

Bapak / Ibu Pelanggan

Medical Check – Up

Di –

Tempat

Dengan Hormat,

Terimakasih atas kepercayaan yang Bapak/Ibu berikan kepada kami untuk melakukan pemeriksaan kesehatan tahunan di **Medical Check Up, Siloam Hospitals Balikpapan**.

Merupakan suatu kehormatan bagi kami karena pada kesempatan ini kami dapat menyampaikan list rangkuman hasil pemeriksaan medical check – up.

Apabila ada hal yang ingin Bapak / Ibu tanyakan sehubungan dengan hasil pemeriksaan medical check – up, silahkan menghubungi kami di **No. Telp. (0542) 8862999, ext. 29211** dengan membuat perjanjian terlebih dahulu.

Sekali lagi kami ucapkan terimakasih dan kami berharap masih diberi kesempatan untuk memberikan pelayanan kesehatan tahunan bagi Bapak / Ibu beserta keluarga di masa yang akan datang.

Hormat Kami,



dr. Linda Uli Natalisa
Medical Check Up

RAHASIA



PT. Inspektindo Sinergi Persada

HEALTH AND MEDICAL CHECK UP

No. 0066/MCU-SHBP/VII/2018

Nama : **Wahyudi, Tn**
Tanggal Lahir : **03 April 1983**
Jenis Kelamin : **Male**
S/N :
Jabatan / Posisi : **Inspector**

Tanggal MCU : **23 Juli 2018**

Dilakukan oleh : **dr. Linda Uli Natalisa**
dr. Santoso Suhendro, SP. Rad
dr. M. Iqbal, Sp. JP
dr. Maranatha L.B, Sp. THT – KL
dr. Rizqa Kharisma, Sp. P

Jl. MT Haryono Dalam No. 23 RT. 30 Kel. Damai Kec. Balikpapan Selatan
Telp. 0542 -8862999 Fax. 0542 - 7206570
e-mail: rs.bpn@siloamhospitals.com
website: <http://www.siloamhospitals.com>

RAHASIA

HEALTH AND MEDICAL CHECK UP

No. 0066/MCU-SHBP/II/2018

Kepada : **Wahyudi, Tn** Umur/ Tanggal **35 tahun 03 Apr 1983** Male
Dept : **PT. Inspektindo Sinergi Persada**

Berikut adalah hasil pemeriksaan Medical Check Up yang telah dilaksanakan pada tanggal **23 July 2018**

- TEMUAN**
1. BMI : 17,84 kg/m (Underweight).
 2. Tes visus : ODS miopia.
 3. Spiromteri : Restriksi ringan.
 4. Laboratorium DL : Eosinofil, limfosit meningkat, segmen rendah.
 5. Note : Tidak menyerahkan sampel feses.

| CATEGORY | NOTE |
|----------|---|
| 1A | Fit, tidak dijumpai problem kesehatan |
| 1B | Fit, dijumpai problem kesehatan yang tidak serius |
| 2 | Fit, dengan problem kesehatan yang dapat menjadi serius - Kelompok resiko rendah |
| 3A | Dengan problem kesehatan yang dapat menjadi serius - Kelompok resiko sedang |
| 3B | Dengan problem kesehatan yang dapat menjadi serius - Kelompok resiko tinggi |
| 4 | Upfit, dengan keterbatasan fisik untuk melakukan pekerjaan secara normal, hanya cocok untuk pekerjaan ringan |
| 5 | Unfit, sedang sakit, perawatan rumah sakit atau dalam kondisi yang tidak memungkinkan untuk melakukan pekerjaan (status ijin sakit) |

KESIMPULAN

FIT sebagai **Inspector** di Lokasi Kerja **PT. Inspektindo Sinergi Persada**

- SARAN**
1. Tingkatkan berat badan dengan cara konsumsi makanan tinggi kalori dan tinggi protein.
 2. Hindari faktor – faktor pencetus timbulnya reaksi alergi.
 3. Dianjurkan untuk menggunakan kacamata dengan ukuran terbaru.

Berlaku : **23 July 2019**

Bila masih ada hal yang perlu diperjelas, mohon segera menghubungi Dokter Pemeriksa. Terimakasih atas kerjasamanya

Dokter Pemeriksa,


dr. Linda Uli Natalisa

Medical Department

HEALTH AND MEDICAL CHECK UP

PHYSICAL EXAMINATION

| | | | | | |
|------|-------------|-----|--|------|---------------------------|
| Name | Wahyudi, Tn | S/N | | DEPT | Inspektindo Sinergi Persa |
|------|-------------|-----|--|------|---------------------------|

I. GENERAL CONDITION

| | | | | | | | |
|-----------------------|--------|---------------|-----|--------------------------|-------|------------|------|
| Blood Pressure (mmHg) | 110/80 | Pulse (x/mnt) | 68 | Respiration (x/mnt) | 20 | Temp (° C) | 36,4 |
| Weight (kg) | 54 | Height (cm) | 174 | BMI (kg/m ²) | 17.84 | Waist (cm) | 70 |

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

II. PHYSICAL

| No | PHYSICAL | A = ABNORMAL N = NORMAL | A | N | Describe abnormalities in detail |
|----|--------------------|---|---|---|--|
| | | | | | (circle words of importance and explain) |
| 1 | GENERAL APPEARANCE | Appearance age/nutritional/development/mental & emotional status/Posture/Gait/Speech | | N | - |
| 2 | HEAD/SCALP | Size/Shape/Tender over sinuses/Hair/Eruption | | N | - |
| 3 | EYES | Conjunctiva/Sclera/Cornea/Pupils/Ptosis/Tension/Eyelid/Bruit/Reflex/Range of Movement/ | | N | - |
| 4 | EARS | Ext.canal/Membran perforation/Discharge/tophi/Hearing problem/Mastoids | | N | - |
| 5 | NOSE/SINUSES | Septum/obstruction/turbinates/discharges | | N | - |
| 6 | MOUTH/THROAT | Odor/Lips/Tongue/Tonsils/Gums/Pharynx | | N | - |
| 7 | TEETH | Caries @, filling (F), Missing (M), Radix @ | | N | - |
| 8 | NECK | Adenopathi/Thyroid/Carotids/Trachea/Veins/Mass/Spine/Motion/Bruit | | N | - |
| 9 | BACK/SPINE | Kyphosis/Scoliosis/Lordosis/mobility/CVA/Bone/Tenderness /other deformities | | N | - |
| 10 | THORAX | Symmetry/movement/countour/tender | | N | - |
| 11 | BREAST | Size/cosistensi/Nipples/areolar/discharge/palpable mass/tenderness/nodes/scars | | N | - |
| 12 | HEART | Rate/rhythm/apical/impulse/Trills/quality of sound/intensity/splitting/extra sound/murmurs | | N | - |
| 13 | CHEST / LUNG | Excursion/dullness or hyper - resonance of percussion/Quality of breath sound/rales/whezzing/ronchi/bruit | | N | - |
| 14 | ABDOMEN | Bowel sounds/appearance/liver/spleen/masses/Hernias,murmur/countour/tenderness/bruit/nodes | | N | - |
| 15 | GROIN | Hernia/inguinal nodes/femoral pulses | | N | - |
| 16 | MALE GENITAL | Penis/testis/scrotum epididymis/varicocele/scars/Discharge/circumcised/piercing | | N | - |
| 17 | FEMALE GENITAL | Vulva/vagina/Cervix/Uterus/adnexae/rectocele/Bartholini gland/urethra/discharge | | N | - |
| 18 | EXTREMITIES | Deformity/clubbing/cyanosis/edema/nail/peripheral pulses/calf tenderness/joints for swelling/ROM | | N | - |
| 19 | JOINTS | ROMS/swelling/inflamation/Deformity | | N | - |
| 20 | SKIN | Color/birthmark/scars/tatoos/texture/rash/eczeme/ulcers/piercing | | N | - |
| 21 | NEUROLOGICAL | Reflexes/cranial nerve/tremor/paralysis/motoric/sensoric(touch,prick,vibrate)/coordination/romberg | | N | - |
| 22 | MUSCULAR SYSTEM | Strength/wasting/development | | N | - |
| 23 | RECTAL EXAM | Sphincter tone/hemorrhoids/fissure/masses/prostate | | N | - |

