

Certificate Of Health Assessment

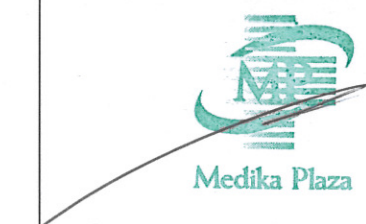

Name	Age	Position	Department
DANNIEL OCTAVIANUS ENDONG	20 Years Old	ASST INSPECTOR	-

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
04 August 2016	Amiruddin, MD	  Medika Plaza

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

PT. KARTIKA BINA MEDIKATAMA

HEALTH ASSESSMENT REPORT

Of

DANNIEL OCTAVIANUS ENDONG
01051795

Thursday, 04 August 2016

MEDIKA PLAZA CLINIC

Kartika Chandra - Office Tower 3rd Floor
Jl. Jend. Gatot Subroto, Kav. 18-20 Jakarta Selatan 12940
Tlp : (62-21) 525 1207, Fax : (62-21) 521 0815
Appointment Hotline (62-21) 528 80088
www.medikaplaza.com

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PATIENT DATA

MedRec.	: 01051795	EMPLOY. STATUS	: Employee
NAME	: DANNIEL OCTAVIANUS ENDONG	BIRTHDATE	: 27 October 1995
EMPLOYEE No.	: 15053	SEX	: Male
JOB TITLE	: ASST INSPECTOR	STATUS	: Single
COMP. NAME	: INSPEKTINDO SINERGI PERSADA	NASIONALITY	: Indonesia

SUMMARY

MEDICAL FINDING :

1. Hypercholesterolemia
 2. Overweight
- Your fitness status is fit for work to the job described

SUGGESTION :

1. Low fat diet and exercise regularly minimal 3x/week
2. 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 66.42 Kgs (present body weight is 75.1 Kgs)

Responsible Doctor

Amiruddin, MD

Notes:

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

Email : - kcdoctor01@medikaplaza.com
- kcdoctor03@medikaplaza.com
Clinic Number : (021) 5251207

CLINICAL EVALUATION

Name : DANNIEL OCTAVIANUS ENDONG	Sex : Male	MR : 01051795	Visit : 04/08/2016
Comp.: INSPEKTINDO SINERGI PERSADA		DOB : 27 October 1995	
EXAMINATION	RESULT	NOTES	

PHYSICAL EXAMINATION**PRESENT COMPLAINT**

Present complaint No complaint

MEDICAL HISTORY

Alergy	No	
Imunisasi	Yes	
Surgery	No	
Hospitalization	Yes	Suspect typhoid
Disease	Yes	Suspect typhoid

LIFE STYLE

Alcohol intake	No	
Smoking	Yes	3 cigs / day
Exercise	Yes	Running once a week
Appetite	Good	

FAMILY MEDICAL HISTORY

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

WORK EXPOSURE

Noise	No
Heat Stress	No
Cold Stress	No
Vibration	No
Dust	No

CLINICAL EVALUATION

Name : DANNIEL OCTAVIANUS ENDONG	Sex : Male	MR : 01051795	Visit : 04/08/2016
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Comp.: INSPEKTINDO SINERGI PERSADA	DOB : 27 October 1995
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EXAMINATION	RESULT	NOTES
Toxic chemical	No	
Irritating fluid	No	
Heat Stress	No	
Operating heavy mobile equipment	No	
Working around rotating machinery	No	
Requires color vision	No	
Involving height	No	
Administration work	Yes	
Handling food product	No	
Others	No	
GENERAL		
General Appearance	Good	
Nutrition Status	Normal	
VITAL SIGN		
Body Weight	75.1 Kg	
Body Height	163 Cm	
BMI	28.27 Kg/m ²	
Normal Weight	49.15 - 66.42 Kg	
BMI Conclusion	Overweight	
Blood Pressure	110/80 mmHg	
Pulse	74 x/minute	
Body Temperature	36 °C	
RR	16	
Neck Circumference	-	
Arm Circumference	-	
Chest size	-	
Abdominal Circumference	-	
SKIN		
Skin	Normal	
Pale	No	
Jaundice	No	
EYE		
Left	Normal	
Right	Normal	
ENT		
Auricle	Normal	
Ear canal	Normal	

