

Certificate Of Health Assessment


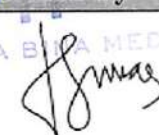
Name	Age	Position	Department
ACHMAD SAIDI	53 yo	ASST. INSPECTOR	-

COMPANY :

INSPEKTINDO SINERGI PERSADA, PT

CONCLUSION

FIT TO WORK	
FIT WITH MEDICAL NOTE	✓
TEMPORARY UNFIT	
UNFIT	

Issued Date	Doctors Name	Prepared By
06 August 2020	Puteri Melati, MD PKTK : KEP.264/BINWASK3-PNK3/KK/VI/2019 SIP : 23/B.15a/31.74.04.1004/-1.779.3/e/2019	
Expired Date		Verified By
06 August 2021	dr. Muhammad Ilyas, Sp.Ok SIP : 29/B.15b/31.74.04.1004.02.009.K.1/3/-1.779.3/e/2019	 PT. KARTIKA BINA MEDIKATAMA

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

Certificate Number : **MP-BOP/1-20200806/124690**

MCU Validity Check

<https://mcu-validasi.medikaplaza.com>

TO WHOM IT MAY CONCERN

Kepada yang berkepentingan

This is certify that today Thursday, 06 August 2020 Medika Plaza Clinic has performed urine drug screening and/or breath alcohol test to :

Dengan ini menyatakan bahwa, pada hari ini Kamis, 06 Agustus 2020 Medika Plaza Clinic telah melakukan urine drug screening dan/atau breath alcohol test kepada :

ACHMAD SAIDI

With the results are as follows :

Dengan hasil sebagai berikut :

<u>Drugs Test</u> <i>Uji Obat</i>	<u>Result</u> <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 checked="" type="checkbox"/> Negative	<input 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, August 06, 2020



PT. KARTIKA BINA MEDIKATAMA
(dr. Dian Wahyu Tanjungsari, Sp.PK)
Clinical Patologist

HEALTH ASSESSMENT REPORT

of

ACHMAD SAIDI

01.00079092

Thursday, 06 August 2020

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

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.	: 01.00079092	EMPLOY. STATUS	: PreEmployee
NAME	: ACHMAD SAIDI	BIRTHDATE	: 19 July 1967
EMPLOYEE No.	: -	SEX	: Male
JOB TITLE	: ASST. INSPECTOR	STATUS	: Married
COMP. NAME	: INSPEKTINDO SINERGI PERSADA, PT	NASIONALITY	: INDONESIA

SUMMARY

MEDICAL FINDING :

1. Hypercholesterolemia
2. Increase fasting blood sugar
3. Obesity
4. Prehypertension
5. Calculus, missing, radix, and decayed teeth
6. Decreasing of visual acuity of both eyes
7. USG abdomen : Mild fatty liver.
8. Decreasing of hearing acuity on high frequency of left ear

Your fitness status is fit with medical note:
Decreasing of visual acuity of both eyes

PERCEPTIONS OF EXPOSURE BY WORKERS :

- Others (Onshore (ast inspector))

SUGGESTION :

1. Low fat diet and exercise regularly minimal 3 times a week
2. Low sugar diet and repeat glucose test after 1 month later
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 68.06Kgs (present body weight is 83.4Kgs). Consultation with a Nutritionist for evaluation of obesity
4. Low salt diet and monitor your blood pressure regularly minimal once in two weeks. Consult to a cardiologist, if your blood pressure tends to increase.
5. Consultation with a Dentist for dental care, minimal once a year or better once in six month
6. You need to wear glasses for both vision. Consultation with an Ophthalmologist for further evaluation of Decreasing of visual acuity of both eyes
7. Low fat diet and exercise regularly minimum 3x/week. Repeat abdominal USG 6 months later and consultation with an Internist to evaluate fatty liver
8. Avoid noisy environment and use earplug properly while working at noisy work environment to prevent further hearing impairment

Responsible Doctor



Puteri Melati, MD

Notes:

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

Email : - beltway.doctor@medikaplaza.com
- beltway.doctor2@medikaplaza.com
Telepon Klinik : (62-21) 8086 6000

CLINICAL EVALUATION

Name : ACHMAD SAIDI

Sex : Male

MR : 01.00079092

Visit : 06/08/2020

Comp. : INSPEKTINDO SINERGI PERSADA, PT

DOB : 19 July 1967

EXAMINATION

RESULT

NOTES

ANAMNESA

PRESENT COMPLAINT AND HISTORY OF PRESENT

ILLNESS

Present complaint

No complaint

MEDICAL HISTORY

Allergy No
Imunisasi Yes
Surgery No
Hospitalization No
Disease No

LIFE STYLE

Alcohol intake No
Smoking No
Exercise Yes

Badminton

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
Dust No

CLINICAL EVALUATION

Name : ACHMAD SAIDI	Sex : Male	MR : 01.00079092	Visit : 06/08/2020
Comp.: INSPEKTINDO SINERGI PERSADA, PT		DOB : 19 July 1967	

EXAMINATION	RESULT	NOTES
Toxic chemical	No	
Irritating fluid	No	
Smoke	No	
Bacterium/Virus/Parasite	No	
Blood	No	
Animal	No	
Operating heavy mobile equipment	No	
Manual Handling	No	
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	No	
Administration work	No	
Handling food product	No	
Others	Yes	Onshore (ast inspector)
PHYSICAL EXAMINATION		
General Appearance	Good	
Body shape	Picnicus	
VITAL SIGN		
Body Weight	83.4 Kg	
Body Height	165 Cm	
BMI	30.63 Kg/m ²	
Normal Weight	50.37 - 68.06 Kg	
BMI Conclusion	Obesity	
Blood Pressure	130/80 mmHg	
Pulse	97 x/minute	
Body Temperature	36.3 °C	
RR	20	

CLINICAL EVALUATION

Name : ACHMAD SAIDI	Sex : Male	MR : 01.00079092	Visit : 06/08/2020
Comp. : INSPEKTINDO SINERGI PERSADA, PT		DOB : 19 July 1967	

EXAMINATION	RESULT	NOTES
Neck Circumference	40 Cm	
Arm Circumference	30 Cm	
Chest size	100 Cm	
Abdominal Circumference	101 Cm	
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	Calculus, missing, radix, and decayed 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	
EXTRIMITIES		

CLINICAL EVALUATION

Name : ACHMAD SAIDI

Sex : Male

MR : 01.00079092

Visit : 06/08/2020

Comp. : INSPEKTINDO SINERGI PERSADA, PT

DOB : 19 July 1967

EXAMINATION	RESULT	NOTES
Bones,joint	Normal	
Muscles,tonus	Normal	
Fingernails	Normal	
Hand	Normal	
Foot	Normal	
RECTAL EXAMINATION		
Hemorrhoid	Negative	
Rectum	Normal	
SENSORIK EXAMINATION		
Tes Raba	Normal	
MOTORIK EXAMINATION		
Tes Grip	Normal	
REFLEX EXAMINATION		
Physiologic reflex	Normal	
Patologic reflex	Normal	
OTHERS EXAMINATION		
Coordination	Normal	
LYMPHE SYSTEM		
Submandibula	Normal	
Neck Gland	Normal	
Armpit gland	Normal	
Inguinal	Normal	

OPHTHALMOLOGY DIAGNOSTIC

Name : ACHMAD SAIDI	Sex : Male	MR : 01.00079092	Visit : 06/08/2020
Comp. : INSPEKTINDO SINERGI PERSADA, PT		DOB : 19 July 1967	

EXAMINATION		Right	Left
Reading		-	
Previous Glasses		-	
Without Glasses	Distant	20/40	20/40
	Near	J3	J3
Correction	Distant	S-1.00 20/20	S-1.00 20/20
	Near	S+2.25 J1	S+2.25 J1
Depth Perception		-	
Tonometry		14.5 mmHg	15.5 mmHg
Funduscopy		NORMAL	NORMAL
Visual Fields		Normal	
Colour Blind Test		Normal	

Impression : Myopia simplex ODS
Presbyopia

RADIOLOGY DIAGNOSTIC

Name : ACHMAD SAIDI

Sex : Male

MR : 01.00079092

Visit : 06/08/2020

Comp. : INSPEKTINDO SINERGI PERSADA, PT

DOB : 19 July 1967

EXAMINATION

RESULT

USG ABDOMEN

LIVER:

Normal in size and contour, smooth surface, parenchyme echoes structures slight increased. No sign of SOL.

Intrahepatic vascularity and billiary tract are normal.

GALL BLADDER:

Normal in size, contour and surface. No sign of SOL/ sludge/ stone.

RIGHT KIDNEY :

Normal in size, contour and surface. No sign of obstruction/ stone/ SOL.

LEFT KIDNEY:

Normal in size, contour and surface. No sign of obstruction/ stone/ SOL.

