



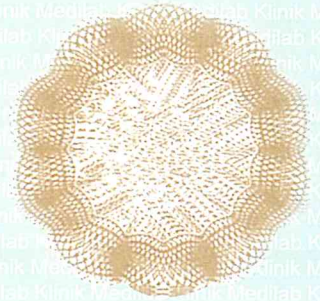
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PUSAT PEMERIKSAAN KESEHATAN TENAGA KERJA

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Telp: (0778) 7372022, 7372023, 0811 770 1188, 0811 770 1199. Fax: (0778) 7372024
E-mail: customercare@medilab-clinic.com, Website: www.medilab-clinic.com



EYE EXAMINATION REPORT

Identification of Applicant

Applicant's Name : Eliphas Sinaga
Sex/Age : Male/ 43 Years
Address : Bengkong Indah
Company's Name : RIGSPEK PERKASA .PT



ELIPHAS SINAGA

Distant vision acuity (Snellen Chart)

Right Eye : 6/6 Without Glasses
Left Eye : 6/6 Without Glasses

Near vision acuity (Jaeger Test)

Both Eyes : J6 Without Glasses

Colour Vision (Ishihara Test)

Normal

Dr. Rezga Agnela Valbetri

Examiner's Name

Examiner's Signature

Batam, March 20th, 2020

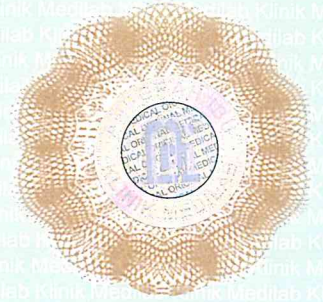
Place, Date of eye examination



Official Stamp of Medical Practitioner



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HEALTH SCREENING REPORT

Periodic Health Examination

CONFIDENTIAL

No. Medical Record : 
00005/004/III/RP/20

185

PERSONAL DATA

Name : ELIPHAS SINAGA
Birthday/Gender/Emp. ID : 5 May 1976 / Male /
Father's Name : HASINAGA
Address : BENGKONG INDAH, BATAM
Occupation : ASST INSPECTOR
Name of Employer / Recruitment Agency : RIGSPEK PERKASA .PT
Address of Employer / Recruitment Agency : KOMPLEK KAWASAN SEKUPANG KAV. NO.13 BATAM, BATAM



ELIPHAS SINAGA

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

CLINICAL EXAMINATION

Weight : 63 Kg	Height : 160 Cm	3. Cardiovascular System	Yes/Abnormal	No/Normal
BMI : 24.60		a. Blood Pressure	<input type="checkbox"/>	<input checked="" type="checkbox"/>
		Systolic / Diastolic : 107 / 78 mm Hg		
		Pulse : 72 / min		
1. Vision	Yes/Abnormal No/Normal	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 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 checked="" type="checkbox"/>	<input type="checkbox"/>
3. Other Laboratory Test	<input checked="" type="checkbox"/>	<input type="checkbox"/>

OTHER TEST

(Report Enclosed)

	Yes/Abnormal	No/Normal
1. Audiometri	<input checked="" type="checkbox"/>	<input type="checkbox"/>
2. Spirometri	<input type="checkbox"/>	<input checked="" type="checkbox"/>
3. ECG (if indicated)	<input type="checkbox"/>	<input checked="" type="checkbox"/>
4. Chest X-Ray	<input type="checkbox"/>	<input checked="" type="checkbox"/>

Remarks: Hypermetropia H52.0 R:J6, L:J6, Bilateral Varicose Grade 1 I83.9, E.N.T: Left Tonsil J03 T1, Right Tonsil J03 T1, Waist Circumference: 87 cm, Lab: Alkaline Phosphatase R74.9 228 U/L MIE, GGT R74.9 58 U/L MIE, Total Cholesterol E78.0 271 mg/dl VHR, HDL E78.4 43 mg/dl BHR, Triglyceride E78.1 599 mg/dl VHR, Cholesterol Ratio E78 6.3 AR, Nuchter: Diabetes R73.01 248 mg/dl, Blood Count: Thrombocytopenia D69.9 129*10³/mm³ MID, Urine Feme: Glycosuria +++ R81 Severe, Audiometry: Right Ear Conductive Moderate Hearing Loss H90.2, Left Ear Conductive Mild Hearing Loss H90.2