SUPPORTIVE INVESTIGATIONS

Name Wahyudi, Tn

I. VISION

| Vision | Unaided | | With spectacles | | Night | Colour Blindness | |
|------------------------------|---------|-------|-----------------|-------|-------|---|---|
| | Left | Right | Left | Right | | <input type="checkbox"/> Normal | |
| Distant | 6/9 | 6/9 | 6/6 | 6/6 | | <input type="checkbox"/> Red - Green Absent | |
| Near | 20/20 | 20/20 | 20/20 | 20/20 | | <input type="checkbox"/> Colour Blind | |
| Visual fields (normal > 70°) | | | Left | - | | Right | - |
| COMMENT : | | | | | | | |

II. LABORATORIUM SUMMARY

| | | |
|--|-----------|--|
| <input type="checkbox"/> Normal | COMMENT : | Laboratorium DL : Eosinofil, limfosit meningkat, segmen rendah → UL : BJ rendah. |
| <input checked="" type="checkbox"/> Abnormal | | |

III. CHEST X-RAY

| | | |
|----------------------------|------------------------------|--|
| Pneumoconius | <input type="checkbox"/> Yes | <input checked="" type="checkbox"/> No |
| If Yes - ILO Clasification | - | |
| Evidence of TB | <input type="checkbox"/> Yes | <input checked="" type="checkbox"/> No |
| Other Abnormalities | - | |
| COMMENT : | | |

IV. ECG (Optional for over 35 years of age)

See attached result

| | | |
|--|-----------|---------------|
| <input checked="" type="checkbox"/> Normal | COMMENT : | Sinus arytmia |
| <input type="checkbox"/> Abnormal | | |

V. TREADMILL (Optional for over 40 years of age)

See attached result

| | | |
|--|-----------|----------------------------|
| <input checked="" type="checkbox"/> Normal | COMMENT : | Response ischemic negative |
| <input type="checkbox"/> Abnormal | | |

VI. SPIROMETRY (Optional for dust exposure, respiratory chronic disease,...)

| Test | Predicted | Observed | Percentage | |
|----------------------------|-----------|----------|------------|---|
| VC | 5 | 4 | 73 | % |
| FVC | 5 | 4 | 74 | % |
| FEV 1 | 4 | 3 | 85 | % |
| FEV/FVC | 81 | 93 | 115 | % |
| COMMENT : Restriksi ringan | | | | |

VII. AUDIOMETRY (Optional for noise exposure, previous hearing problem)

See attached result

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

VIII. USG

| | |
|-----------|--------------------|
| COMMENT : | Dalam batas normal |
|-----------|--------------------|

Tabular Summary

In. Wahyudi, PT. Inspektindo
 Patient ID: 0930934
 23.07.2018 Male 174 cm 54 kg
 12:34:03 35yrs Asian
 Meds:
 Test Reason:
 Medical History:
 Ref. MD: Ordering MD:
 Technician: Fitri Test Type:
 Comment:

BRUCE: Total Exercise Time 11:21
 Max HR: 181 bpm 97% of max predicted 185 bpm HR at rest: 102
 Max BP: 192/62 mmHg BP at rest: 129/66 Max RPP: 33216 mmHg*bpm
 Maximum Workload: 13.50 METS
 Max. ST: -3.35 mm, 0.00 mV/s in III; EXERCISE STAGE 4 10:00
 Arrhythmia: PVC:8, RUN:1, CPLT:1
 HR reserve used: 95 %
 HR recovery: 13 bpm
 Freq.VE recovery: 0 VE/min
 ST/HR hysteresis: -0.020 mV (I)
 QRS duration: BASELINE: 88 ms, PEAK EX: 96 ms, REC: 92 ms
 Location Number: * 0 *

| Phase Name | Stage Name | Time in Stage | Speed (km/h) | Grade (%) | Workload (METS) | HR (bpm) | BP (mmHg) | RPP (mmHg*bpm) | VE (/min) | ST Level (III mm) | Comment |
|------------|------------|---------------|--------------|-----------|-----------------|----------|-----------|----------------|-----------|-------------------|---------|
| PRETEST | SUPINE | 00:02 | 0.00 | 0.00 | 1.0 | 114 | | | 0 | -3.95 | |
| | STANDING | 00:35 | 0.00 | 0.00 | 1.0 | 102 | 129/66 | 13158 | 0 | -0.60 | |
| | HYPERV. | 00:02 | 0.00 | 0.00 | 1.0 | 102 | | | 0 | -0.60 | |
| | WARM-UP | 00:55 | 1.60 | 0.00 | 1.6 | 103 | 128/69 | 13184 | 0 | -0.80 | |
| EXERCISE | STAGE 1 | 03:00 | 2.70 | 10.00 | 4.6 | 127 | 129/57 | 16383 | 0 | -0.85 | |
| | STAGE 2 | 03:00 | 4.00 | 12.00 | 7.0 | 162 | 157/57 | 25434 | 2 | -1.40 | |
| | STAGE 3 | 03:00 | 5.40 | 14.00 | 10.0 | 173 | 192/62 | 33216 | 3 | -0.70 | |
| | STAGE 4 | 02:21 | 6.70 | 16.00 | 13.3 | 181 | | | 0 | 3.00 | |
| RECOVERY | | 03:06 | 1.60 | 0.00 | 1.7 | 144 | 132/60 | 19008 | 0 | 0.05 | |