PANCREAS:

Normal in size, contour and surface. No sign of SOL.

LIEN:

Normal in size and contour, the echoes are homogenous. No sign of SOL.

URINARY BLADDER:

Normal in size, contour and surface. No sign of stone/ SOL.

PROSTATE AND VESICULA SEMINALIS:

Normal in size and contour which are homogenous echoes and no sign of focal lesion/ SOL.

Impression

Mild fatty liver.

Other abdominal organs are normal.

RADIOLOGY DIAGNOSTIC

Name : ACHMAD SAIDI

Sex : Male

MR : 01.00079092

Visit : 06/08/2020

Comp. : INSPEKTINDO SINERGI PERSADA, PT

DOB : 19 July 1967

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 heart and lungs

LABORATORY RESULT

Name : ACHMAD SAIDI	MR : 01.00079092	Visit : 06/08/2020	#Lab : IN71272975369
Comp. : INSPEKTINDO SINERGI PERSADA, PT	Sex : Male	DOB : 19 July 1967	
EXAMINATION	RESULT	NORMAL RANGE	

HEMATOLOGI

ABO/Rh Typing "B" Rh(+) positive

Automated Blood Count

White Blood Cell (WBC)	9.7	3.8 - 11.0
Erythrocyte (RBC)	5.8	4.4 - 5.9
Haemoglobin	17.4 *	13.2 - 17.3
Hematocrit	46	40 - 52
Thrombocytes	264	150 - 440

MCV, MCH, MCHC

MCV	80	80 - 100
MCH	30	26 - 34
MCHC	37.7 *	32 - 36
ESR	5	0 - 10

Differential Count

Basophils	0	0 - 1
Eosinophil	2	2 - 4
Bands / Stab	3	3 - 5
Neutrophils	56	50 - 70
Lymphocytes	35	25 - 40
Monocytes	4	2 - 8

BLD CHEMISTRY/LIPID PROFILE

Total Cholesterol	229 *	Normal/Desireable: <200 Borderline High: 200-239 High: >=240
HDL Cholesterol	53.7	Normal : >40 - <60 Low HDL : <40 Desireable : >=60
LDL Cholesterol	157 *	Optimal: <100 Near/Above Optimal: 100-129 Borderline High: 130-159 High: 160-189 Very High: >=190
Triglycerides	91	Normal : <150 Borderline High: 150-199 High : 200-499 Very High : >=500

BLD CHEMISTRY/KIDNEY FUNCTION

LABORATORY RESULT

Name : ACHMAD SAIDI	MR : 01.00079092	Visit : 06/08/2020	#Lab : IN71272975369
Comp. : INSPEKTINDO SINERGI PERSADA, PT	Sex : Male	DOB : 19 July 1967	

EXAMINATION	RESULT	NORMAL RANGE
Ureum	26.3	10.0 - 50.0
Creatinine	1.0	0.6 - 1.3
Uric Acid	6.21	3.50 - 7.20

BLD CHEMISTRY/LIVER FUNCTION

Total Bilirubin	0.70	0.1 - 1.0
Direct Bilirubin	0.14	0.0 - 0.2
Indirect Bilirubin	0.56	0.0 - 0.8
SGOT(AST)	24	13 - 45
SGPT (ALT)	33	13 - 50
Alkaline Phosphatase	98	30 - 120
Gamma GT	39	0 - 50
Albumin	4.7	3.5 - 5.5
Globulin	2.50	2.3 - 3.5
Total Protein	7.2	6.6 - 8.7

BLD CHEMISTRY/DIABETES

Glucose Fasting	107 *	< 100
Glucose Urine	Negative	Negative
Keton Urine	Negative	Negative

Blood Glucose 2 PP

Blood Sugar 2 Hours PP	130	< 140
Glucose Urine	Negative	Negative
Keton Urine	Negative	Negative

SEROLOGI / IMUNOLOGI

HBsAg (Quantitative)	0.00	0.00 - 0.03
Anti Hbs (Quantitative)	143.6	>= 5.0

TOXICOLOGY - DRUGS SCREENING

Methadone	Negative	Negative
Phencyclidine	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

LABORATORY RESULT

Name : ACHMAD SAIDI	MR : 01.00079092	Visit : 06/08/2020	#Lab : IN71272975369
Comp. : INSPEKTINDO SINERGI PERSADA, PT	Sex : Male	DOB : 19 July 1967	

EXAMINATION	RESULT	NORMAL RANGE
-------------	--------	--------------

Macroscopic

Color	Light Yellow	
Turbidity	Clear	Clear
Specific Gravity	1.028	1.000 - 1.030
pH	6.5	4.5 - 8.0
Leucocyte	Negative	Negative
Glucose	Negative	Negative
Nitrit	Negative	Negative
Bilirubin	Negative	Negative
Blood	Negative	Negative
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

LABORATORY RESULT

Name : ACHMAD SAIDI	MR : 01.00079092	Visit : 06/08/2020	#Lab : IN71272975369
Comp. : INSPEKTINDO SINERGI PERSADA, PT	Sex : Male	DOB : 19 July 1967	

EXAMINATION	RESULT	NORMAL RANGE
Yeast	Negative	Negative
Muscle Fiber	Negative	Negative
Others	Negative	Negative
Digestive		
Amylum	Negative	Negative
Fat	Negative	
Fibers	Positive	Positive

AUDIOMETRY DIAGNOSTIC

Name : ACHMAD SAIDI

Sex : Male

MR : 01.00079092

Visit : 06/08/2020

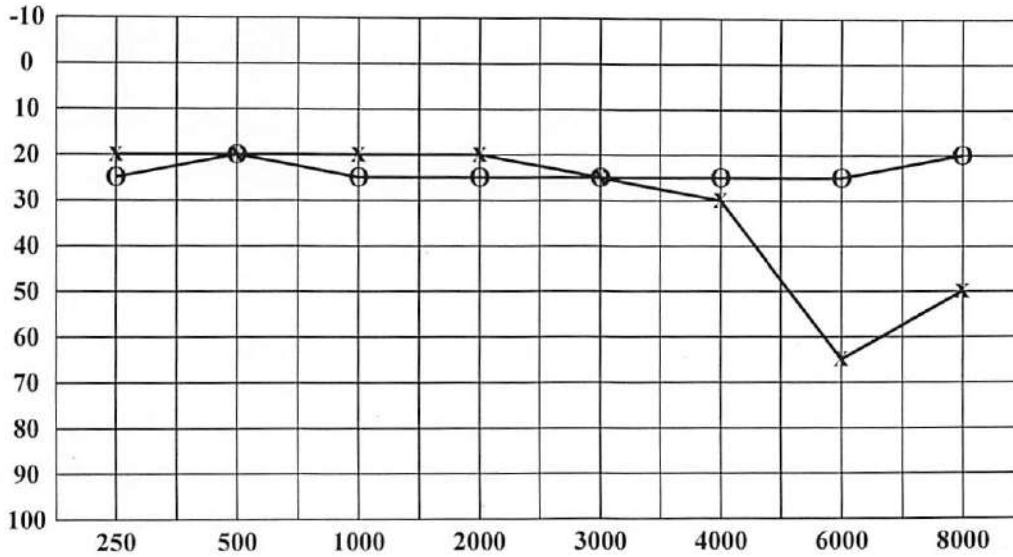
Comp.: INSPEKTINDO SINERGI PERSADA, PT

DOB : 19 July 1967

RESULT

Left Ear	250	500	1000	2000	3000	4000	6000	8000
AC	20	20	20	20	25	30	65	50
BC	-	-	-	-	-	-	-	-

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



< : Right Ear (BC)
 > : Left Ear (BC)
 O : Right Ear (AC)
 X : Left Ear (AC)