CERTIFICATION

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

ADVICE :

Wear Glasses, Legs Exercise, Avoid Cool & Spicy Food, Take Enough Rest & Consume Curcuma, Consultation to Company Doctor, Low Fat & Sugar Diet, Wear Ear Plug While Working

Authentic Signature

Date of Exam : 20 March 2020



DR. REZGA AGNELA VALBETRI

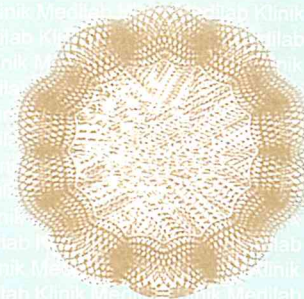


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HEALTH SCREENING REPORT

Periodic Health Examination

CONFIDENTIAL

No. Medical Record : 
00005/004/III/20

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 Father's Name : HASINAGA
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LABORATORY REPORT

BLOOD COUNT

Test Name	Result	Unit	Reference Range	
HGB	17.2	gr/dl	M: 13.2 - 17.3	F: 11.7 - 15.5
WBC	6.9	10 ³ /mm ³	M: 3.8 - 10.6	F: 3.6 - 11.0
RBC	5.42	10 ⁶ /mm ³	M: 4.4 - 5.9	F: 3.8 - 5.2
ESR	2	mm/hr	M: 0 - 10	F: 0 - 20
HCT	49.5	%	M: 40 - 52	F: 35 - 47
PLT	*	129 10 ³ /mm ³	150 - 440	
Differential Count				
- LYM	39.0	%	25	- 40
- MON	5.4	%	2	- 8
- GRA	55.6	%	43	- 76

URINE FEME

Macroscopy	Result	Microscopy	Result
- pH	5	- WBC/HPF	Occ/HPF
- Specific Gravity	1.015	- RBC/HPF	Nil/HPF
- Glucossa	* Positive+++	- Epithel Cell	Nil
- Protein	Negative	- Crystals	Nil
- Ketones	Negative	- Cast	Nil/HPF
- Bilirubin	Negative		
- Urobilinogen	Normal		
- Nitrit	Negative		
- Blood	Negative		
- Leucocytes	Negative		

X-RAY REPORT

Chest PA:

Show no Abnormalities.

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.

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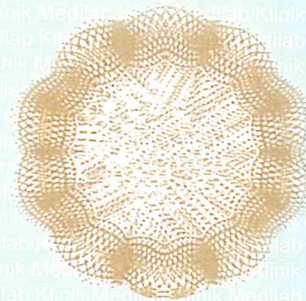
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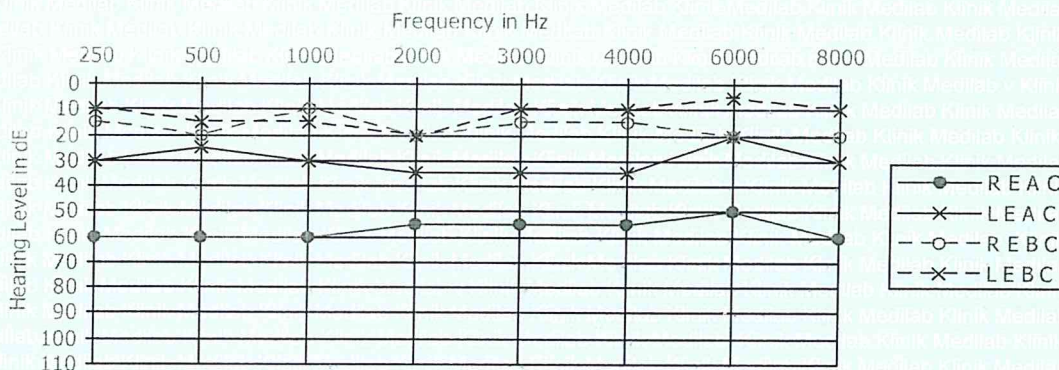
AUDIOMETRY REPORT

Occupational History

	Yes	No
- Noisy Working Environment	<input checked="" type="checkbox"/>	<input type="checkbox"/>
- Present/use of Hearing Protector	<input checked="" type="checkbox"/>	<input type="checkbox"/>
- Period of Working	13.0 years	