Megane Walke, RPN

Siloam Hospital
 dr. Muhammad Iqbal, Sp.JP
 No. 026/155 C/SIP-S/III/11-12

Selected Medians Report

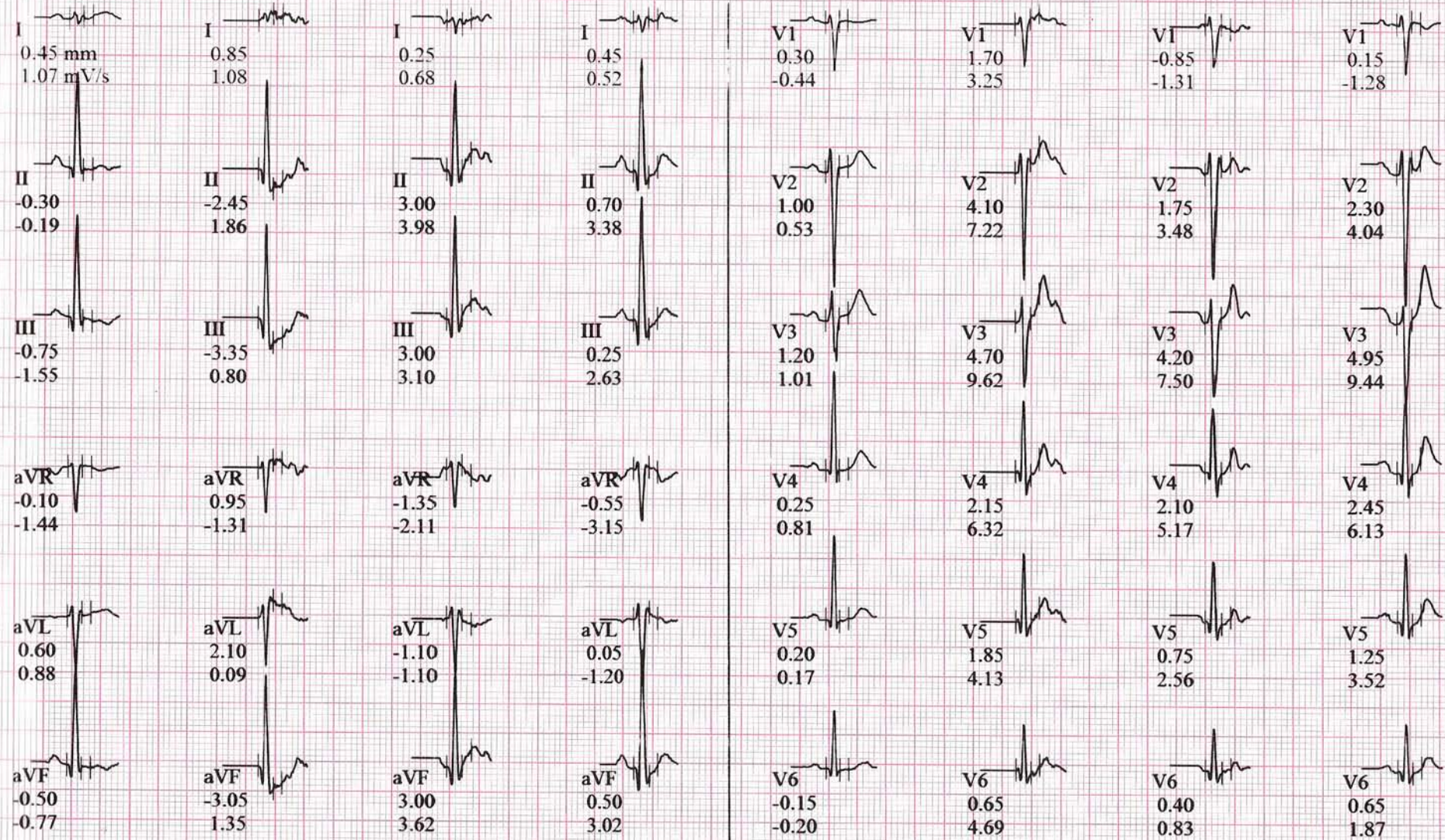
In. Wahyudi, PT. Inspektindo

Patient ID 0930934

23.07.2018

12:34:03

| BASELINE EXERCISE | MAX. ST EXERCISE | PEAK EXERCISE EXERCISE | TEST END RECOVERY | BASELINE EXERCISE | MAX. ST EXERCISE | PEAK EXERCISE EXERCISE | TEST END RECOVERY |
|-------------------|------------------|------------------------|-------------------|-------------------|------------------|------------------------|-------------------|
| 0:01 | 10:00 | 11:21 | 2:50 | 0:01 | 10:00 | 11:21 | 2:50 |
| 103 bpm | 179 bpm | 181 bpm | 142 bpm | 103 bpm | 179 bpm | 181 bpm | 142 bpm |
| 128/69 mmHg | | | 132/60 mmHg | 128/69 mmHg | | | 132/60 mmHg |



GE CASE V6.73 (0)
10mm/mV 50Hz 0.01Hz FRF+ HEART V5.4

Uncorrected

Attending ML

12-LEAD REPORT

I n. Wahyudi PT, Inspektindo
Patient ID: 0930934
23.07.2018
12:34:37

Siloam Hospital Balikpapan

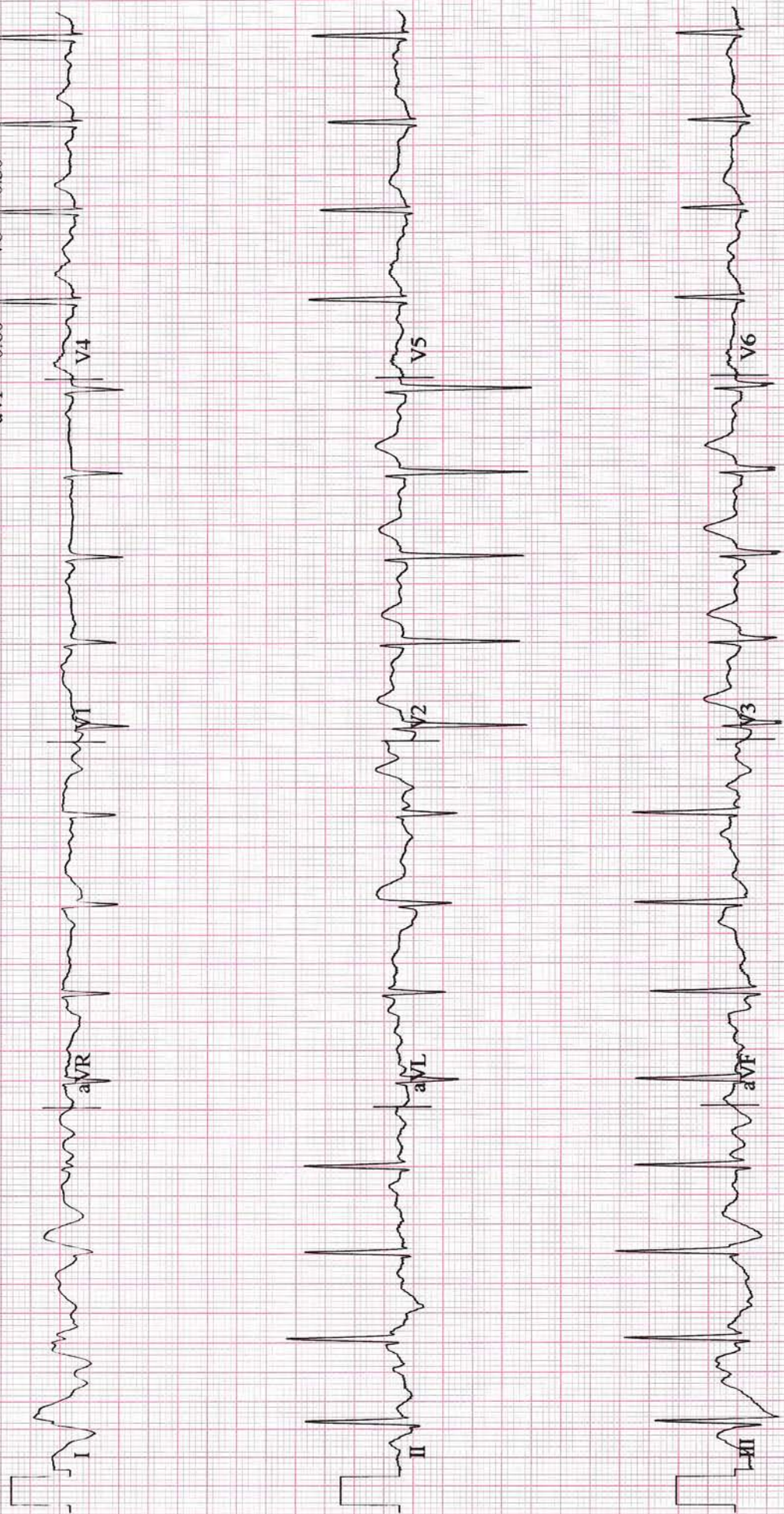
Measured at 60ms Post J (10mm/mV)