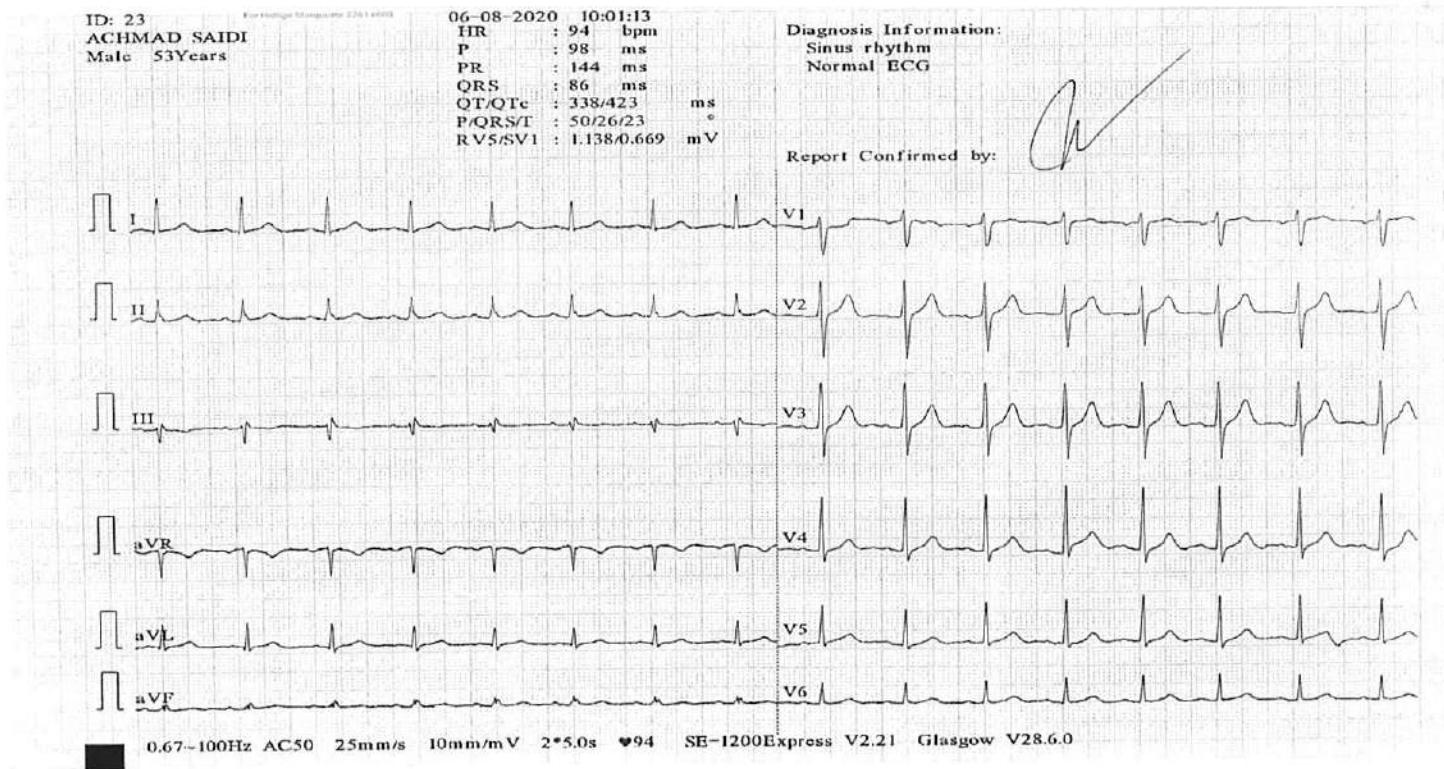
Conclusion Right Ear : Hearing threshold = 23.75 dB
 (Within normal limit)

Conclusion Left Ear : Hearing threshold = 22.5 dB
 (Within normal limit)
 With decreasing on frequency 4000Hz - 8000Hz

CARDIOLOGY DIAGNOSTIC

Name : ACHMAD SAIDI	Sex : Male	MR : 01.00079092	Visit : 06/08/2020
Comp.: INSPEKTINDO SINERGI PERSADA, PT		DOB : 19 July 1967	

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 : 13.4





ACHMAD SAIDI, MR

ID: 01.00079092, Born: 7/19/1967 (Male 53), 83.4 kg, 165 cm
Test Date: 8/6/2020 10:03:28 AM

MEDIKA PLAZA

Patient info

orn: 7/19/1967
ge: 53
ex: Male
veight: 83.4 kg
leight: 165 cm
moker:
acemaker:

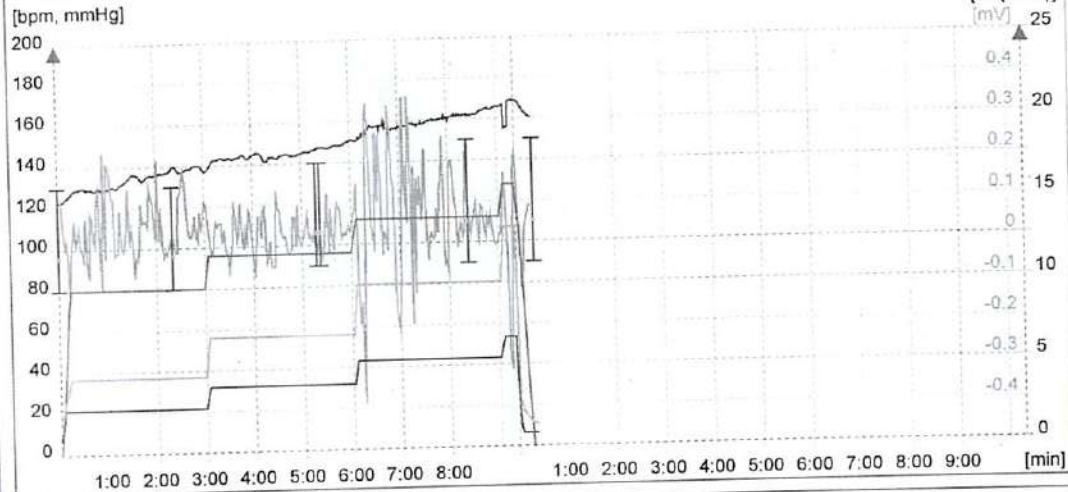
Medical history

Medications

Reason for admission

Reason for Stop

Trends



Conclusion

[Handwritten Signature]
MP+
 POKSANTARA BINA MEDIKATAMA

Staff

Physician: user
Technician:

Test info

Test date: 8/6/2020
 Test time: 10:03 AM
 Stress device: BTL Treadmill
 Protocol: Bruce
 Total duration: 09:21
 Stress achieved: 6.7km/h, 10.0% (~13.4MET) = 142% predicted (~10.0MET) - for 1 sec
 HR rest: 125
 HR peak: 169 = 102% predicted (166) --- 09:22 Exercise (13.4MET)
 Handgrip test: ---
 BP rest: 130/80
 BP peak: 150/90 --- 09:22 Exercise (13.4MET)
 BP recovery: 150/90
 DP rest: 16250
 DP peak: 24324 = 1.5x DP at rest
 ST depression max: V1 -2.75mV 06:19 Exercise 10.1MET
 ST elevation max: I 1.29mV 06:39 Exercise 10.1MET
 ST/HR index: 2.0 μ V/bpm (abnormal)