CLINICAL EVALUATION

Name : DANNIEL OCTAVIANUS ENDONG	Sex : Male	MR : 01051795	Visit : 04/08/2016
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Comp.: INSPEKTINDO SINERGI PERSADA	DOB : 27 October 1995
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EXAMINATION	RESULT	NOTES
Drums	Normal	
Septum/Conchae	Normal	
Sinuses	Normal	
Pharynx	Normal	
Tonsil	Normal	
MOUTH		
Gum	Normal	
Dental	Normal	
NECK		
General	Normal	
Thyroid Gland	Normal	
CHEST		
Form	Normal	
Expansion	Normal	
Lung	Normal	
Heart	Normal	
Breast	Normal	
Heart sound	Normal	
Murmurs	Normal	
ABDOMEN		
Form	Globular	
Palpation	Supple	
Liver	Not Palpable	
Spleen	Not Palpable	
Kidney	No Ballotment	
Hernia inguinal	No	
EXTRIMITIES		
Bones, joint	Normal	
Muscles, tonus	Normal	
Fingernails	Normal	
Hand	Normal	
Foot	Normal	
RECTAL EXAMINATION		
Hemorrhoid	Negative	
Rectum	Normal	
NEUROLOGICAL EXAMINATION		
Motoric function	Normal	

CLINICAL EVALUATION

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Comp.: INSPEKTINDO SINERGI PERSADA DOB : 27 October 1995

EXAMINATION	RESULT	NOTES
Sensoric function	Normal	
Coordination	Normal	
Physiologic reflex	Normal	
Extra piramidal function	Normal	
LYMPHE SYSTEM		
Neck Gland	Normal	
Armpit gland	Normal	
Inguinal	Normal	

OPHTHALMOLOGY DIAGNOSTIC

Name : DANNIEL OCTAVIANUS ENDONG Sex : Male MR : 01051795 Visit : 04/08/2016

Comp. : INSPEKTINDO SINERGI PERSADA DOB : 27 October 1995

EXAMINATION		Right	Left
Reading		-	
Previous Glasses		-	-
Without Glasses	Distant	20/20	20/20
	Near	-	-
Correction	Distant	-	-
	Near	-	-
Tonometry		-	-
Funduscopy		-	-
Colour Blind Test		Normal	

Impression :

RADIOLOGY DIAGNOSTIC

Name : DANNIEL OCTAVIANUS ENDONG

Sex : Male

MR : 01051795

Visit : 04/08/2016

Comp. : INSPEKTINDO SINERGI PERSADA

DOB : 27 October 1995

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.

LABORATOI	
Name : DANNIEL OCTAVIANUS ENDONG	
Comp.: INSPEKTINDO SINERGI PERSADA	
EXAMINATION	

Nama : LAB NO: 16002880
 Umur : 
 Alamat : DANNIEL OCTAVIANUS ENDONG
 01061796-L
 27-10-96
 INSPEKTINDO SINERGI PERSADA

GOL DARAH
B
Rh POS



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

HEMATOLOGI

ABO/Rh Typing

Automated Blood Count

White Blood Cell (WBC)	6.4	3.8 - 11.0
Erythrocyte (RBC)	5.7	4.4 - 5.9
Haemoglobin	16.8	13.2 - 17.3
Hematocrit	47	40 - 52
Thrombocytes	226	150 - 440

MCV, MCH, MCHC

MCV	83	80 - 100
MCH	30	26 - 34
MCHC	35.9	32 - 36
ESR	15 *	0 - 10

Differential Count

Basophils	0	0 - 1
Eosinophil	1 *	2 - 4
Bands / Stab	1 *	3 - 5
Neutrophils	43 *	50 - 70
Lymphocytes	48 *	25 - 40
Monocytes	7	2 - 8