Medical History/Examination

	Yes	No	If Yes, which ear	Left	Right
- Ear Surgery	<input type="checkbox"/>	<input checked="" type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>
- Head/Ear Injury	<input type="checkbox"/>	<input checked="" type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>
- Ears Infection	<input type="checkbox"/>	<input checked="" type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>
- Ear Drum Perforation	<input type="checkbox"/>	<input checked="" type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>
- Ear Cerumen	<input type="checkbox"/>	<input checked="" type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>



Conclusion :

- Audiogram : Abnormal : Right Ear Conductive Moderate Hearing
- Hearing Impairment : Loss, Left Ear Conductive Mild Hearing Loss

Monaural	:	R :	46.50 %
		L :	7.13 %
Hearing Handicap :			13.688 %
- Not a Noise Induced Hearing Loss

Date of Exam : 20 March 2020



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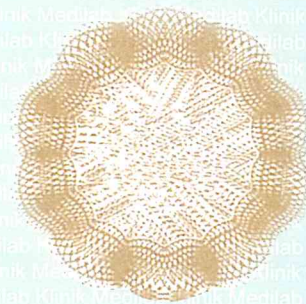
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PULMONARY FUNCTION TEST

Occupation History

	Yes	No
- Dusty Working Environment	<input type="checkbox"/>	<input checked="" type="checkbox"/>
- Present/use of Protective Equipment	<input type="checkbox"/>	<input checked="" type="checkbox"/>
- Period of Working	0.0 years	

Medical History

	Yes	No	If Yes, when
- Lung Disease	<input type="checkbox"/>	<input checked="" type="checkbox"/>	
- Breathlessness/Asthma	<input type="checkbox"/>	<input checked="" type="checkbox"/>	
- Coughed Up Blood	<input type="checkbox"/>	<input checked="" type="checkbox"/>	

	BEST VALUES		
	Pred.	Measured	%Pred.
FVC	3.76	3.58	95
FEV1	3.14	3.26	104
FEV1/FVC	79.5	91.0	114
PEF	8.13	8.27	102
FEF25-75	3.96	5.24	132

PARAMETER		Pred.	PRE#1	%Pred.	PRE#2	PRE#3
*FVC	L	3.76	3.58	95	3.58	3.58
*FEV1	L	3.14	3.26	104	3.26	3.26
*PEF	L/s	8.13	8.27	102	8.27	8.27
FVC	L	3.76	3.58	95	3.52	3.55
FEV1	L	3.14	3.26	104	3.23	3.20
FEV1/FVC	%	79.5	91.1	115	91.8	90.1

FVC Normal Value : 3.231
 FEV1 Normal Value : 2.607
 FEV1/FVC % Normal Value : 81%
 FVC % Predicted Value : 110%
 FEV1 % Predicted Value : 125%
 FEV1/FVC % Predicted Value : 112%

Interpretation : Normal Spirometry

Date of Exam : 20 March 2020



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Predicted Value based on Indonesian Pneumobile Project, Reference spirometric values of healthy Indonesian schoolchildren and working adults using equipment and methods that meet American thoracic Society (ATS) 1987 recommendations, 1993

