



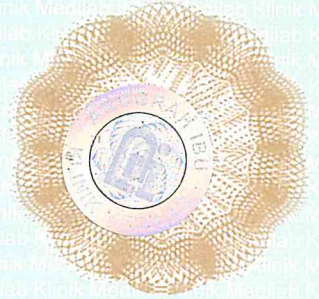
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PUSAT PEMERIKSAAN KESEHATAN TENAGA KERJA

Komplek Taman Niaga Sukajadi Blok J No. 3A-6 Jl. Ahmad Yani - Batam 29433
Telp: (0778) 7372022, 7372023, 0811 770 1188, 0811 770 1199. Fax: (0778) 7372024
E-mail: customercare@medilab-clinic.com, Website: www.medilab-clinic.com



HEALTH SCREENING REPORT

Periodic Health Examination

CONFIDENTIAL

No. Medical Record : 
00003/002/IV/ISP/20

117

PERSONAL DATA

Name : AHMAD ROISUS SYIFA
 Birthday/Gender/Emp. ID : 10 August 1993 / Male / 19131
 Father's Name : MUSTOFA
 Address : TIBAN RIAU BERTUAH BLOK G NO 11, BATAM
 Occupation : PPR
 Name of Employer / Recruitment Agency : INSPEKTINDO SINERGI PERSADA, PT
 Address of Employer / Recruitment Agency : KAWASAN INDUSTRI SEKUPANG KAVLING.13, BATAM



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 : 65 Kg Height : 161 Cm
 BMI : 25.07

	Yes/Abnormal	No/Normal
1. Vision		
a. Distant Vision (Should be at least 6/12 in both eyes with or without glasses)	<input type="checkbox"/>	<input checked="" type="checkbox"/>
b. Near Vision (Should be at least J2 in both eyes with or without glasses)	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
c. Colour Vision	<input type="checkbox"/>	<input checked="" type="checkbox"/>
d. Any Organic Eye Disease	<input type="checkbox"/>	<input checked="" type="checkbox"/>
2. Hearing (Unable to hear ordinary conversation at 2 m)	<input type="checkbox"/>	<input checked="" type="checkbox"/>

	Yes/Abnormal	No/Normal
3. Cardiovascular System		
a. Blood Pressure Systolic / Diastolic : 110 / 73 mm Hg Pulse : 66 / min	<input type="checkbox"/>	<input checked="" type="checkbox"/>
b. Heart Disease	<input type="checkbox"/>	<input checked="" type="checkbox"/>
c. Varicose Veins	<input type="checkbox"/>	<input checked="" type="checkbox"/>
4. Respiratory System	<input type="checkbox"/>	<input checked="" type="checkbox"/>
5. Skin-Chronic Disease	<input type="checkbox"/>	<input checked="" type="checkbox"/>
6. Abdomen	<input type="checkbox"/>	<input checked="" type="checkbox"/>
7. Locomotor/Neurological	<input type="checkbox"/>	<input checked="" type="checkbox"/>
8. Endocrine disorders	<input type="checkbox"/>	<input checked="" type="checkbox"/>
9. Mental State	<input type="checkbox"/>	<input checked="" type="checkbox"/>

LABORATORY TEST

(Report Enclosed)

	Yes/Abnormal	No/Normal
1. Blood Count	<input type="checkbox"/>	<input checked="" type="checkbox"/>
2. Urine Feme	<input type="checkbox"/>	<input checked="" type="checkbox"/>
3. Other Laboratory Test	<input checked="" type="checkbox"/>	<input type="checkbox"/>

OTHER TEST

(Report Enclosed)

	Yes/Abnormal	No/Normal
1. Audiometry	<input type="checkbox"/>	<input checked="" type="checkbox"/>
2. Spirometry	<input checked="" 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: Overweight E66, Lab: HDL E78.4 41 mg/dl BHR, Cholesterol Ratio E78 4.7 AR

CERTIFICATION

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

ADVICE :