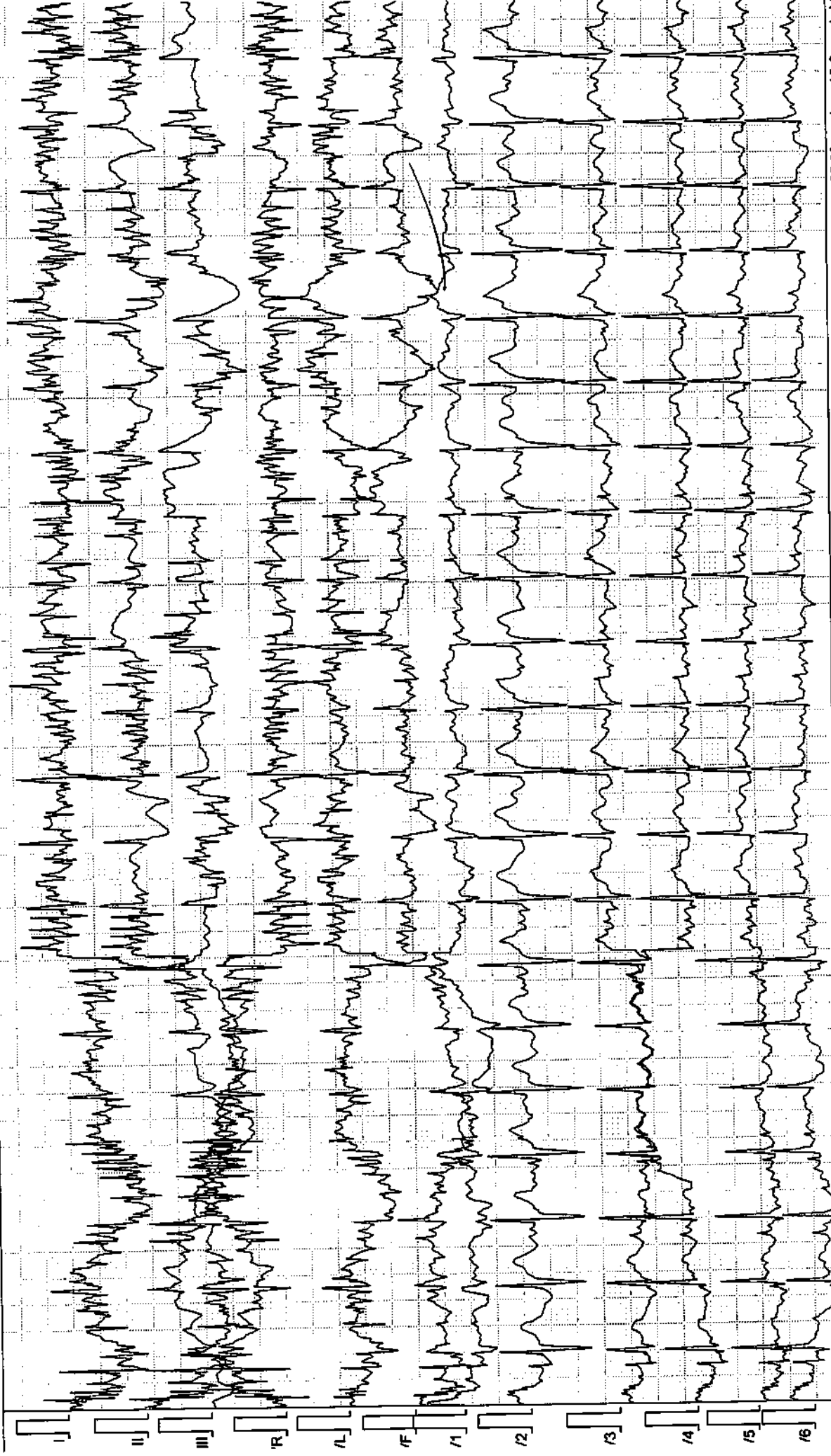
ACHMAD SAIDI, MR

ID: 01.00079092, Born: 7/19/1967 (Male 53), 83.4 kg, 165 cm
Test Date: 8/6/2020 10:03:28 AM

MEDIKA PLAZA

Load: 1.4MET, HR: 125bpm, BP: 130/80

Time: P 00:05 - Reference



Filter: 0.07 Spline - 90 Adapt, ~50 [Hz]



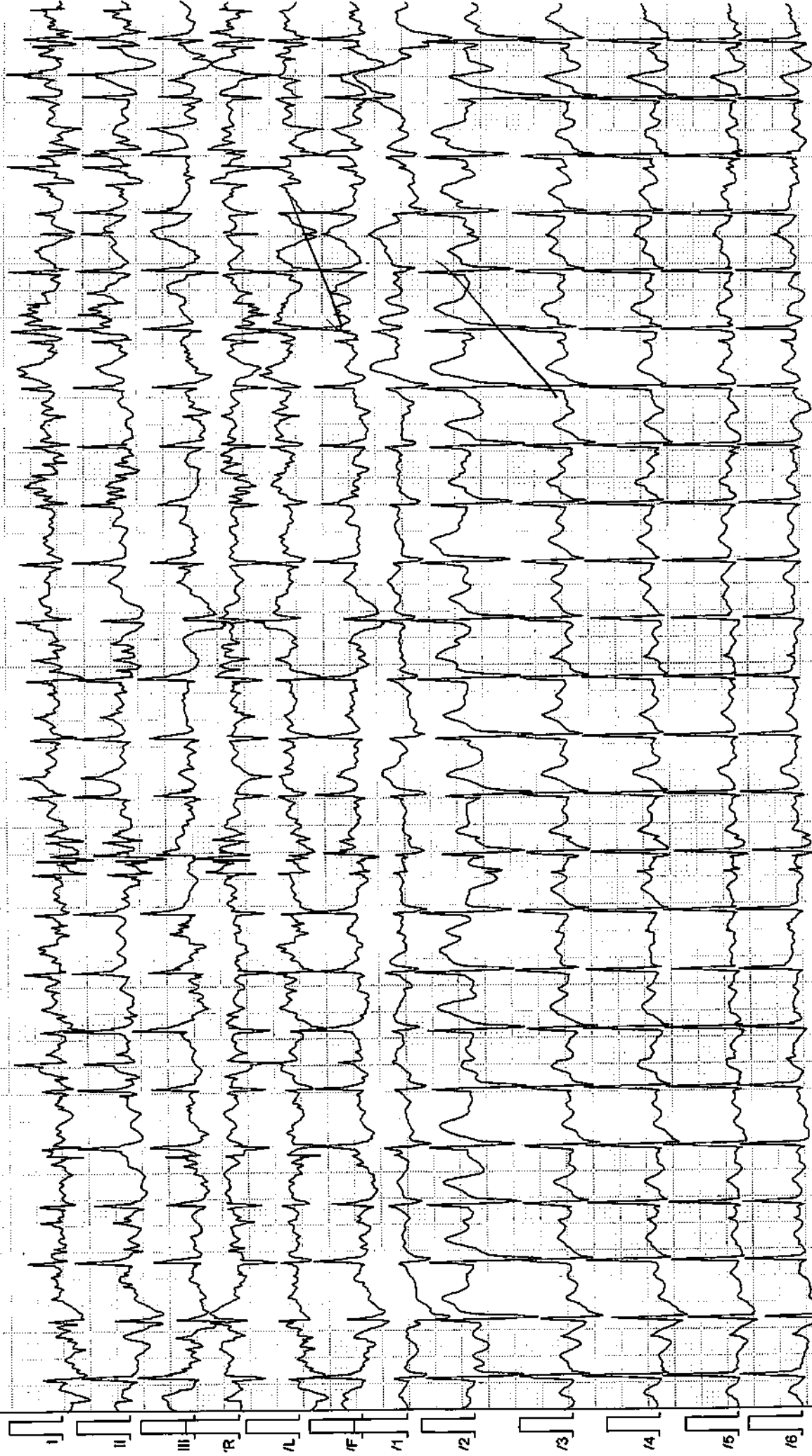
ACHMAD SAIDI, MR

ID: 01.00079092, Born: 7/19/1967 (Male 53), 83.4 kg, 165 cm
Test Date: 8/6/2020 10:03:28 AM

MEDIKA PLAZA

Time: E 02:56 - E1

Load: 4.6MET, HR: 137bpm, BP: 130/80



Filter: 0.07 Spline - 80 Adapt, -50 [Hz]

25.00 mm/sec 10.0 mm/mV



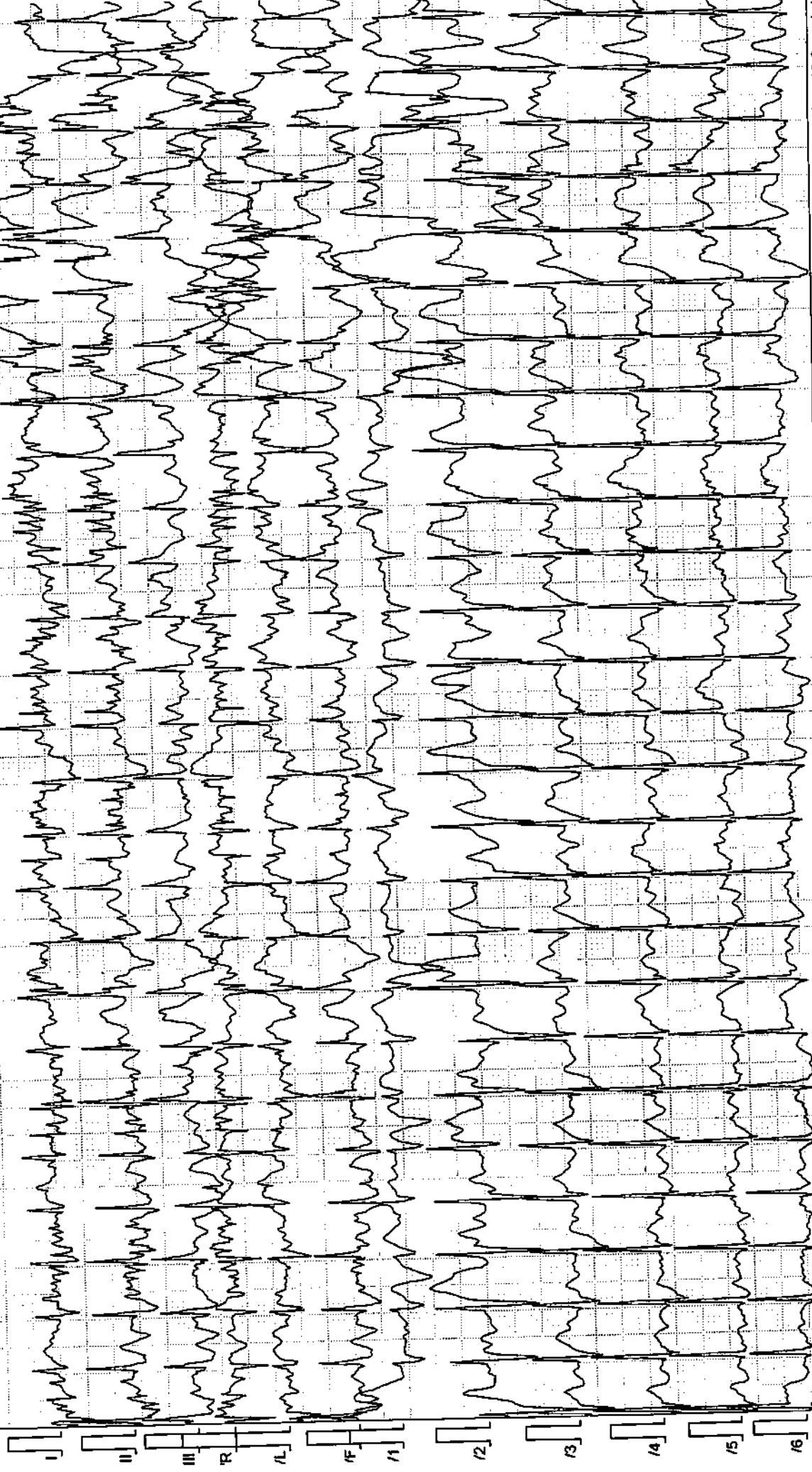
ACHMAD SAIDI, MR

ID: 01.00079092, Born: 7/19/1967 (Male 53), 83.4 kg, 165 cm
Test Date: 8/6/2020 10:03:28 AM

