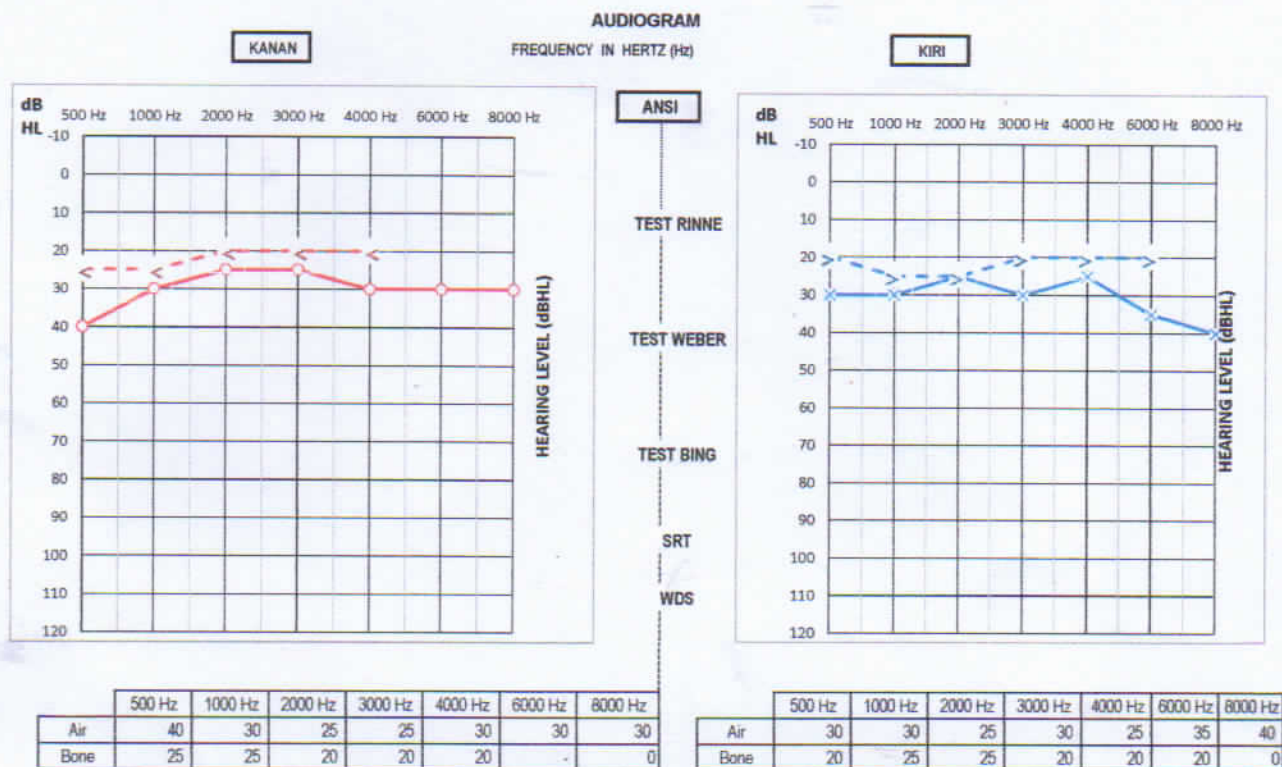
4 01:02 10:02
 0.0 km/h 16.0%

RPE -- HR 166
 METs(a) 12.8 Target HR 167 II
 BP 130/80 Max HR 171 V2
 Previous BP 130/80 HRxBP 21580 V5
 LVL 2.0 SLP 20
 LVL 0.2 SLP -10
 LVL 3.5 SLP 48



AUDIOMETRY RESULT

Name : Reza Achmad Fathurachman	Date of Visit : May 17, 2021
Sex : Male	Medical Record : 02 06 89
Date of Birth : June 29, 1996	Company : PT. Inspektindo Sinergi Persada



AUDIOGRAM CODE

Test oleh : Ahmad Junaidi
Dokter : Dr. Erica Lukman Sp.THT - MQH

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

AC _____ BC _____

Kesimpulan	Dokter Pemeriksa
<p>Telinga kanan + kiri dalam batas normal</p>	<div style="border: 2px solid blue; padding: 5px; display: inline-block;"> <p>Dr. Erica Lukman, Sp.THT-KL 026/1125C/SIP-D/1/2016</p> </div>