Regular Exercise and Reduce Weight, Diet to Raise HDL Cholesterol

Authentic Signature

Date of Exam : 30 April 2020



DR. REZGA AGNELA VALBETRI



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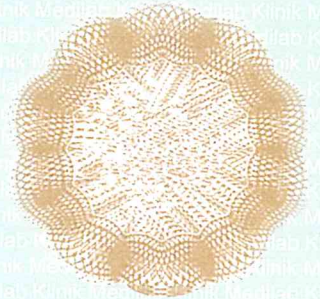
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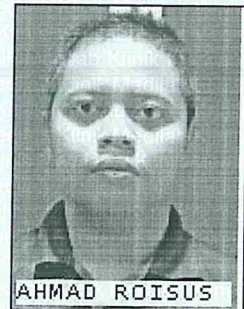
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LABORATORY REPORT

BLOOD COUNT

Test Name	Result	Unit	Reference Range	
HGB	14.3	gr/dl	M: 13.2 - 17.3	F: 11.7 - 15.5
WBC	5.6	10 ³ /mm ³	M: 3.8 - 10.6	F: 3.6 - 11.0
RBC	5.51	10 ⁶ /mm ³	M: 4.4 - 5.9	F: 3.8 - 5.2
ESR	1	mm/hr	M: 0 - 10	F: 0 - 20
HCT	43.7	%	M: 40 - 52	F: 35 - 47
PLT	399	10 ³ /mm ³	150 - 440	
Differential Count				
- LYM	31.6	%	25 - 40	
- MON	6.2	%	2 - 8	
- GRA	62.2	%	43 - 76	

URINE FEME

Macroscopy	Result
- pH	5
- Specific Gravity	1.015
- Glucosaa	Negative
- Protein	Negative
- Ketones	Negative
- 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.

Date of Exam : 30 April 2020



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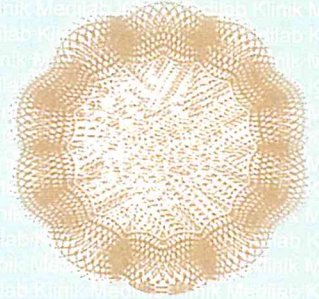


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AHMAD ROISUS

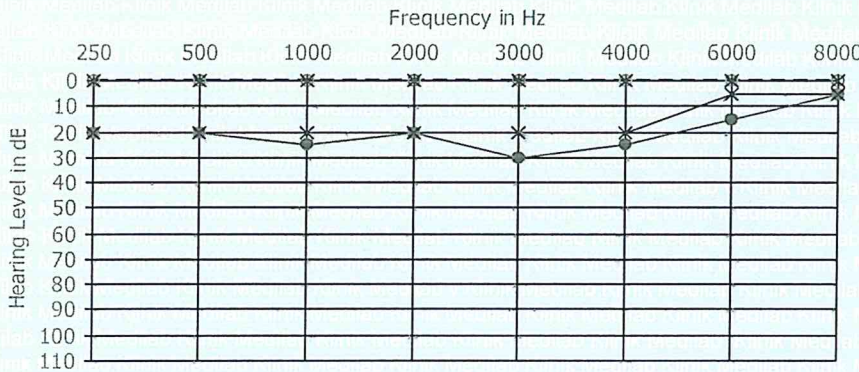
AUDIOMETRY REPORT

Occupational History

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

Medical History/Examination

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



Conclusion :

- Audiogram : Normal
- Hearing Impairment : Monaural : R : -1.88 %
L : -7.50 %
Hearing Handicap : -6.563 %
- Not a Noise Induced Hearing Loss

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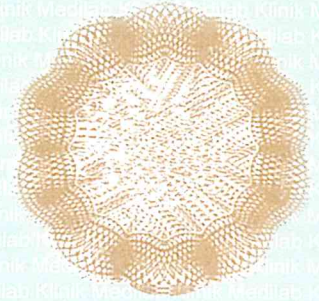
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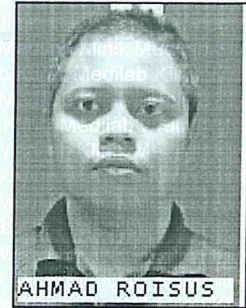
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LABORATORY REPORT