BRUCE
0.0 km/h
0.0 %

PRETEST
STANDING
00:33

101 bpm
129.66 mmHg

| Lead | ST(mm) | Lead | ST(mm) |
|------|--------|------|--------|
| I | 0.45 | V1 | 0.45 |
| II | -0.20 | V2 | 1.20 |
| III | -0.70 | V3 | 1.35 |
| aVR | -0.15 | V4 | 0.45 |
| aVL | 0.55 | V5 | 0.10 |
| aVF | -0.60 | V6 | 0.30 |



12-LEAD REPORT

Dr. Wallyudi PT, Inspektando
Patient ID: 0930934
23.07.2018
12:35:33

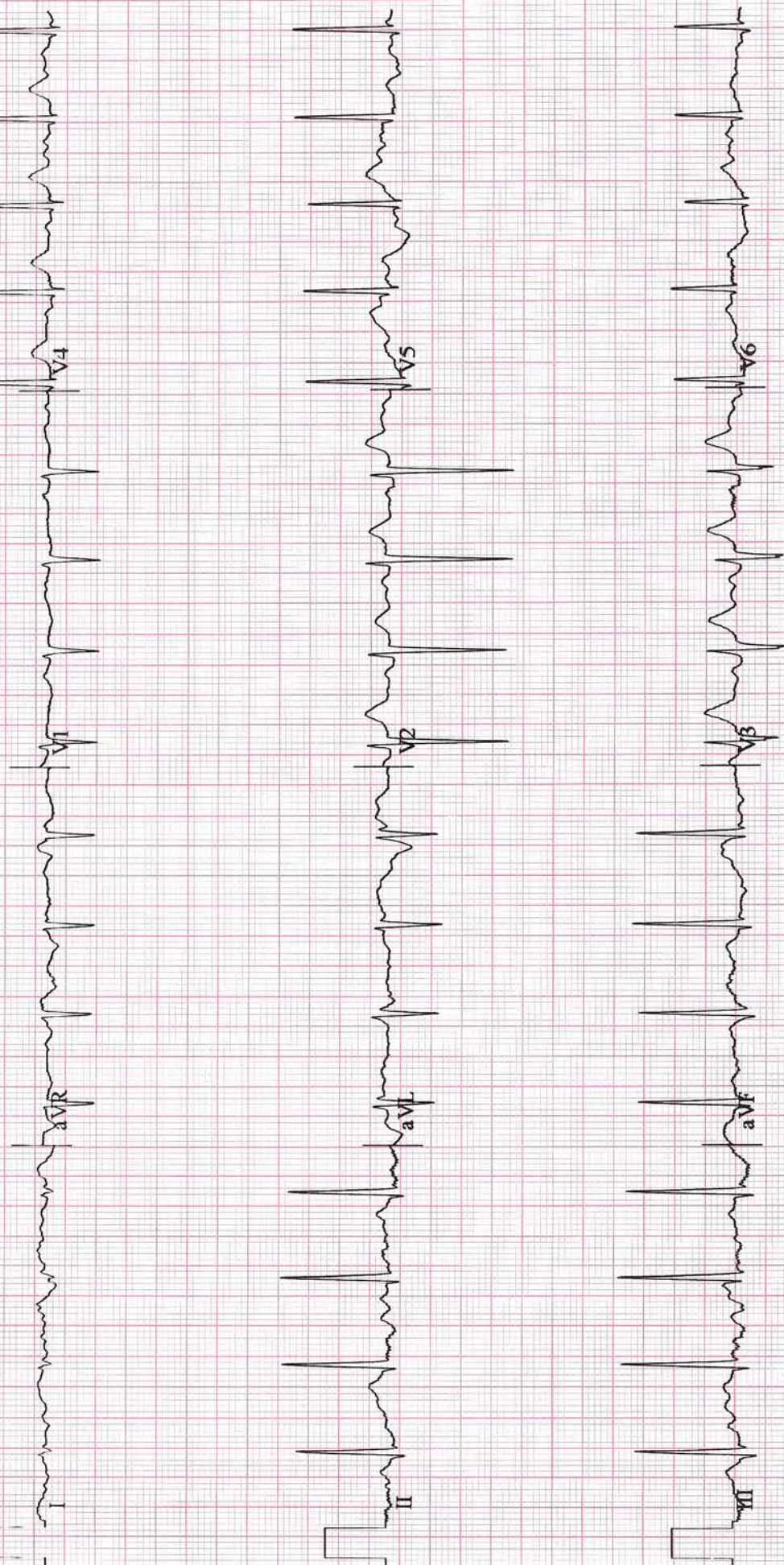
104 bpm
128.69 mmHg

PRETEST
WARM-UP
01:30

BRUCE
1.6 km/h
0.0 %

Silexmi Hospital Balikpapan
Measured at 60ms Post J (10mm.mV)
Auto Points

| Lead | ST(mm) | Lead | ST(mm) |
|------|--------|------|--------|
| I | 0.30 | V1 | 0.35 |
| II | -0.30 | V2 | 1.05 |
| III | -0.60 | V3 | 1.30 |
| aVR | -0.05 | V4 | 0.40 |
| aVL | 0.45 | V5 | 0.20 |
| aVF | -0.50 | V6 | -0.05 |



12-LEAD REPORT

Siloam Hospital Balikpapan

Measured at 60ms Post J (10mm mV)

Auto Points

| Lead | ST(mm) | Lead | ST(mm) |
|------|--------|------|--------|
| I | 0.30 | V1 | 0.15 |
| II | -0.30 | V2 | 0.70 |
| III | -0.65 | V3 | 1.15 |
| aVR | 0.00 | V4 | 0.10 |
| aVL | 0.45 | V5 | -0.30 |
| aVF | -0.45 | V6 | -0.10 |

