

Certificate Of Health Assessment



Name	Age	Position	Department
VICTOR HOTMAN LUKMAN SIBUEA	33 yo	DEPUTY TECHNICAL MANAGER	-

COMPANY :

INSPEKTINDO SINERGI PERSADA, PT

CONCLUSION

FIT TO WORK	
FIT WITH MEDICAL NOTE	✓
TEMPORARY UNFIT	
UNFIT	

Issued Date	Doctors Name	Prepared By
09 September 2022	Puteri Melati, MD <i>PKTK : KEP.264.BINWASK3-PNK3/KK/VI/2019</i> <i>SIP : 23.B.15a/31.74.04.1004/-1.779.3.e/2019</i>	
Expired Date		Verified By
09 September 2023	dr. Muhammad Ilyas, Sp.Ok <i>SIP : 29.B.15b/31.74.04.1004.02.009.K.1/3-1.779.3.e/2019</i>	 PT. KARTIKA BINA MEDIKATAMA

No. Formulir : FM-DR-008-05
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Certificate Number : MP-BOP/1-20220909/140337
MCU Validity Check
<https://mcu-validasi.medikaplaza.com>

HEALTH ASSESSMENT REPORT

Of

VICTOR HOTMAN LUKMAN SIBUEA
01051796

Friday, 09 September 2022

MP BELTWAY CLINIC

Kelway Clinic Park Area Building, Terminal One

Jl. H.S. Simanungkir No. 41 - Medan Utara 20135

Tp. (0642) 4206099, Fax (0642) 4206093

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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.	: 01051796	EMPLOY. STATUS	: Employee
NAME	: VICTOR HOTMAN LUKMAN SIBUEA	BIRTHDATE	: 14 January 1989
EMPLOYEE No.	: 14049	SEX	: Male
JOB TITLE	: DEPUTY TECHNICAL MANAGER	STATUS	: Married
COMP. NAME	: INSPEKTINDO SINERGI PERSADA, PT	NASIONALITY	: Indonesia

SUMMARY

MEDICAL FINDING :

1. Increase ESR count
2. Hypertriglyceridemia
3. Hyperuricemia
4. Increase fasting blood sugar
5. Proteinuria (+1)
6. Overweight
7. Calculus and stain teeth

Your fitness status is fit with medical note:
Hypertriglyceridemia

SUGGESTION :

1. Repeat ESR count examination after 1 month and consultation with an Internist if still increase
2. Low fat and carbohydrate diet, exercise regularly minimal 3 times a week. Consultation with an Internist for further evaluation of hypertriglyceridemia
3. Low purine diet such as meats including organ meats, alcoholic beverages, beans, shrimp, scallops, some vegetables in limited amount such as: spinach, cauliflower, asparagus and mushroom
4. Low sugar diet and repeat blood glucose examination 1 month later. Consultation with an Internist if blood glucose still increase
5. Drink more water at least 2lt/day (8-10 glasses/day). Repeat urinalysis after 2 weeks
6. 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 77.44 Kgs (present body weight is 84 Kgs). Consultation with a Nutritionist for evaluation of overweight
7. Consultation with a Dentist for dental care, minimal once a year or better once in six month

PERCEPTIONS OF EXPOSURE BY WORKERS :

- Administration work
- Sitting continuously over 4 hours
- Using monitor screen more than 4 hours per day

Responsible Doctor



Puteri Melati, MD

Notes:

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

Email : - enjelita@medikapla.com
- Rezkha.Amalia@medikapla.com
- Puteri.Melati@medikapla.com

Telepon Klinik : (62-21) 8086 6099

PRIVATE

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CLINICAL EVALUATION

Name : VICTOR HOTMAN LUKMAN SIBUEA	Sex : Male	MR : 01051796	Visit : 09/09/2022
Comp. : INSPEKTINDO SINERGI PERSADA, PT		DOB : 14 January 1989	
EXAMINATION	RESULT	NOTES	