Test Name	Result Unit	Reference Range
LIVER FUNCTION TEST		
SGOT :	27 U/L	M: <= 35 F: <= 31
SGPT :	35 U/L	M: <= 45 F: <= 34
Gamma GT :	24 U/L	M: <= 49 F: <= 32
LIPID PROFILE TEST		
Total Cholesterol :	193 mg/dl	<= 200
HDL - Cholesterol :	41 mg/dl	M: > 35 F: > 45
LDL - Cholesterol :	139 mg/dl	50 - 140
Triglycerida :	65 mg/dl	<= 204
Ratio Cholesterol (Total Chol : HDL) :*	4.7	M: < 3.4 F: < 3.3
BLOOD SUGAR TEST		
Nuchter :	92 mg/dl	< 100
RENAL FUNCTION TEST		
Ureum :	30 mg/dl	17 - 43
Creatinine :	1 mg/dl	M: 0.8 - 1.3 F: 0.5 - 0.9
Uric Acid :	6.6 mg/dl	M: 3.6 - 8.2 F: 2.3 - 6.1

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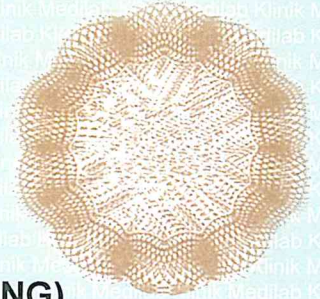
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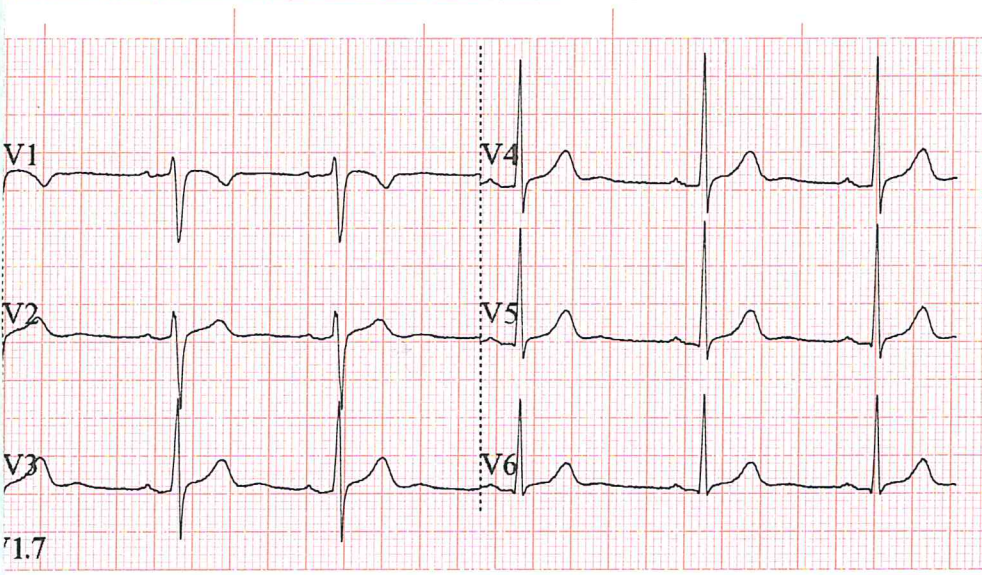
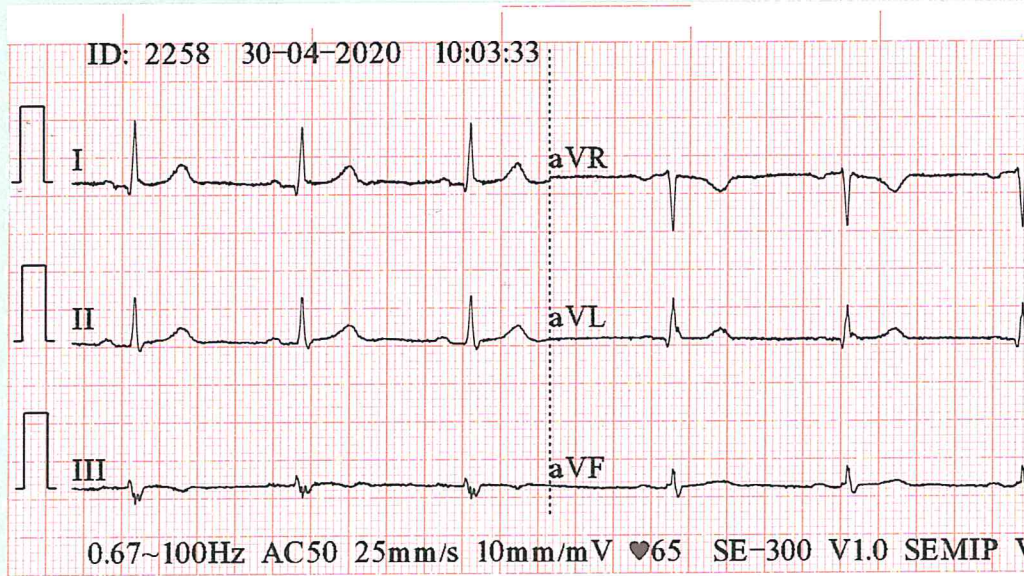
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ELECTROCARDIOGRAM INTERPRETATION (RESTING)