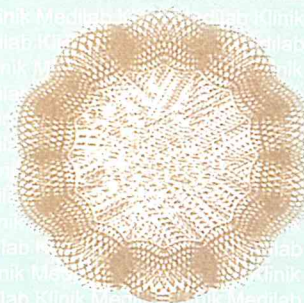


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LABORATORY REPORT

Test Name	Result Unit	Reference Range
LIVER FUNCTION TEST		
Total Bilirubin	: 0.3 mg/dl	0.3 - 1.1
Direct Bilirubin	: 0.1 mg/dl	0.1 - 0.4
Indirect Bilirubin	: 0.2 mg/dl	0.2 - 0.7
Alkaline Phosphatase	:* 228 U/L	30 - 120
SGOT	: 17 U/L	M: <= 35 F: <= 31
SGPT	: 28 U/L	M: <= 45 F: <= 34
Gamma GT	:* 58 U/L	M: <= 49 F: <= 32
LIPID PROFILE TEST		
Total Cholesterol	:* 271 mg/dl	<= 200
HDL - Cholesterol	: 43 mg/dl	M: > 35 F: > 45
LDL - Cholesterol	: 108 mg/dl	50 - 140
Triglycerida	:* 599 mg/dl	<= 204
Ratio Cholesterol (Total Chol : HDL)	:* 6.3	M: < 3.4 F: < 3.3
BLOOD SUGAR TEST		
Glucose	:* 248 mg/dl	< 100
RENAL FUNCTION TEST		
Ureum	: 18 mg/dl	17 - 43
SEROLOGI		
TPHA	: Non Reactive	Non Reactive
HBsAg	: Negative	Negative
Anti HBs	: Negative	
URINE		
Cannabinoid	: Negative	Negative
Methamphetamine	: Negative	Negative
Opiates	: Negative	Negative
Cocain	: Negative	Negative
Amphetamine	: Negative	Negative
Benzodiazepine	: Negative	Negative
OTHERS		
BUN	: 9 mg/dl	8 - 22
Breath Alcohol Test	: 0.000 %BAC	< 0.02 %BAC is negative

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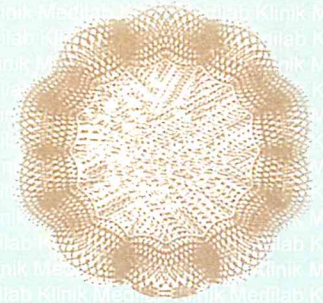
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LABORATORY REPORT

Test Name	Result Unit	Reference Range
		>= 0.02-0.039 %BAC: cannot perform safety sensitive function
		>= 0.04 %BAC is a violation of rule

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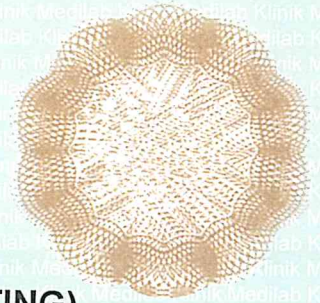


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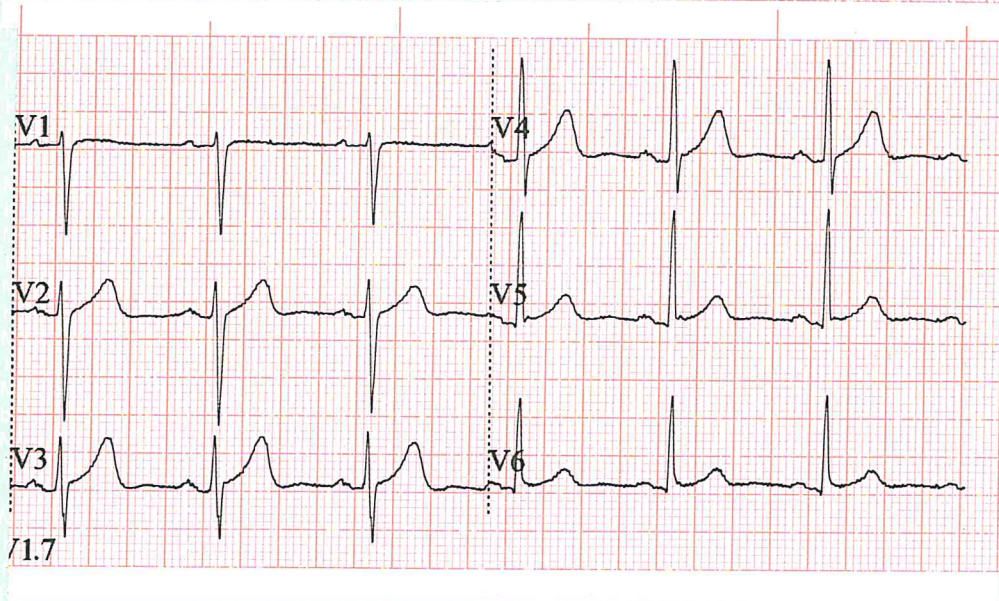
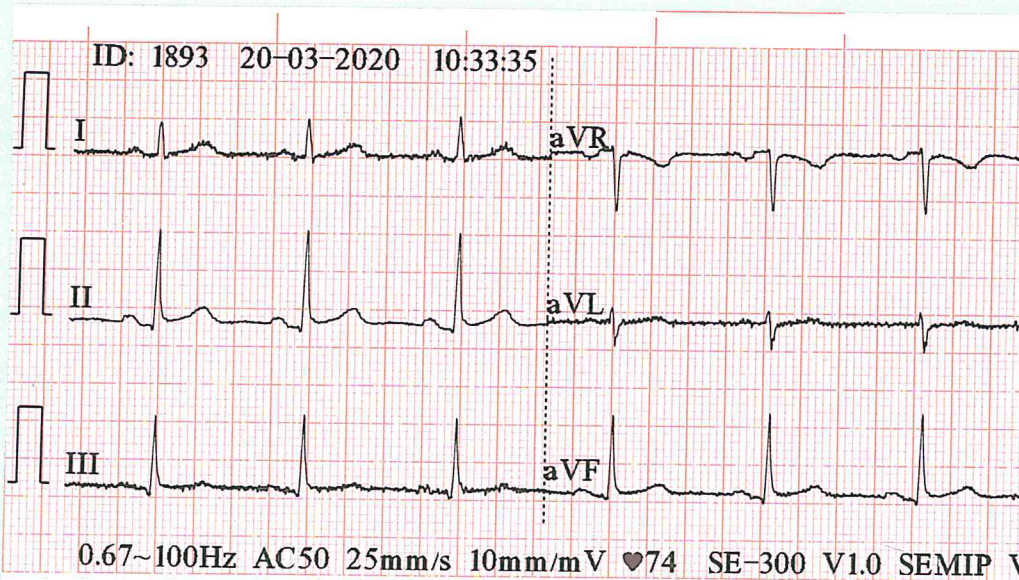
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ELECTROCARDIOGRAM INTERPRETATION (RESTING)