BLD CHEMISTRY/LIPID PROFILE

Total Cholesterol	227 *	Normal/Desireable: <200 Borderline High: 200-239 High: >=240
HDL Cholesterol	64.7 *	Normal : >40 - <60 Low HDL : <40 Desireable : >=60
LDL Cholesterol	146 *	Optimal: <100 Near/Above Optimal: 100-129 Borderline High: 120-159 High: 160-189 Very High: >=190
T.Cholesterol/HDL Ratio	3.51	Low risk : < 3.5 Medium risk : 3.5 - 5.0 High risk : > 5.0

LABORATORY RESULT

Name : DANNIEL OCTAVIANUS ENDONG	MR : 01051795	Visit : 04/08/2016	#Lab : IN566429488020
Comp. : INSPEKTINDO SINERGI PERSADA	Sex : Male	DOB : 27 October 1995	

EXAMINATION	RESULT	NORMAL RANGE
Tryglicerides	82	Normal : <150 Borderline High: 150-199 High : 200-499 Very High : >=500

BLD CHEMISTRY/KIDNEY FUNCTION

Ureum	22.3	10.0 - 50.0
Creatinine	0.8	0.6- 1.3
Uric Acid	6.2	3.5 - 7.2

BLD CHEMISTRY/LIVER FUNCTION

SGOT(AST)	23	13 - 45
SGPT (ALT)	32	13 - 50

BLD CHEMISTRY/DIABETES

Fasting Glucose

Glucose Fasting	91	< 100
Glucose Urine	NEG	Negative
Keton Urine	NEG	Negative

URINALYSIS

Complete Urine Analysis

Macroscopic

Color	LYELLO	
Turbidity	CLEAR	Clear
Specific Gravity	1.016	1.000 - 1.030
pH	7.0	4.5 - 8.0
Leucocyte	NEG	Negative
Glucose	NEG	Negative
Nitrit	NEG	Negative
Bilirubin	NEG	Negative
Blood	NEG	Negative
Urobilinogen	NORM	Negative
Protein	NEG	Negative
Keton	NEG	Negative

Microscopic

RBC	0-1	0 - 1
WBC	0-1	0 - 4
Cylinder	Negative	
Epithels Squamous	0-1	5 - 15
Crystals	Negative	

SPIROMETRY DIAGNOSTIC

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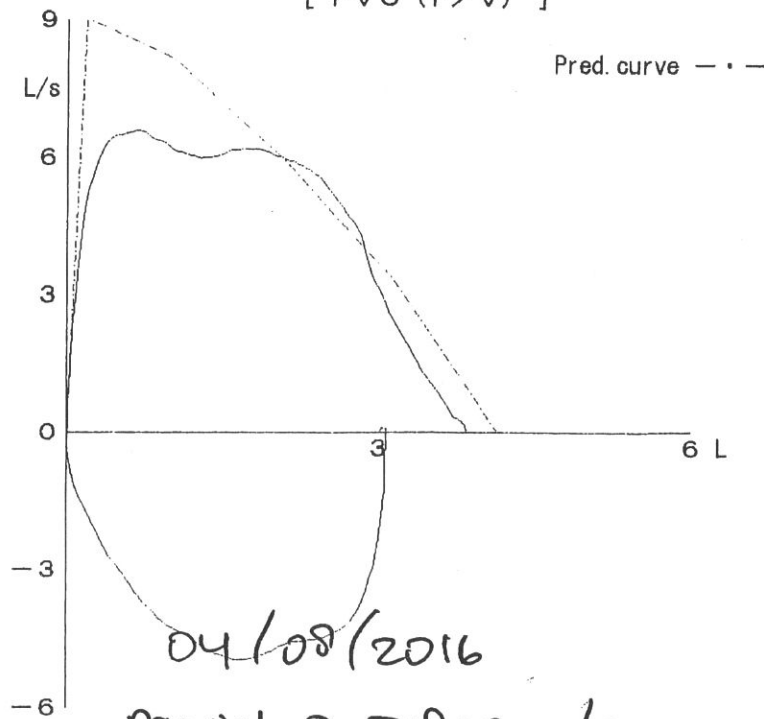
EXAMINATION	RESULT
FVC Result	: 3.85 L---> 93.0 %
FEV1 Result	: 3.66 L---> 92.7 %
FEV1/FVC Result	: 95.06 %---> 112.7 %
PEF Result	: 6.59 L/S---> 69.1 %
Indonesian Standart Result	:
Index	:
Spirometry Result	: Normal