Pn. Wahyudi PT. Inspektindo
Patient ID: 0930934
23.07.2018
12:38:24

129 bpm
129 57 mmHg

EXERCISE
STAGE 1
02:50

BRUCE
2.7 km h
10.0 %



Dr. Wahyudi PT, Inspektando
Patient ID: 0930934
23.07.2018
12:41:24

12-LEAD REPORT

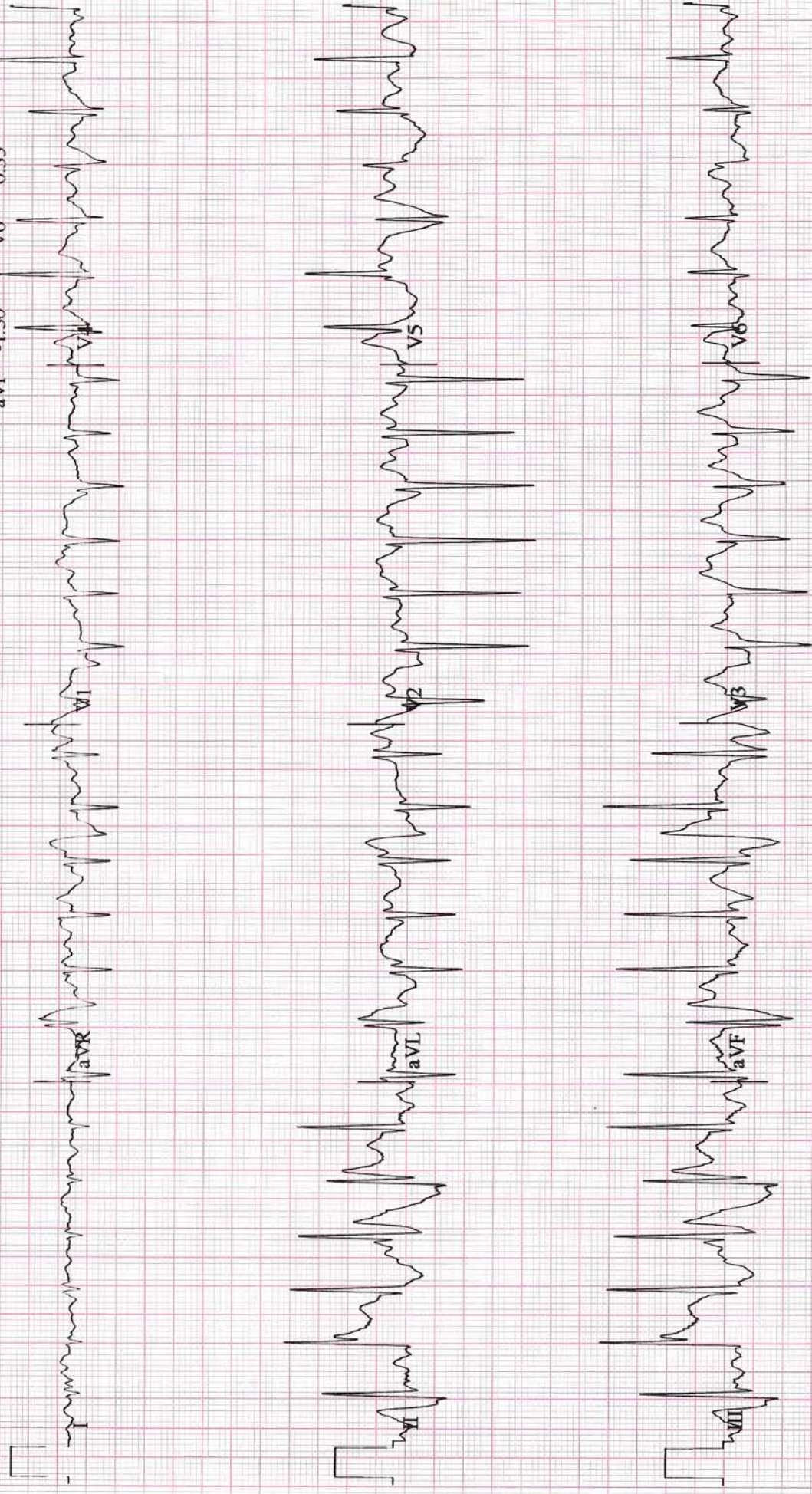
162 bpm
157.57 mmHg

EXERCISE
STAGE 2
05:50

BRUCE
4.0 km/h
12.0 %

Siloam Hospital Balikpapan
Measured at 60ms Post J (10mm mV)
Auto Points

| Lead | SF(mm) | Lead | ST(mm) |
|------|--------|------|--------|
| I | 0.70 | V1 | 0.30 |
| II | -0.90 | V2 | 1.70 |
| III | -1.60 | V3 | 2.40 |
| aVR | 0.05 | V4 | 0.70 |
| aVL | 1.15 | V5 | 0.00 |
| aVF | -1.30 | V6 | 0.35 |