MEDIKA PLAZA

Load: 7.0MET, HR: 151bpm, BP: 140/90

Time: E 05:57 - E2



25.00 mm/sec 10.0 mm/mV

Filter: 0.07 Spline - 90 Adapt, ~50 [Hz]

BTL CardioPoint 2.30.33006.0, DIAG: 2.0.2.0; ECG: BTL-08 ECG, SN: 071D-B-05775

BTL CardioPoint - Stress Test

Page



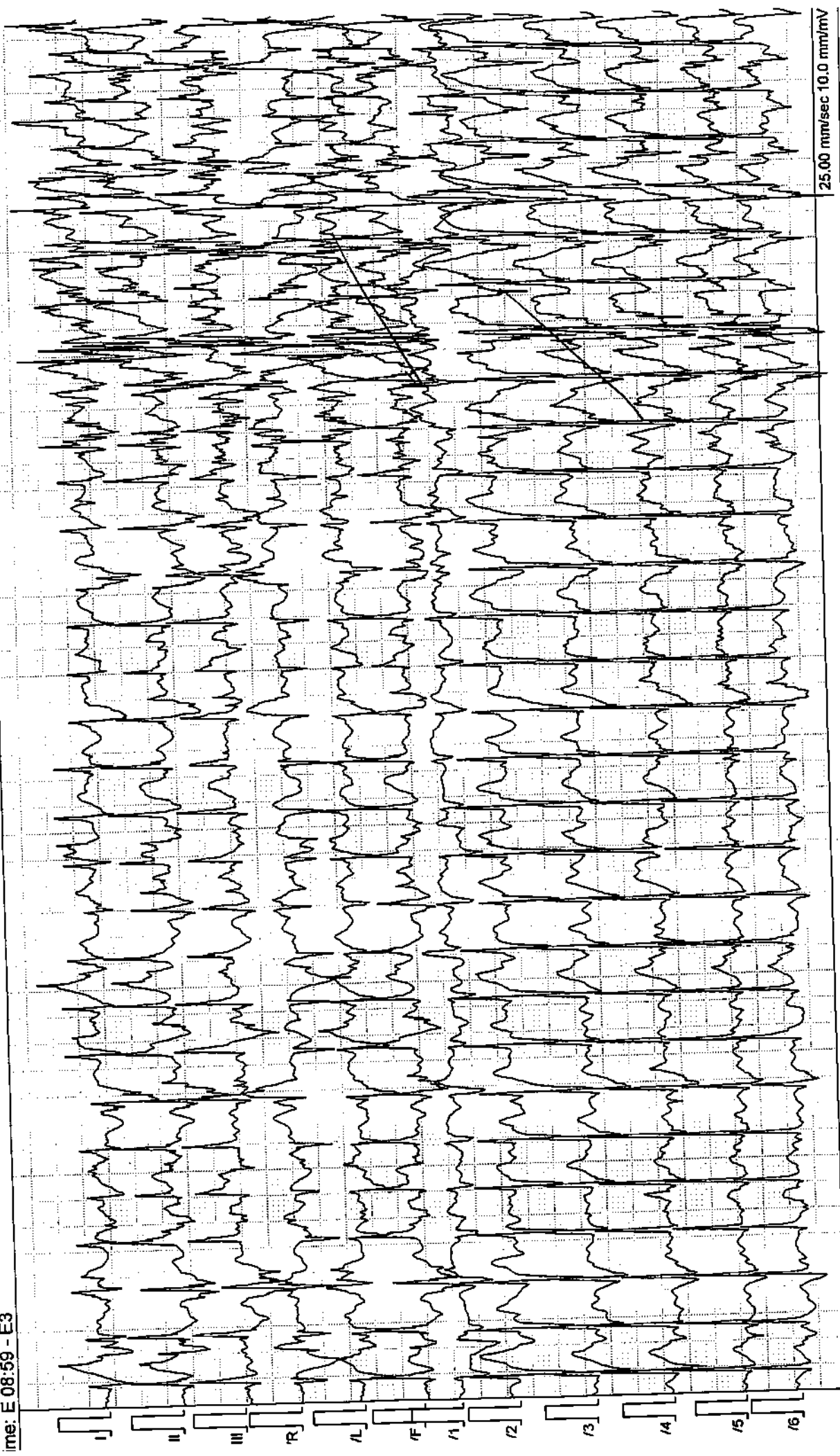
ACHMAD SAIDI, MR

ID: 01.00079092, Born: 7/19/1967 (Male 53), 83.4 kg, 165 cm
Test Date: 8/6/2020 10:03:28 AM

MEDIKA PLAZA

Load: 10.1MET, HR: 166bpm, BP: 150/90

Time: E 08:59 - E3



Filter: 0.07 Spline - 90 Adapt, ~50 [Hz]