Impression : Normal Spirometric Functions

[COPD CLASSIFICATION]

FEV1/FVC : 95.06 %
 %FEV1.0 : 92.70 %
 Stage : Normal
 Recommended treatment by GOLD:

[FVC (F/V)]



AUDIOMETRY DIAGNOSTIC

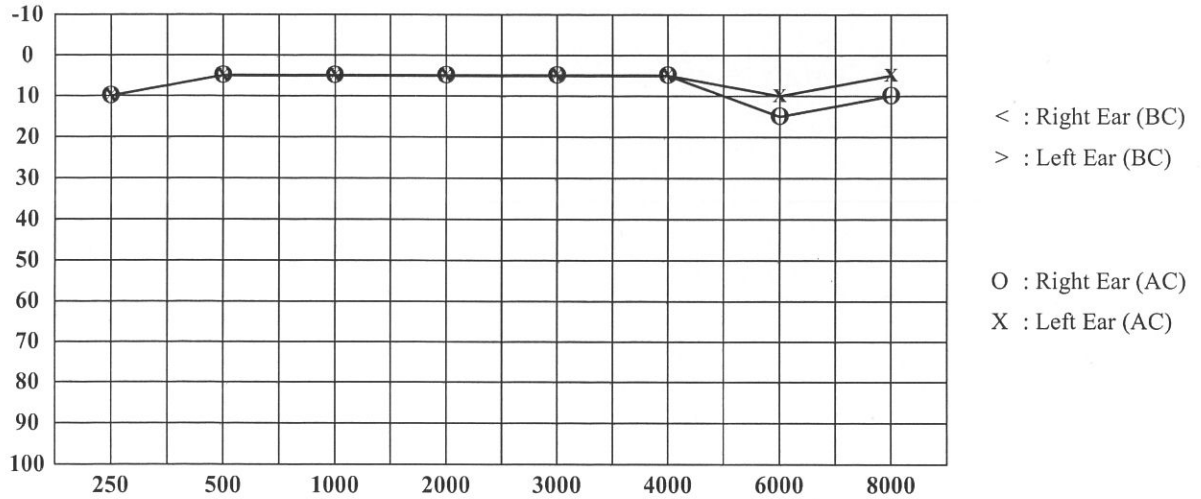
Name : DANNIEL OCTAVIANUS ENDONG Sex : Male MR : 01051795 Visit : 04/08/2016

Comp.: INSPEKTINDO SINERGI PERSADA DOB : 27 October 1995

RESULT

Left Ear	250	500	1000	2000	3000	4000	6000	8000
AC	10	5	5	5	5	5	10	5
BC	-	-	-	-	-	-	-	-

Right Ear	250	500	1000	2000	3000	4000	6000	8000
AC	10	5	5	5	5	5	15	10
BC	-	-	-	-	-	-	-	-



Conclusion Right Ear : Hearing threshold = 5 dB
(Within normal limit)

Conclusion Left Ear : Hearing threshold = 5 dB
(Within normal limit)

CARDIOLOGY DIAGNOSTIC

Name : DANNIEL OCTAVIANUS ENDONG	Sex : Male	MR : 01051795	Visit : 04/08/2016
Comp.: INSPEKTINDO SINERGI PERSADA	DOB : 27 October 1995		
EXAMINATION	RESULT	Comments :	

ELECTROCARDIOGRAPHY Sinus Rythm axis (N), P wave (N), PR int 0.16" Normal ECG
 ST - T segment (N), aritmia (-)