In. W. Jhyudi PT, Inspektindo
Patient ID: 0930934
23.07.2018
12.44.24

12-LEAD REPORT

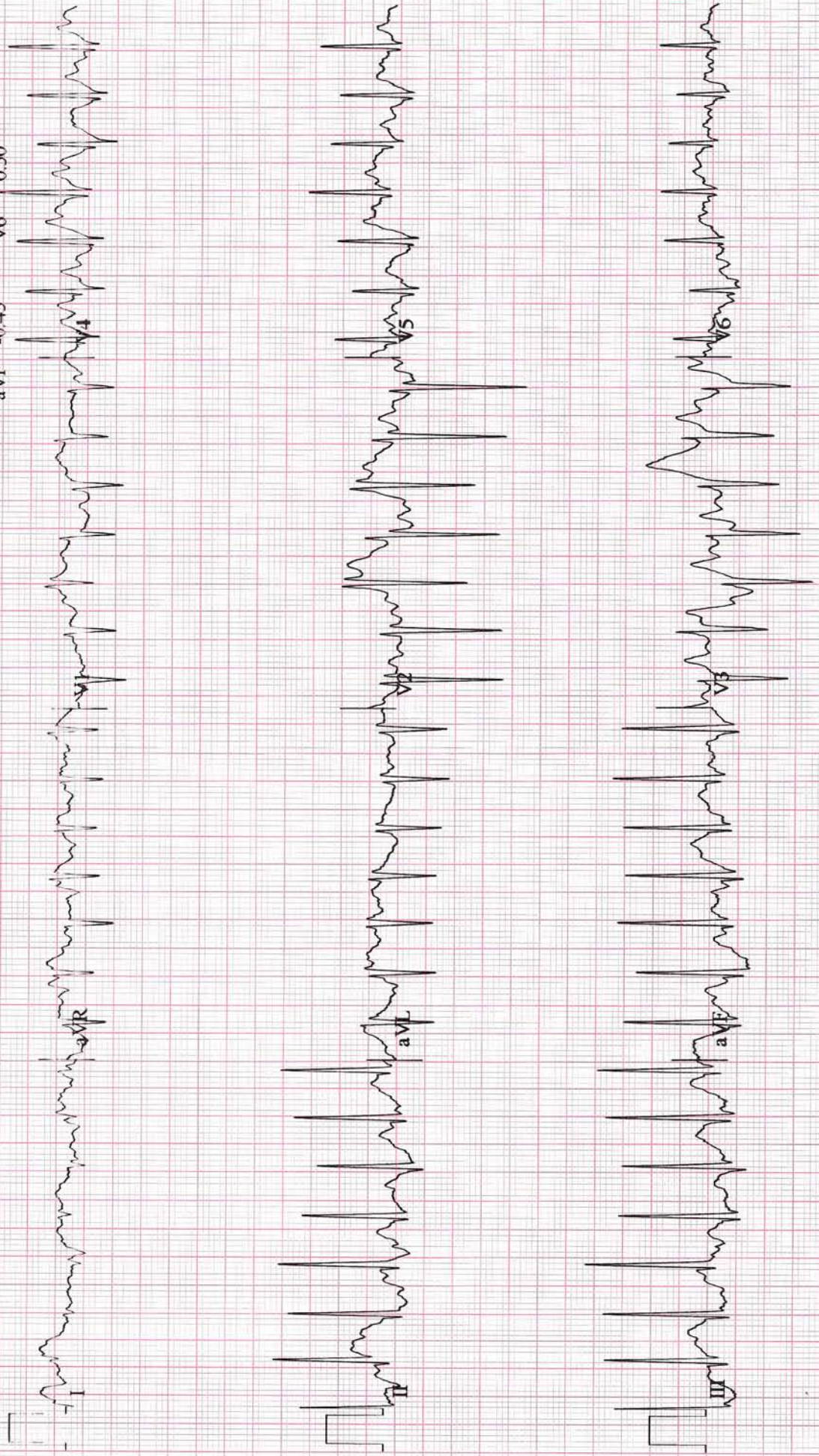
173 bpm
192.62 mmHg

EXERCISE
STAGE 3
08:50

BRUCE
5.4 km/h
14.0%

Siloam Hospital Balikpapan
Measured at 60ms Post J (10mm mV)
Auto Points

| Lead | ST (mm) | Lead | ST (mm) |
|------|---------|------|---------|
| I | 0.60 | V1 | -0.10 |
| II | -0.15 | V2 | 2.05 |
| III | -0.75 | V3 | 3.40 |
| aVR | -0.20 | V4 | 1.15 |
| aVL | 0.60 | V5 | 0.70 |
| aVF | -0.45 | V6 | 0.50 |



COMPARATIVE MEDIAN REPORT (PEAK EXERCISE)

Siloan Hospital Balikpapan

Dr. Wahyudi PT, Inspektindo
 Patient ID: 0930934
 23.07.2018
 12:46:55

181 bpm

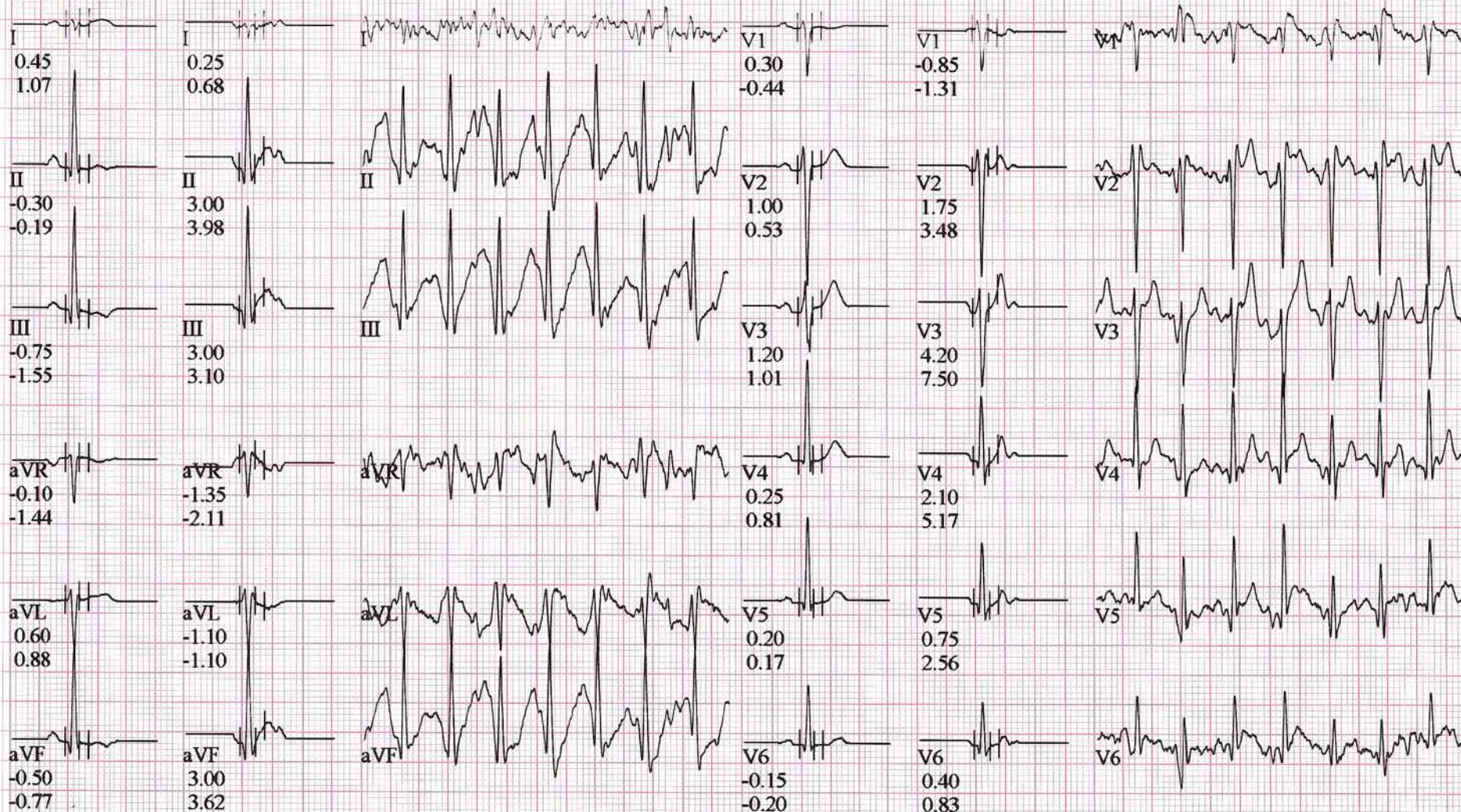
EXERCISE
 STAGE 4
 11:21

BRUCE
 6.7 km/h
 16.0%

Lead
 ST Level (mm)
 ST Slope (mV/s)