Name : Ahmad Roisus Syifa
Age : 26 Years
Sex : Male
Place/Date : Batam, April 30th 2020
Company's Name : INSPEKTINDO SINERGI PERSADA, PT



CONCLUSION : Normal Resting ECG
EXAMINER :



dr. REZGA AGNELA VALBETRI
Examining Physician

OVERWEIGHT DAN OBESE

Kemendes RI

CEGAH DENGAN MELAKUKAN POLA HIDUP SEHAT

Overweight adalah berat badan yang melebihi berat badan normal.

Body Mass Index (BMI) $\geq 25 \text{ Kg/m}^2$



Obese adalah kelebihan akumulasi lemak dalam tubuh.

Body Mass Index (BMI) $\geq 30 \text{ Kg/m}^2$

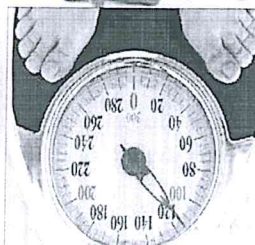
World Health Organization (WHO)

Cara Mengatasi :

1. Mengurangi porsi makan dari biasanya, perbanyak makan buah dan sayur serta kacang-kacangan.
2. Mengurangi penggunaan minyak dan santan, dianjurkan masak dengan caradi kukus, direbus atau dipanggang.
3. Mengurangi makanan dan minuman yang manis.
4. Mengurangi penggunaan garam dan makanan yang diawetkan, diasinkan dan dikemas dalam kaleng.
5. Hindari susu tinggi lemak, minumlah susu yang rendah lemak.
6. Meningkatkan konsumsi makan ikan segar.
7. Melakukan aktivitas fisik minimal 30 menit setiap hari. Kegiatan ini dapat dilakukan dimana saja dan kapan saja seperti berjalan kaki, bersepeda, membersihkan rumah dan kebun, mencuci motor/mobil.

Cara Mencegah :

1. Makan dengan gizi seimbang
*Jumlah dan jenis makanan sesuai Kebutuhan
*Jadwal makan teratur
2. Aktifitas Fisik minimal 30 menit setiap hari
3. Timbang berat-badan secara teratur



HDL CHOLESTEROL

HDL Cholesterol (Lemak Baik) adalah lipoprotein yang mengandung banyak protein dan sedikit lemak.

HDL berfungsi mengangkut kolesterol yang berlebih dari sel-sel dan jaringan-jaringan untuk dibawa ke hati atau didaur ulang.

Cara meningkatkan HDL Cholesterol :

1. Menurunkan berat badan yang berlebih
2. Meningkatkan aktivitas fisik : 30 menit per hari dengan aktivitas kategori sedang
3. Pilih bahan makanan yang mengandung lemak tak jenuh misalnya: minyak sayur, minyak jagung, kedelai, ikan salmon dan tuna dll
4. Tidak merokok dan pembatasan konsumsi alkohol