ANAMNESIS**PRESENT COMPLAINT AND HISTORY OF PRESENT****ILLNESS**

Present complaint

No complaint

MEDICAL HISTORY

Allergy

Yes

Sea food

Imunisasi

Yes

Surgery

No

Hospitalization

No

Disease

Yes

COVID-19 (2021)

LIFE STYLE

Alcohol intake

No

Smoking

Yes

Mild smoker

Exercise

Yes

Running, jogging 3x/week

FAMILY MEDICAL HISTORY

Diabetes Melitus

No

Hypertension

No

Heart disease

No

Lung TB

No

Kidney disease

No

Asthma

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 : VICTOR HOTMAN LUKMAN SIBUEA	Sex : Male	MR : 01051796	Visit : 09/09/2022
Comp.: INSPEKTINDO SINERGI PERSADA, PT		DOB : 14 January 1989	
EXAMINATION	RESULT	NOTES	

Toxic chemical	No
Iritating 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	Yes
Stand continuously over 4 hours	No
Using monitor screen more than 4 hours per day	Yes
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 arround rotating machinery	No
Administration work	Yes
Handling food product	No
Others	No

PHYSICAL EXAMINATION

General Appearance	Good
Body shape	Picnicus

VITAL SIGN

Body Weight	84 Kg
Body Height	176 Cm
BMI	27.11 Kg/m ²
Normal Weight	57.31 - 77.44 Kg
BMI Conclusion	Overweight
Blood Pressure	110/80 mmHg
Pulse	70 x/minute
Body Temperature	36.1 °C
RR	20

CLINICAL EVALUATION

Name : VICTOR HOTMAN LUKMAN SIBUEA	Sex : Male	MR : 01051796	Visit : 09/09/2022
Comp.: INSPEKTINDO SINERGI PERSADA, PT		DOB : 14 January 1989	

EXAMINATION	RESULT	NOTES
Neck Circumference	39 Cm	
Arm Circumference	34 Cm	
Chest size	99 Cm	
Abdominal Circumference	94 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 and stain 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	
Nyeri Ketok (CVA)	No	
Hernia inguinal	No	
EXTRIMITIES		

CLINICAL EVALUATION

Name : VICTOR HOTMAN LUKMAN SIBUEA

Sex : Male

MR : 01051796

Visit : 09/09/2022

Comp.: INSPEKTINDO SINERGI PERSADA, PT

DOB : 14 January 1989

EXAMINATION	RESULT	NOTES
Bones, joint	Normal	
Muscles, tonus	Normal	
Fingernails	Normal	
Hand	Normal	
Foot	Normal	
RECTAL EXAMINATION		
Hemorrhoid	Negative	
Rectum	Not Examined	
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	
MUSKULOSKLETAL EXAMINATION		
Lhermitte Test	Negative	
Spurling Test	Negative	
Neers Test	Negative	
Yergason Test	Negative	
Phalen Test	Negative	
Tinel Test	Negative	
Finkelstein Test	Negative	
Straight Leg Raise Test	Negative	

OPHTHALMOLOGY DIAGNOSTIC

Name : VICTOR HOTMAN LUKMAN SIBUEA	Sex : Male	MR : 01051796	Visit : 09/09/2022
Comp.: INSPEKTINDO SINERGI PERSADA, PT		DOB : 14 January 1989	

EXAMINATION		Right	Left
Reading		-	
Previous Glasses		-	-
Without Glasses	Distant	20/20	20/20
	Near	J1	J1
Correction	Distant	-	-
	Near	-	-
Depth Perception		-	
Tonometry		20.0 mmHg	20.0 mmHg
Funduscopy		NORMAL	NORMAL
Visual Fields		-	
Colour Blind Test		Normal	

Impression :