BASELINE
 60 ms post J
 CURRENT
 ST @ 10mm/mV
 60 ms post J

BASELINE CURRENT



12-LEAD REPORT

Tn. Wajidi PT. Inspektindo
Patient ID: 0930934
23.07.2018
12:47:45

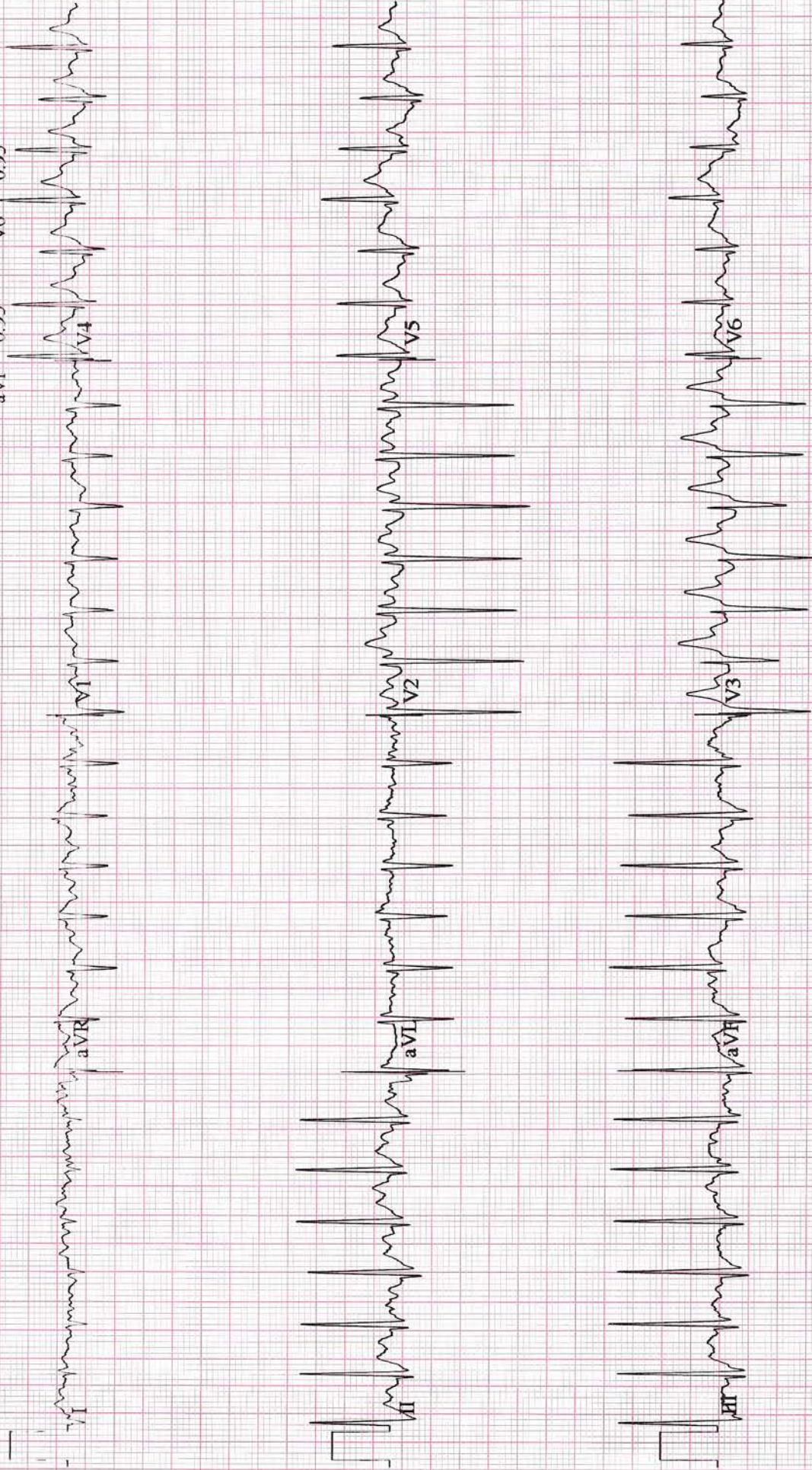
Siloam Hospital Balikpapan
Measured at 60ms Post J (10mm mV)
Auto Points

BRUCE
2.4 km h
0.0 %

RFCOVERY
#1
00:50

169 bpm
148.60 mmHg

| Lead | ST (mm) | Lead | ST (mm) |
|------|---------|------|---------|
| I | 0.80 | V1 | -0.20 |
| II | 1.35 | V2 | 2.65 |
| III | 0.55 | V3 | 5.55 |
| aVR | -1.10 | V4 | 2.95 |
| aVL | 0.15 | V5 | 1.80 |
| aVF | 0.95 | V6 | 0.95 |



12-LEAD REPORT

Dr. Wahyudi PT, Inspektando
Patient ID: 0930934
23.07.2018
12:48:45

Siloam Hospital Balikpapan

Measured at 60ms Post J (10mm mV)

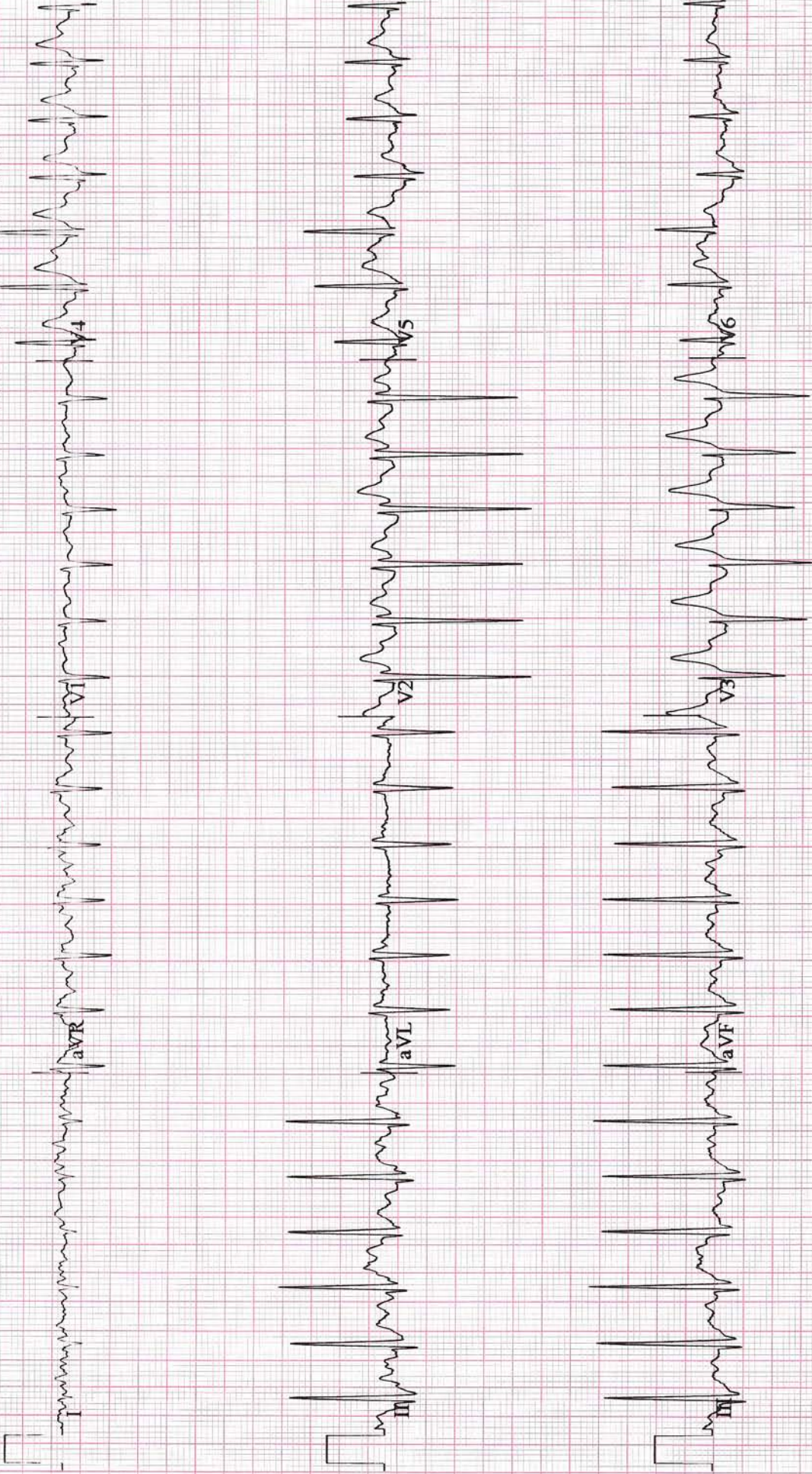
Auto Points

BRUCE
2.4 km h
0.0 %

RECOVERY
=1
01:50

155 bpm

| Lead | ST(mm) | Lead | ST(mm) |
|------|--------|------|--------|
| I | 0.65 | V1 | 0.10 |
| II | 1.05 | V2 | 2.65 |
| III | 0.45 | V3 | 5.40 |
| aVR | -0.85 | V4 | 2.75 |
| aVL | 0.10 | V5 | 1.50 |
| aVF | 0.75 | V6 | 0.70 |