BTL CardioPoint 2.30.33006.0, DIAG: 2.0.2.0; ECG: BTL-08 ECG, SN: 071D-B-05775

25.00 mm/sec 10.0 mm/mV

Page

BTL CardioPoint - Stress Test

edika Plaza Clinic



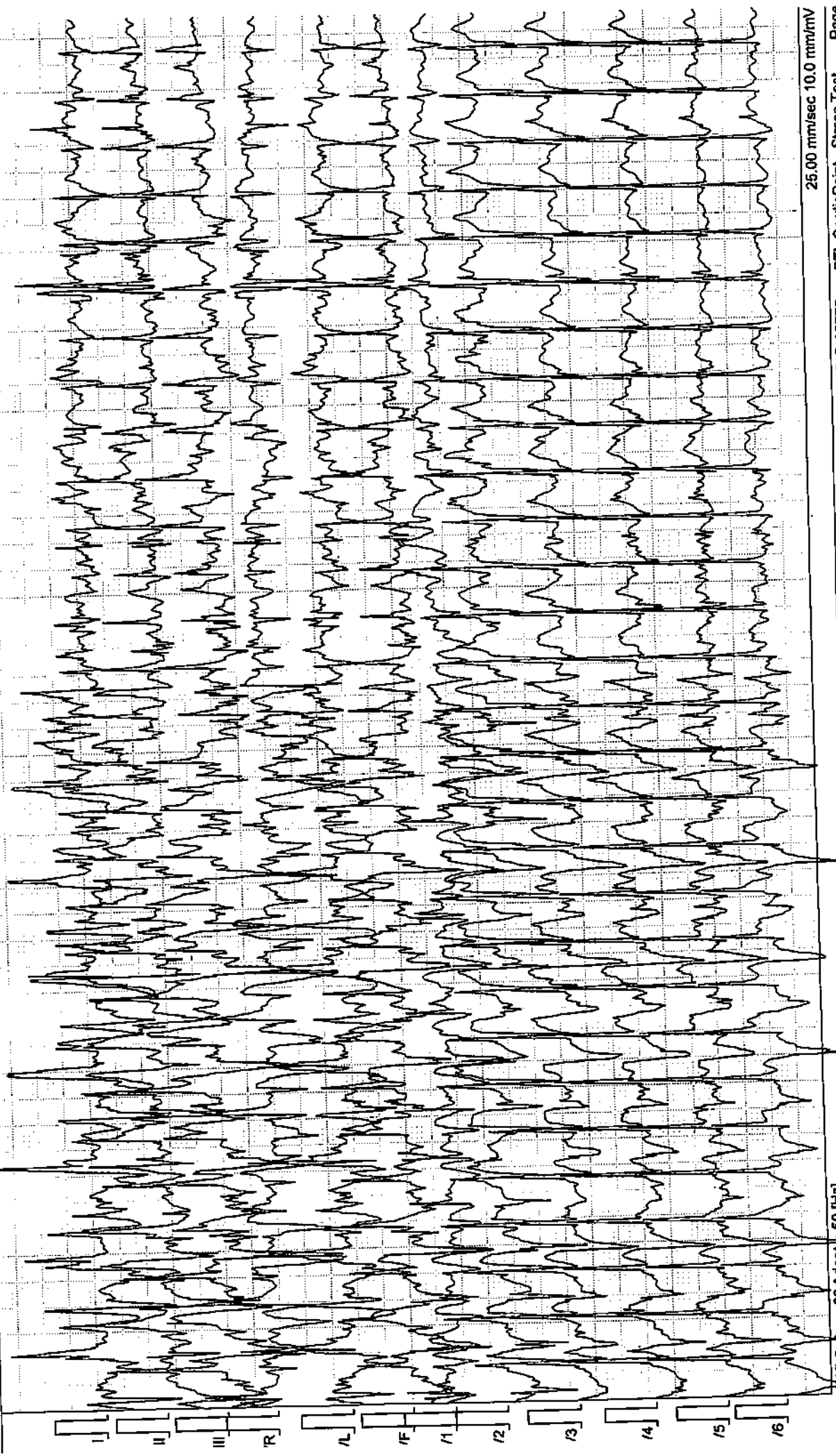
ACHMAD SAIDI, MR

ID: 01.00079092, Born: 7/19/1967 (Male 53), 83.4 kg, 165 cm
Test Date: 8/6/2020 10:03:28 AM

MEDIKA PLAZA

Load: 13.4MET, HR: 169bpm, BP: -

Time: E 09:17 - Peak



Filter: 0.07 Spine - 90 Adap - 50 [Hz]

25.00 mm/sec 10.0 mm/mV



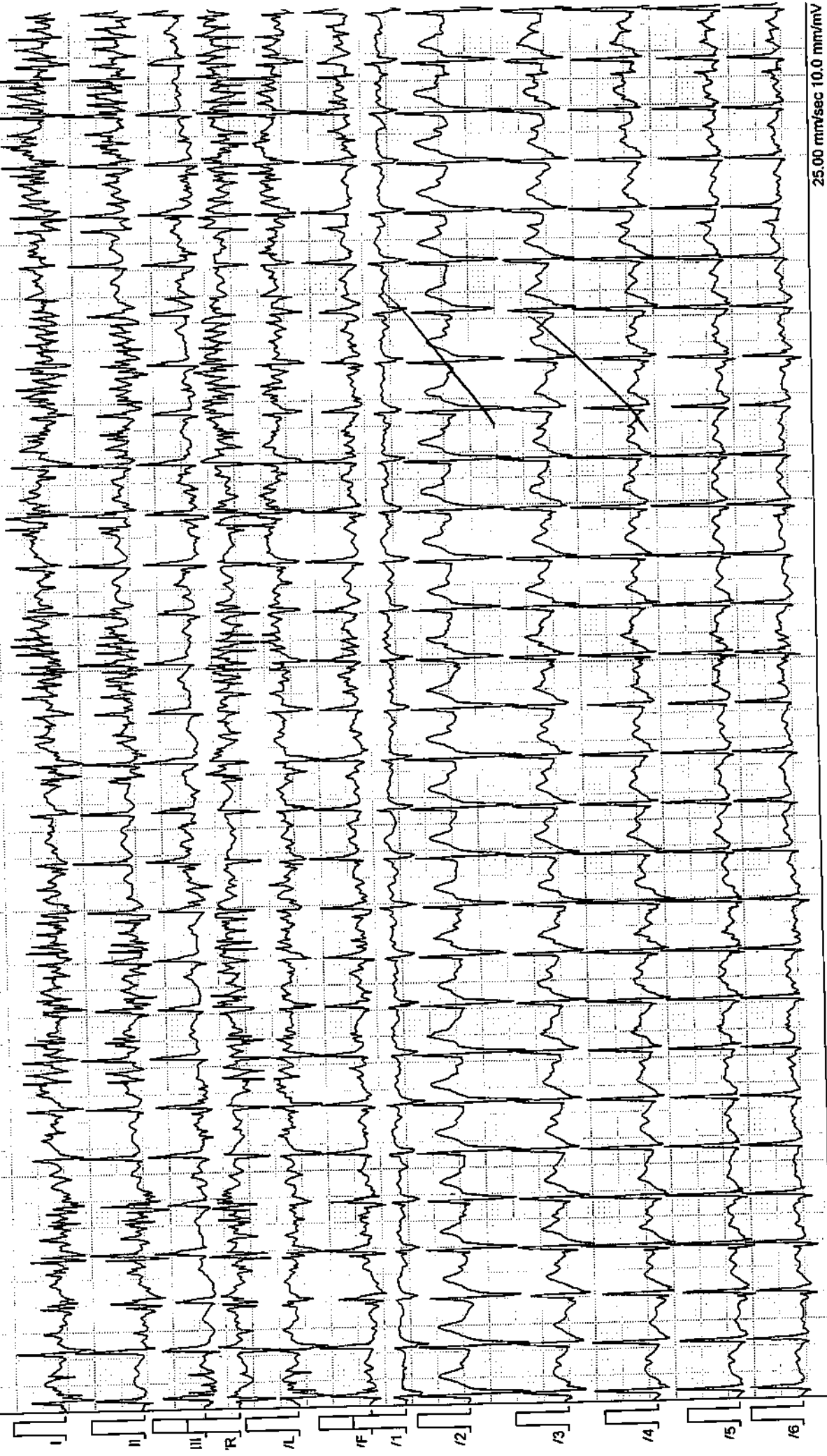
ACHMAD SAIDI, MR

ID: 01.00079092, Born: 7/19/1967 (Male 53), 83.4 kg, 165 cm
Test Date: 8/6/2020 10:03:28 AM

MEDIKA PLAZA

Load: 1.5MET, HR: 162bpm, BP: 150/90

Time: R 00:10 - Recovery



25.00 mm/sec 10.0 mm/mV

Filter: 0.07 Spline - 90 Adapt. ~50 [Hz]



ACHMAD SAIDI, MR

ID: 01.00079092, Born: 7/19/1967 (Male 53), 83.4 kg, 165 cm
Test Date: 8/6/2020 10:03:28 AM