Name : Eliphas Sinaga
Age : 43 Years
Sex : Male
Place/Date : Batam, March 20th 2020
Company's Name : RIGSPEK PERKASA .PT



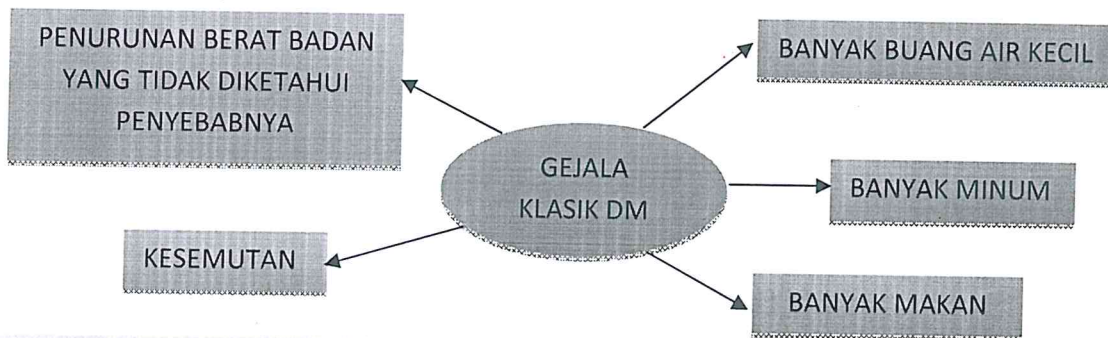
CONCLUSION : **Normal Resting ECG**
EXAMINER :



dr. REZGA AGNELA VALBETRI
Examining Physician

DIABETES MELLITUS (DM)

Diabetes Mellitus (Kencing Manis) adalah suatu kumpulan gejala yang timbul pada seseorang yang disebabkan oleh karena adanya peningkatan kadar glukosa darah akibat penurunan sekresi insulin yang progresif. (PERKENI 2015)



GULA DARAH PUASA	GULA DARAH SEWAKTU	GULA DARAH 2 JAM SETELAH MAKAN
Normal : < 100 mg/dl	Normal : < 200 mg/dl	Normal : < 140 mg/dl
Pre Diabetes : 100-125 mg/dl	Diabetes : ≥ 200 mg/dl	Pre Diabetes : 140-199 mg/dl
Diabetes : ≥ 126 mg/dl	Diabetes : ≥ 200 mg/dl	

REKOMENDASI :

1. PENGATURAN MAKANAN

Dianjurkan : ayam tanpa kulit, ikan, putih telur, daging tidak berlemak, tempe, tahu, kacang hijau, kacang merah, kacang kedelai, kacang tanah; sayur tinggi serat: kangkung, ketimun, tomat, sawi, terong dll; jeruk, apel, pepaya, belimbing (sesuai kebutuhan).