In. Wahyudi PT, Inspektindo
 Patient ID: 0930934
 23.07.2018
 12:49:15

12-LEAD REPORT

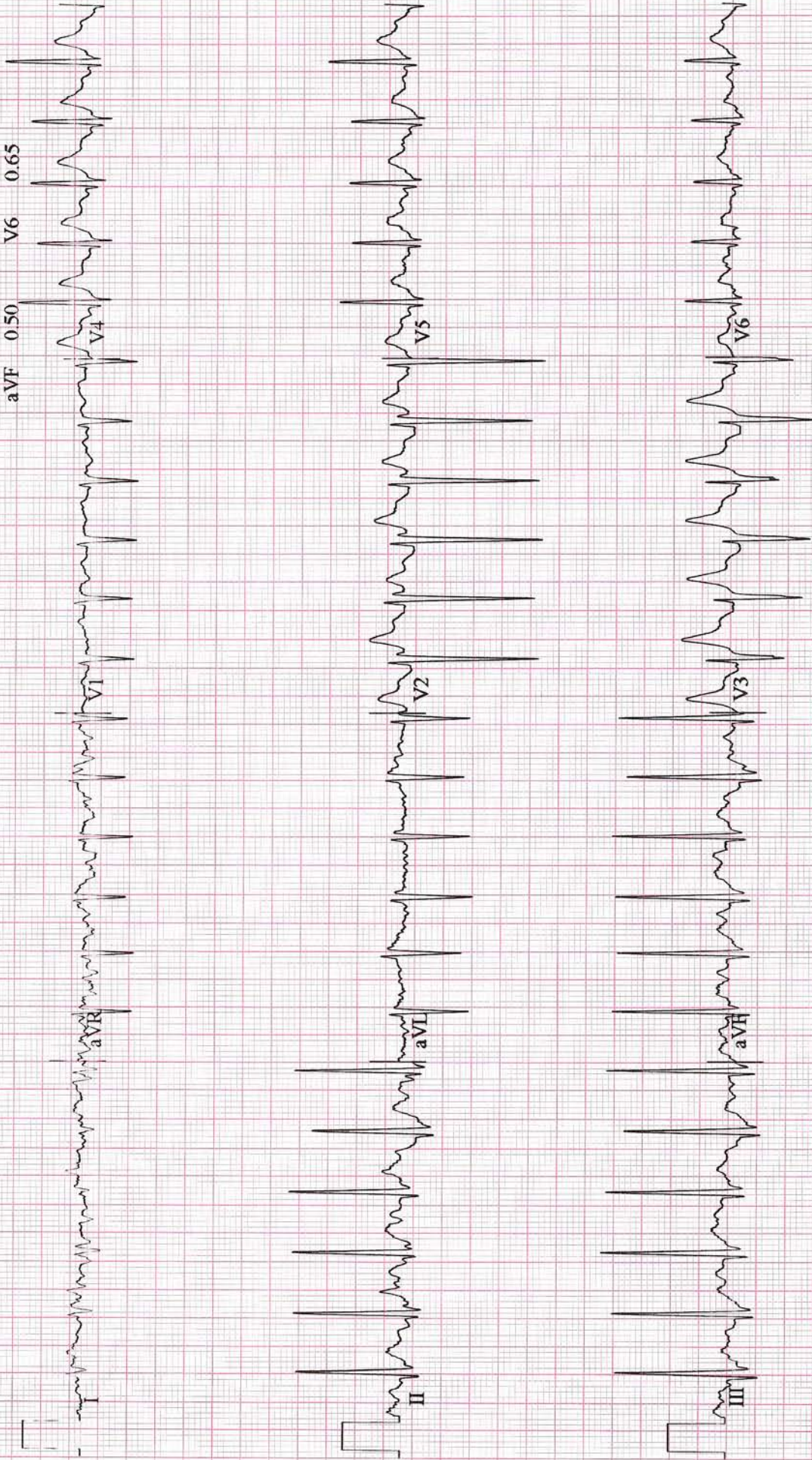
Silom Hospital Balikpapan
 Measured at 60ms Post (10mm mV)
 Auto Points

| Lead | ST(mm) | Lead | ST(mm) |
|------|--------|------|--------|
| I | 0.45 | V1 | 0.15 |
| II | 0.70 | V2 | 2.30 |
| III | 0.25 | V3 | 4.95 |
| aVR | -0.55 | V4 | 2.45 |
| aVL | 0.05 | V5 | 1.25 |
| aVF | 0.50 | V6 | 0.65 |

BRUCE
 2.4 km h
 0.0 %

RECOVERY
 = 1
 02:50

142 bpm
 132 (6) mmHg



| | | | |
|-----------------|-----------------|---------------------|--------------------------|
| Patient Name | : WAHYUDI, TN | Patient ID | : SHBP.00093093 |
| Sex / Age | : M / 035Yrs | Accession No. | : 10000006172887 |
| Modality | : CR | Scan Date | : 23-07-2018 |
| Procedure | : THORAX AP, PA | Report Date/Time | : 23-07-2018 09:42:16 |
| Ref. Department | : MCU | Referring Physician | : dr. Linda Uli Natalisa |

XR- Thorax PA/ AP view

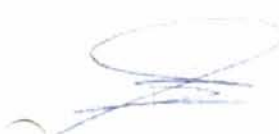
Technique:

Findings:

PARU: Normal
 MEDIASTINUM: Normal
 TRAKEA DAN BRONKUS: Normal
 HILUS: Normal
 PLEURA: Normal
 AFRAGMA: Normal
 JANTUNG: Normal CTR: <50%
 AORTA: Normal
 VERTEBRA THORAKAL DAN TULANG-TULANG LAINNYA: Normal
 JARINGAN LUNAK: Normal
 ABDOMEN YANG TERVISUALISASI: Normal
 LEHER YANG TERVISUALISASI: Normal

Impression:

Tidak tampak kelainan signifikan pada pemeriksaan ini.



dr. Santoso Suhendro. Sp. Rad (K)

This document is digitally signed and hence no manual signature is required.

| | | | |
|-----------------|---------------------|---------------------|-------------------------|
| Patient Name | : WAHYUDI, TN | Patient ID | : SHBP.00093093 |
| Sex / Age | : M / 035Yrs | Accession No. | : 10000006172891 |
| Modality | : US | Scan Date | : 23-07-2018 |
| Procedure | : UPPER ABDOMEN USG | Report Date/Time | : 23-07-2018 10:27:16 |
| Ref. Department | : MCU | Referring Physician | : dr. Linda UI Natalisa |

US- Upper Abdomen, Male

Technique:

Findings:

HEPAR: Normal
 LIEN: Normal
 SISTEM VENA PORTA: Normal
 VENA CAVA INFERIOR, VENA HEPATIKA: Normal
 SISTEM BILIER: Normal
 NTUNG EMPEDU: Normal
 PANKREAS: Normal
 GINJAL:
 • KANAN: Normal
 • KIRI: Normal
 SISTEM PELVIOKALISES: Normal

Impression:

**Pria, 35 Thn pro MCU pada USG Upper Abdomen :
 Tidak diketemukan adanya kelainan yg significans**



. Santoso Suhendro. Sp. Rad (K)

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