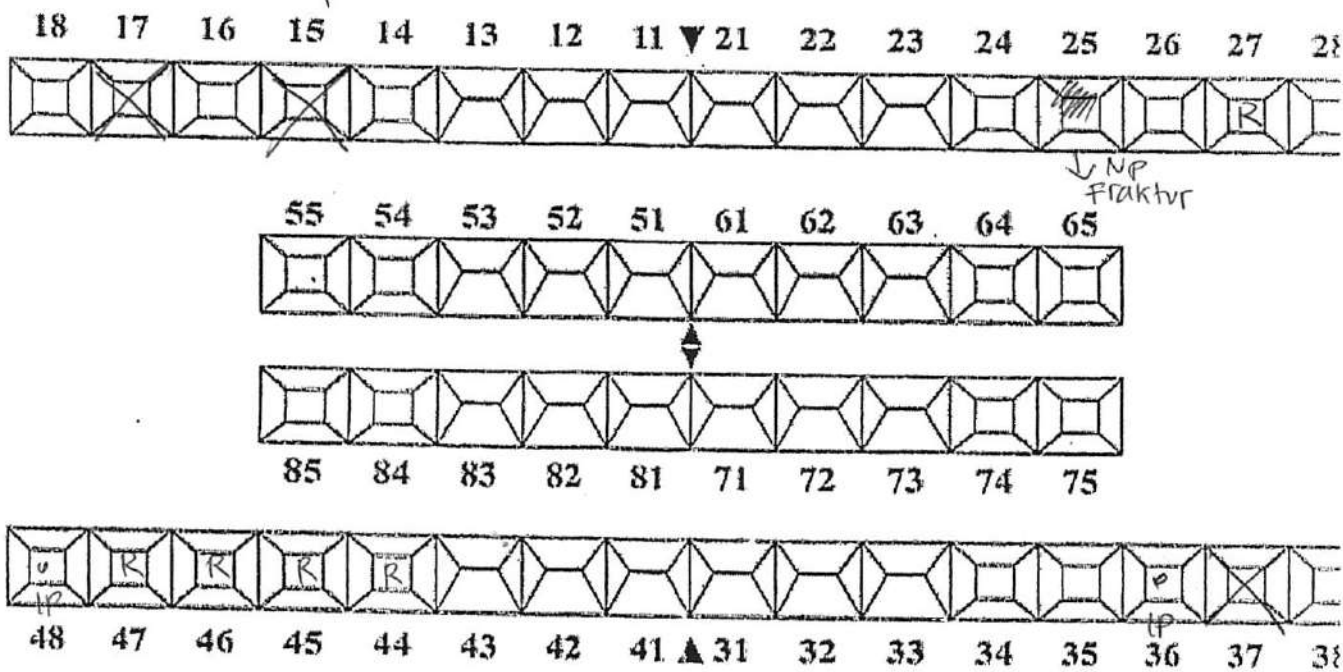
MEDIKA PLAZA

Stage	Time	Load			HR bpm	BP mmHg	SpO2 %	ST Level [mV], J+: 1/8RR											
		km/h	%	MET				I	II	III	aVR	aVL	aVF	V1	V2	V3	V4	V5	V6
Reference	E 00:03	0.8	0.0	1.4	125	130/80	-	0.15	-0.09	-0.16	-0.06	0.17	-0.03	-0.06	0.18	0.10	0.05	0.02	-0.02
E 1 stage	E 03:01	2.7	10.0	4.6	140	130/80	-	0.11	0.01	-0.14	-0.03	0.11	-0.08	0.02	0.27	0.22	0.16	0.11	0.04
E 2 stage	E 06:02	4.0	12.0	7.0	150	140/90	-	0.17	0.03	-0.20	-0.07	0.17	-0.02	-0.04	0.82	0.22	0.09	0.05	0.05
E 3 stage	E 09:04	5.4	14.0	10.1	166	150/90	-	-0.38	0.26	0.73	0.10	-0.51	0.51	-2.75	0.88	0.33	0.17	0.32	0.37
E 4 peak	E 09:22	6.7	16.0	13.4	169	150/90	-	0.15	0.08	-0.18	-0.15	0.10	-0.07	-0.04	0.29	0.30	0.25	0.20	0.05
Recovery	R 00:20	0.8	16.0	2.5	162	150/90	-	0.09	0.05	-0.13	0.10	0.06	0.02	0.04	0.33	0.22	0.15	0.09	0.03

DENTAL EXAMINATION

Name: Achmad Saidi	Sex: M/F	MR :	Visit 6/20
Comp.: Inspektindo Sinergi Persada	DOB :		18

ODONTOGRAM



Calculus + 2.

DIAGNOSA

- OH sedang
- Gingivitis
- Nekrosis pulpa 25
- Gangren Radix 27 44 45 46 47
- Iritatio Pulpa 36 48
- Miscing 17 15 37

TREATMENT PLANNING

- Pro Scaling
- Pro PSA + crown 25
- Pro Exo 27 44 45 46 47
- Pro filling 86 48
- Pro Protesa 17 15 37

Verified by: drg. Ilona Amalia/ drg. Fajar Sulawati/drg. Siti Darjah/drg. Herlina

Handwritten signature and date: 6/8 20

NAMA PASIEN : Tn. Achmad Saldi
No. RM : 01.00079092 / inspa.tindo
Klinik/MCU/HCU : ENT

Yth. Ts. Dokter :
(Konsulen)

Mohon konsul Pasien yang kami rawat
dengan,

Diagnosis Kerja :
Ikhtisar Klinik :

Konsul yang diminta :

PENDAPAT KONSULEN

Penemuan :

Diagnosis :

Nasehat/Anjuran :

- Healthy life style
- Exercise regularly
- Very eye protect
When walk in ray hood.

ear: tympanic membrane Intact.
nose: End ethopy, no scabte.
throat: T, T, no hyperemico.
Audiometry: Very threshold with nail lint.
Percy on free 7000 - 8000 Hz left ear.
Diagnosis: Ear nose throat with nail lint.

Tanggal : 6/08/2020

Jam :

Dokter :

Tanda tangan

dr. MERISTIANA CHRISTIANE, Sp.THT-KL

SIP: 13/B-156/S7-04-1.779.3/6/2018

PT. KARTIKA BINA MEDIKATAMA
Nama Jelas


No. Formulir : FM - DR - 008 - 02
No. Revisi : 00
Tanggal Terbit : 07 Juli 2017

Medical Screening Questionnaire And Examination Record

Surname: <u>ACHMAD SAIDI</u>		Forenames:	
Address: <u>LIRIK WILUANG · MERAK - BAITEN</u>		Tel No: <u>081273099206</u>	
Date of Birth: <u>19-07-1967</u>			
GP's Name:			
GP's Address:			
Date of Last Offshore Medical: <u>20⁰⁷ 2019</u>		Offshore Occupation/Job Title : <u>INSPECTOR</u>	
Emergency Response Role :			
Social / Occupational History		Yes	No
		Comments	
(1)	Do you smoke? If so, how many per day?		✓
(2)	If an ex-smoker, when did you give up?		✓
(3)	Average weekly alcohol consumption: state quantity and type.		✓
(4)	Have you been exposed to any known occupational hazard such as noise, radiation, dusts, asbestos, chemicals or lead?		✓
(5)	Do you use protective clothing, safety glasses or hearing protection?		✓
(6)	Have you ever developed any medical condition in connection with your occupation? If so, please give details eg hearing loss/skin condition/wheeze/backache/muscle strain/blood disease?		✓
(7)	Have you suffered any industrial injury? If so, please give details:		✓
(8)	Have you ever had any previous audiometric screening? Was this normal? State when and where.		✓
(9)	Have you ever had any previous lung function screening? Was this normal? State when and where.		✓
(10)	Have you ever been rejected from employment on medical ground?		✓
(11)	Have you ever received compensation, or is there any industrial claim pending?		✓
(12)	Have you ever been medivaced from an offshore installation?		✓
Examining Physician's comments :			

**Medical Screening Questionnaire And
 Examination Record (cont'd)**

Do you have, or have you been diagnosed as suffering from any of the following? <i>(Please circle and elaborate)</i>			
Please circle and elaborate			
(1) Chest pain/heart pain	Yes	<input checked="" type="radio"/> No	
(2) High blood pressure / stroke	Yes	<input checked="" type="radio"/> No	
(3) Asthma / Epilepsy/Diabetes	Yes	<input checked="" type="radio"/> No	
(4) Peptic ulcer disease	Yes	<input checked="" type="radio"/> No	
(5) Kidney disease (eg stones)	Yes	<input checked="" type="radio"/> No	
(6) Psychiatric disorder (eg anxiety, depression)	Yes	<input checked="" type="radio"/> No	
(7) Tuberculosis	Yes	<input checked="" type="radio"/> No	
(8) Cancer	Yes	<input checked="" type="radio"/> No	
Do any of your immediate family (parents/brothers/sisters) have a history of any of the above conditions? Please specify :			

Do you currently have any of the following?			
(1) Backache/joint or muscular pain	Yes	<input checked="" type="radio"/> No	
(2) Hernia/rupture	Yes	<input checked="" type="radio"/> No	
(3) Visual impairment	Yes	<input checked="" type="radio"/> No	
(4) Perforated eardrum / discharge from ear	Yes	<input checked="" type="radio"/> No	
(5) Recurrent indigestion	Yes	<input checked="" type="radio"/> No	
(6) Jaundice/hepatitis/gall bladder disease	Yes	<input checked="" type="radio"/> No	
(7) Change in bowel habit/diarrhoea	Yes	<input checked="" type="radio"/> No	
(8) Blood in stools/piles/haemorrhoids	Yes	<input checked="" type="radio"/> No	
(9) Shortness of breath/coughing up blood	Yes	<input checked="" type="radio"/> No	
(10) Recurrent bronchitis/pneumonia	Yes	<input checked="" type="radio"/> No	
(11) Blood in urine/kidney complications/stones	Yes	<input checked="" type="radio"/> No	
(12) Headaches/migraine/dizziness	Yes	<input checked="" type="radio"/> No	
Physician's comments :			
I certify that the above information is correct :			
Signed :  [Employee]			

** Source : Medical Aspects of Fitness for Work Offshore Guidance for Examining Physicians Oil & Gas UK, March 2008*



MEDIKA PLAZA
INDONESIA

MEDIKA PLAZA HEALTH & MEDICAL SERVICES

Medical Screening Questionnaire And Examination Record (cont'd)

Medical Examination

To Be Completed By Examining Physician

Photographic ID :	Passport number :	-
	Driver's license number :	67071323024A
	Other : <i>KTP</i>	362203190760003

Height	Weight	BMI	BP	Pulse	FEV ₁	FVC	FEV ₁ / FVC	Urinalysis		
								Protein	Blood	Glucose
165 cm	83.4 kg	30.63 kg/m ²	130/80 mmHg	97 min			N/A	Neg	Neg	Neg

Vision Distance			Vision Near			Colour		VDU
L	Aided L	Both	L	Aided L	Both	Normal	Abnormal	
20/40			J3			✓		
R	Aided R		R	Aided R		✓		
20/40			J3					

Has been consulted to ophthalmologist

	Normal	Abnormal	Comments
Audiometric Screening		✓	Decreasing of hearing ability on high frequency of left ear.
Substance Abuse Screening	✓		
Stool Culture (Catering Crew)	✓		
Further investigations			
Blood tests		✓	1. Hypercholesterolemia 2. Increase Fasting blood sugar.
Chest X-Ray	✓		
Electrocardiograph (ECG) / Treadmill	✓		
Spirometry			N/A.
USG		✓	Mild Fatty Liver.