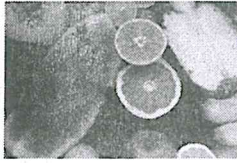
Dibatasi : semua sumber karbohidrat: nasi, bubur, roti, mie, kentang, singkong, ubi, jagung, sereal dll; lemak jenuh: kornet, sosis, sarden, otak, jeroan, kuning telur; bayam, buncis, daun melinjo, daun singkong, kacang panjang, pare, wortel; nanas, anggur, mangga, sirsak, pisang, alpukat, sawo, semangka, nangka; makanan yang digoreng dan menggunakan santan kental, kecap, saus tiram.

Dihindari : keju, abon, dendeng, susu full cream; buah-buahan yang manis dan diawetkan; minuman yang mengandung alkohol, susu kental manis, soft drink, es krim, yogurt, susu; gula pasir, gula merah, gula batu, madu, makanan dan minuman yang manis.

2. LATIHAN JASMANI

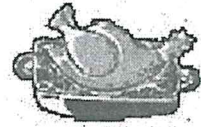
3-4x seminggu selama 30 menit misalnya bersepeda, jogging, berenang, jalan kaki.

(KEMENKES 2011)



CHOLESTEROL DARAH

Dr.Mariam Tjendera, M.Kes



Total kolesterol darah dibagi dalam 3 kategori :

1. **Layak** : < 200 mg/dl
2. **Resiko Sedang** : 200-239 mg/dl (memiliki resiko serangan jantung 2 kali lebih besar dari nilai kolesterol < 200 mg/dl)
3. **Resiko Tinggi** : > 240 mg/dl (Resiko yang lebih tinggi untuk mendapat serangan jantung dan stroke)

Jenis – jenis Kolesterol

1. **LDL-Kolesterol : Kolesterol "Jahat"**

LDL-Kolesterol yang terlalu banyak beredar di darah dapat membentuk plaque, penebalan dan pengerasan yang menyebabkan penyempitan bahkan penyumbatan pembuluh darah. Kondisi tersebut dapat menyebabkan penyakit jantung dan stroke.

2. **HDL-Kolesterol : Kolesterol "Baik"**

HDL-Kolesterol yang banyak di sirkulasi darah dapat melindungi serangan jantung. HDL-Kolesterol memiliki kecenderungan membawa kolesterol keluar dan dapat membuang plaque dari pembuluh darah

3. **Trigliserida**

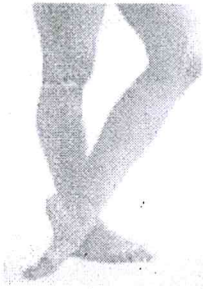
Merupakan salah satu jenis lemak darah yang bila tinggi dapat menyebabkan gangguan jantung

Cara menurunkan resiko serangan jantung dan stroke pada kolesterol yang tinggi :

1. Menghindari makanan berlemak jenuh yang dijumpai pada hasil hewan dan minyak tumbuhan tropis, seperti : daging lembu, domba, babi, mentega, coklat, susu lembu, keju, minyak kelapa, minyak palem, minyak kacang tanah dan snack crackers.
2. Memakan makanan berlemak tidak jenuh, seperti : minyak zaitun, minyak jagung, minyak bunga matahari, dan minyak kedelai.
3. Memakan makanan berserat seperti : cereal, buah segar dan sayur-sayuran.
4. Daging ikan yang mengandung asam lemak omega 3 dapat membantu menurunkan resiko serangan jantung.
5. Telur, ayam tanpa kulit, kacang buncis dan kacang polong dibatasi 3-4 kali seminggu.
6. Olah raga selama 30 – 60 menit, paling sedikit 3-4 kali seminggu.
7. Hentikan merokok, rokok dapat meningkatkan resiko serangan jantung
8. Mempertahankan tekanan darah tetap normal
9. Mempertahankan kadar gula darah tetap normal
10. Mempertahankan berat badan yang ideal
11. Hindari minuman beralkohol, karena dapat meningkatkan tekanan darah.
12. Periksa kadar kolesterol secara rutin.

Kepustakaan :

- American Heart Association, 2002
- Indiana university health center (03/01/2003), <http://Indiana.edu/~health/choles.html>



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**