LABORATORY RESULT

Name : VICTOR HOTMAN LUKMAN SIBUEA	MR : 01051796	Visit : 09/09/2022	#Lab : IN789127606337
Comp.: INSPEKTINDO SINERGI PERSADA, PT	Sex : Male	DOB : 14 January 1989	
EXAMINATION	RESULT	NORMAL RANGE	

HEMATOLOGI

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

Automated Blood Count

White Blood Cell (WBC)	7.0	3.8 - 11.0
Erythrocyte (RBC)	5.1	4.4 - 5.9
Haemoglobin	15.2	13.2 - 17.3
Hematocrit	46	40 - 52
Thrombocytes	284	150 - 440

MCV, MCH, MCHC

MCV	90	80 - 100
MCH	30	26 - 34
MCHC	33.0	32 - 36
ESR	30 *	0 - 10

Differential Count

Basophils	1	0 - 1
Eosinophil	2	2 - 4
Bands / Stab	3	3 - 5
Neutrophils	58	50 - 70
Lymphocytes	26	25 - 40
Monocytes	10 *	2 - 8
Bleeding Time	1'30"	1 - 5

BLD CHEMISTRY/LIPID PROFILE

Total Cholesterol	196	Normal/Desireable: <200 Borderline High: 200-239 High: >=240
HDL Cholesterol	39.9 *	Normal : >40 - <60 Low HDL : <40 Desireable : >=60
LDL Cholesterol	109	Optimal: <100 Near/Above Optimal: 100-129 Borderline High: 130-159 High: 160-189 Very High: >=190
Triglycerides	234 *	Normal : <150 Borderline High: 150-199 High : 200-499 Very High : >=500

LABORATORY RESULT

Name : VICTOR HOTMAN LUKMAN SIBUEA	MR : 01051796	Visit : 09/09/2022	#Lab : IN789127606337
Comp.: INSPEKTINDO SINERGI PERSADA, PT	Sex : Male	DOB : 14 January 1989	
EXAMINATION	RESULT	NORMAL RANGE	

BLD CHEMISTRY/KIDNEY FUNCTION

Ureum	22.6	10.0 - 50.0
Creatinine	0.92	0.60 - 1.30
Uric Acid	8.91 *	3.50 - 7.20

BLD CHEMISTRY/LIVER FUNCTION

SGOT(AST)	14	13 - 45
SGPT (ALT)	22	13 - 50
Gamma GT	26	0 - 50

BLD CHEMISTRY/DIABETES

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

URINALYSIS

Complete Urine Analysis

Macroscopic

Color	Yellow	
Turbidity	Clear	Clear
Specific Gravity	1.018	1.000 - 1.030
pH	6.0	4.5 - 8.0
Leucocyte	Negative	Negative
Glucose	Negative	Negative
Nitrit	Negative	Negative
Bilinubin	Negative	Negative
Blood	Negative	Negative
Urobilinogen	Normal	Normal
Protein	(1+) 25	Negative
Keton	Negative	Negative

Microscopic

RBC	0-1	0 - 1
WBC	0-2	0 - 4
Cylinder	Negative	
Epithels Squamous	0-3	5 - 15
Crystals	Negative	
Bacteria	Negative	Negative
Others	Negative	

STOOL / RECTAL SWAP

Faeces Complete

LABORATORY RESULT

Name : VICTOR HOTMAN LUKMAN SIBUEA	MR : 01051796	Visit : 09/09/2022	#Lab : IN789127606337
Comp. : INSPEKTINDO SINERGI PERSADA, PT	Sex : Male	DOB : 14 January 1989	

EXAMINATION	RESULT	NORMAL RANGE
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Macroscopic

Color	Brown	
Consistency	Smooth	
Mucus	Negative	Negative
Blood	Negative	Negative
Pus	Negative	Negative
Parasit	Negative	Negative
Lipid	Negative	Negative

Microscopic

RBC	0-1	0 - 1
WBC	0-2	0 - 5
Amoeba	Negative	
Ephitels	Positive	Positive
Worm Eggs	Negative	Negative
Yeast	Negative	Negative
Muscle Fiber	Negative	Negative
Others	Negative	Negative