* Source : Medical Aspects of Fitness for Work Offshore Guidance for Examining Physicians Oil & Gas UK, March 2008

**Medical Screening Questionnaire And
 Examination Record (cont'd)**

	Normal	Abnormal	Comments
1. Eyes/pupils	✓		Calculus, missing, radix, decayed teeth.
2. Ear, nose and throat	✓		
3. Teeth		✓	
4. Lungs/chest	✓		
5. Cardiovascular	✓		
6. Abdomen	✓		
7. Hernial orifices	✓		
8. Genitourinary	✓		
9. Musculoskeletal	✓		
10. Skin	✓		
11. Varicose veins	✓		
12. Neurological	✓		

Physician to comment on any abnormalities :

Certification	Comment/Reason
Fit for offshore work as per Oil & Gas UK guidelines	✓
Fit for restricted offshore work following discussion with operating company's medical adviser	
Temporarily unfit for offshore work	
Permanently unfit for offshore work	

Physician's signature : 
 Print name : **dr. Puteri Melati**
 Date of examination : 06/08/2020




 PT. KARTIKA BINA MEDIKATAMA
 SIP: 23/B. 15A/31.74.04.1004/1.779/e/2017

* Source : Medical Aspects of Fitness for Work Offshore Guidance for Examining Physicians Oil & Gas UK, March 2008

Unrestricted Offshore Work Certificate

Medical Certificate of Fitness for Offshore Work

(Issued in accordance with Oil and gas UK Guidelines)

Name :	ACHMAD SAIDI
Date of Birth :	19 July 1967
Employing Company Name :	INSPEKTINDO SINERGI PERSADA, PT
Occupation :	ASST. INSPECTOR
<p>This individual has been examined in accordance with Oil & Gas UK Guidelines and is Medical Fit for Unrestricted To The Job Described At Offshore Work</p>	
Examining Physician Name :	dr. Frans Denis Martogi
Oil & Gas UK PIN No. :	OGUK/2017/2465
Date of Examination :	06 August 2020
Date of Expiry of Certificate :	06 August 2022
Signed :	  PT. KARTIKA BINA MEDIKATAMA

PT. KARTIKA BINA MEDIKATAMA

HEAD OFFICE : BELTWAY OFFICE PARK, TOWER C, 2nd Floor, Jl. TB. Simatupang Kav 41. Jakarta Selatan 12550, Phone : +62 21 808 66 088, Fax : +62 21 808 66 089

BELTWAY CLINIC : BELTWAY OFFICE PARK, ANNEX BUILDING, Ground Floor, Jl. TB. Simatupang Kav 41. Jakarta Selatan 12550, Phone : +62 21 808 66 099, Fax : +62 21 808 66 098

WTC 2 CLINIC : World Trade Center 2, Lower Ground Floor, Jl. Jend. Sudirman Kav 29. Jakarta Selatan 12920, Phone : +62 21 295 22 611, Fax : +62 21 295 22 610

www.medikaplaza.com

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.medikapla.com

PATIENT DATA

MedRec.	: 01.00079092	EMPLOY. STATUS	: PreEmployee
NAME	: ACHMAD SAIDI	BIRTHDATE	: 19 July 1967
EMPLOYEE No.	: -	SEX	: Male
JOB TITLE	: ASST. INSPECTOR	STATUS	: Married
COMP. NAME	: INSPEKTINDO SINERGI PERSADA, PT	NASIONALITY	: INDONESIA

SUMMARY

MEDICAL FINDING :

1. Hypercholesterolemia
2. Increase fasting blood sugar
3. Obesity
4. Prehypertension
5. Calculus, missing, radix, and decayed teeth
6. Decreasing of visual acuity of both eyes
(has been consulted to ophthalmologist)
7. USG abdomen : Mild fatty liver.
8. Decreasing of hearing acuity on high frequency of left ear

PERCEPTIONS OF EXPOSURE BY WORKERS :

- Others (Onshore (ast inspector))

Your fitness status is fit for unrestricted to the job described at offshore work.

SUGGESTION :

1. Low fat diet and exercise regularly minimal 3 times a week
2. Low sugar diet and repeat glucose test after 1 month later
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 68.06Kgs (present body weight is 83.4Kgs). Consultation with a Nutritionist for evaluation of obesity
4. Low salt diet and monitor your blood pressure regularly minimal once in two weeks. Consult to a cardiologist, if your blood pressure tends to increase.
5. Consultation with a Dentist for dental care, minimal once a year or better once in six month
6. You need to wear glasses for both vision. Consultation with an Ophthalmologist for further evaluation of Decreasing of visual acuity of both eyes
7. Low fat diet and exercise regularly minimum 3x/week. Repeat abdominal USG 6 months later and consultation with an Internist to evaluate fatty liver
8. Avoid noisy environment and use earplug properly while working at noisy work environment to prevent further hearing impairment

Responsible Doctor



Puteri Melati, MD

Notes:

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

Email : - beltway.doctor@medikapla.com
- beltway.doctor2@medikapla.com
Telepon Klinik : (62-21) 8086 6000



RS KURNIA CILEGON

Jl. Jombang Masjid No. 4 Cilegon - Banten 42411
Telp (0254) 351 151 Fax (0254) 357 023 e-mail: info@rskurnia.co.id

SURAT KETERANGAN BERBAHAG SEHAT

No : 1-RSK/HR-SP/1511/2020

Surat berlandas hukum di bawah ini menerangkan bahwa :

Nama : ALYAN SAIDI BA

Tanggal lahir : 08/08/2020 00:00

Amas kelahiran : 1991-1991

Keperawatan : PERIKAWI, SAKIT

Alamat : L.196 KEMILAH, TELUK KEMILAH

Tujuan diterangkan mengenai persyaratan sebagai berikut : Sehat

Ukuran ketertarikan : TB : 120/90 mmHg

BB : 24 kg

TD : 110/70

Kecekakan : -

Gluk. Darah : 0

Sifat ketertarikan dan tidak ketertarikan

Kecekakan : -

Revisi : sesuai anterior normal

RSB : 0/0 cc (-0.50) (-0.50) = 0/0

RSK : 0/0 cc (-1.00) (-1.00)

dan 0.50

Demikian surat yang diterangkan di atas ini dan dapat dipertanggungjawabkan dengan sejujurnya
sestunya.

Catatan :

Tekanan Darah (TD) : 110/70

Serat Darah (SD) : 0/0

Tekanan Sistolik (TS) : 110

Kecekakan : -

Gluk. Darah : -

Sifat ketertarikan : -

Revisi : -

RSB : -

RSK : -



RS KURNIA CILEGON

Jl. Jombang Masjid No. 4 Cilegon - Banten 42411
Telp (0254) 351 151 Fax (0254) 357 023 e-mail: info@rskurnia.co.id

Cilegon, 08/08/2020 00:00

Dokter Perawat

Dr. Alyan Saidi Ba

RS KURNIA CILEGON

Jl. Jombang Masjid No. 4

Cilegon - Banten 42411

Telp (0254) 351 151 Fax (0254) 357 023

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RUMAH SAKIT KURNIA

Jl. Jombang Masjid No. 166 Cilegon Banten
Tlp: (0254) 391161, 391162, 391163
E-Mail: info@rskurnia.com

SURAT KETERANGAN KEBAHAGIAN SEHAT

Nomor : _____ RS/SP/.../...

Yang bertanda tangan dibawah ini menerangkan :

Nama : Tn Achmad Saidi
Tanggal Lahir : 19 Juli 1967
Jenis Kelamin : Laki-laki
Pekerjaan : Karyawan
Alamat : Wilulang Merak Banten



ACHMAD SAIDI TN
000218021 / 592115 / RAWAT JALAN
53 th 0 bl 21 hr / L / 19-07-1967
DP-dr. Ade Irawan SpM
UMUM KUNJUNGAN
Tgl : 08/08/2020 00:24

Telah diperiksa keadaan kesehatannya dengan hasil : Fit to work

Untuk keperluan : Bekerja

Demikian agar yang berkepentingan maklum dan dapat digunakan dengan sebenarnya dan nestinya.

Catatan :

TD : 120/80 mmHg
BB : 84 kg
TB : 165 cm
Hemoglobin : -
Gol. Darah : B
Buta Warna : ODS Tidak Buta Warna
Mata : Seymen anterior Normal
Visus OD : 6/12 cc S-0.50 C-0.50x75 → 9/6
 6/12 cc C-1.00 x105 → 9/6
 add +2.50

) Coret yang tidak perlu

Cilegon 8-8-2020

Adeh