Digestive

Amylum	Negative	Negative
Fat	Negative	
Fibers	Positive	Positive

MICROBIOLOGY - CULTURE**Stool Culture**

Specimen	Stool	
Shigella	Pending	Negative
Salmonella	Pending	Negative
E. Coli Patogen	Pending	Negative

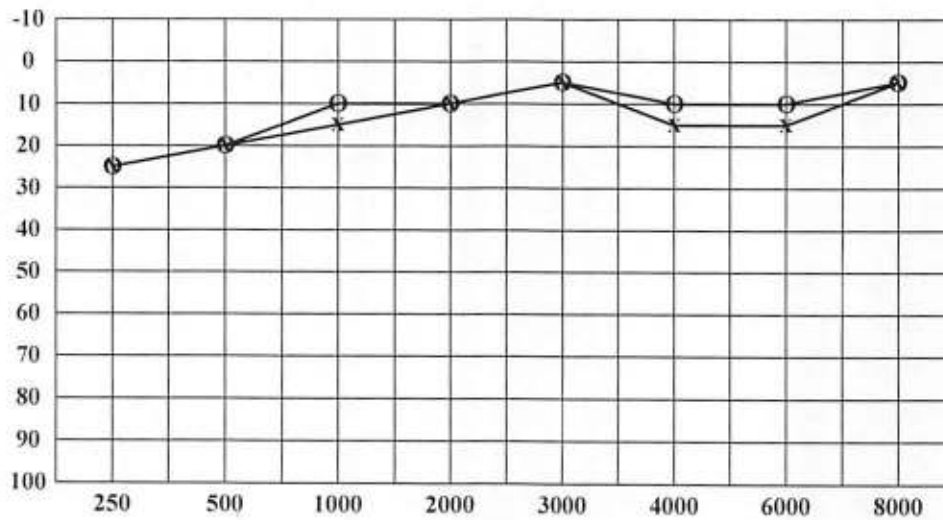
AUDIOMETRY DIAGNOSTIC

Name : VICTOR HOTMAN LUKMAN SIBUEA	Sex : Male	MR : 01051796	Visit : 09/09/2022
Comp.: INSPEKTINDO SINERGI PERSADA, PT		DOB : 14 January 1989	

RESULT

Left Ear	250	500	1000	2000	3000	4000	6000	8000
AC	25	20	15	10	5	15	15	5
BC	-	-	-	-	-	-	-	-

Right Ear	250	500	1000	2000	3000	4000	6000	8000
AC	25	20	10	10	5	10	10	5
BC	-	-	-	-	-	-	-	-



< : Right Ear (BC)
 > : Left Ear (BC)

O : Right Ear (AC)
 X : Left Ear (AC)

Conclusion Right Ear : Hearing threshold = 12.5 dB
 (Within normal limit)

Conclusion Left Ear : Hearing threshold = 15 dB
 (Within normal limit)

CARDIOLOGY DIAGNOSTIC

Name : VICTOR HOTMAN LUKMAN SIBUEA	Sex : Male	MR : 01051796	Visit : 09/09/2022
Comp.: INSPEKTINDO SINERGI PERSADA, PT		DOB : 14 January 1989	
EXAMINATION	RESULT	Comments :	

ELECTROCARDIOGRAPHY	Sinus Rhythm axis (N), P wave (N), PR int 0.16" ST - T segment (N), aritmia (-)	Normal ECG
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ID: 12
VICTOR HOTMAN L
Male 33Years

09-09-2022 08:24:28
HR : 73 bpm
P : 100 ms
PR : 134 ms
QRS : 102 ms
QT/QTc : 364/402 ms
P:QRS/T : 57/37/19
RV5/SVI : 1.906/1.471 mV

Diagnosis Information:
Sinus rhythm
Normal ECG

Report Confirmed by:

