
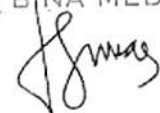


Certificate Of Health Assessment

Name	Age	Position	Department
NOVITA CHRISTINA	31 yo	SALES ADMIN	-

COMPANY :
RIGSPEK PERKASA, PT

CONCLUSION		
FIT TO WORK		✓
FIT WITH MEDICAL NOTE		
TEMPORARY UNFIT		
UNFIT		
Issued Date	Doctors Name	Prepared By
23 September 2020	Puteri Melati, MD <small>PKTK : KEP.264/BINWASK3-PNK3/KK/VI/2019 SIP : 23/B.15a/31.74.04.1004/-1.779.3/e/2019</small>	
Expired Date		Verified By
23 September 2021	dr. Muhammad Ilyas, Sp.Ok <small>SIP : 29/B.15b/31.74.04.1004.02.009.K.1/3/-1.779.3/e/2019</small>	PT. KARTIKA BINA MEDIKATAMA 

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

Certificate Number : MP-BOP/I-20200923/125547
 MCU Validity Check
<https://mcu-validasi.medikaplaza.com>

PT. KARTIKA BINA MEDIKATAMA

HEALTH ASSESSMENT REPORT

Of

NOVITA CHRISTINA

01.00079806

Wednesday, 23 September 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.	: 01.00079806	EMPLOY. STATUS	: PreEmploye
NAME	: NOVITA CHRISTINA	BIRTHDATE	: 01 November 1988
EMPLOYEE No.	: -	SEX	: Female
JOB TITLE	: SALES ADMIN	STATUS	: Single
COMP. NAME	: RIGSPEK PERKASA, PT	NASIONALITY	: INDONESIA

SUMMARY

MEDICAL FINDING :

1. Leukocyturia (+2), Hematuria (trace)
2. Overweight
3. Cerumen obturans on left ear
4. Decreasing of visual acuity of both eyes

Your fitness status is fit to work

SUGGESTION :

1. Drink more water at least 2lt/day (8-10 glasses/day). Repeat urinalysis after 2 weeks
2. 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 63.20 Kgs (present body weight is 71.6 Kgs). Consultation with a Nutritionist for evaluation of overweight
3. Consultation with an ENT specialist for cerumen extraction
4. You need to wear glasses for distant vision

PERCEPTIONS OF EXPOSURE BY WORKERS :

- Administration work

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 : NOVITA CHRISTINA

Sex : Female

MR : 01.00079806

Visit : 23/09/2020

Comp. : RIGSPEK PERKASA, PT

DOB : 01 November 1988

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

SPECIAL FOR WOMAN

Reguler periode

Yes

First day of last menstruation 12th September
2020

Dysmenorhea

No

Pregnancy history

No

Abortion

No

Vaginal discharge

No

LIFE STYLE

Alcohol intake

No

Smoking

No

Exercise

No

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

CLINICAL EVALUATION

Name : NOVITA CHRISTINA	Sex : Female	MR : 01.00079806	Visit : 23/09/2020
Comp. : RIGSPEK PERKASA, PT		DOB : 01 November 1988	

EXAMINATION	RESULT	NOTES
Noise	No	
Heat Stress	No	
Cold Stress	No	
Vibration	No	
Involving height	No	
Radiation	No	
Dust	No	
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 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	71.6 Kg	
Body Height	159 Cm	

CLINICAL EVALUATION

Name : NOVITA CHRISTINA	Sex : Female	MR : 01.00079806	Visit : 23/09/2020
Comp. : RIGSPEK PERKASA, PT		DOB : 01 November 1988	

EXAMINATION	RESULT	NOTES
BMI	28.32 Kg/m ²	
Normal Weight	46.77 - 63.20 Kg	
BMI Conclusion	Overweight	
Blood Pressure	110/80 mmHg	
Pulse	84 x/minute	
Body Temperature	36.7 °C	
RR	20	
Neck Circumference	37 Cm	
Arm Circumference	37 Cm	
Chest size	96 Cm	
Abdominal Circumference	93 Cm	
SKIN		
Skin	Normal	
EYE		
Left	Normal	
Right	Normal	
ENT		
Auricle	Normal	
Ear canal	Abnormal	Cerumen obturans on left ear
Drums	Abnormal	Left ear drum cannot be seen
Septum/Conchae	Normal	
Sinuses	Normal	
Pharynx	Normal	
Tonsil	Normal	
MOUTH		
Gum	Normal	
Dental	Normal	
NECK		
General	Normal	
Thyroid Gland	Normal	
CHEST		
Form	Normal	
Lung	Normal	
Heart	Normal	
Breast	Normal	
ABDOMEN		
Form	Flat	

CLINICAL EVALUATION

Name : NOVITA CHRISTINA	Sex : Female	MR : 01.00079806	Visit : 23/09/2020
Comp. : RIGSPEK PERKASA, PT		DOB : 01 November 1988	

EXAMINATION	RESULT	NOTES
Palpation	Supple	
Liver	Not Palpable	
Spleen	Not Palpable	
Kidney	No Ballotment	
-	No	
Hernia inguinal	No	
EXTRIMITIES		
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 : NOVITA CHRISTINA	Sex : Female	MR : 01.00079806	Visit : 23/09/2020
Comp. : RIGSPEK PERKASA, PT		DOB : 01 November 1988	

EXAMINATION		Right	Left
Reading		-	-
Previous Glasses		-	-
Without Glasses	Distant	20/30	20/40
	Near	J1	J1
Correction	Distant	S-0.50 C-0.50X90 20/20	S-0.75 C-0.50X180 20/20
	Near	-	-
Depth Perception		-	-
Tonometry		20.0 mmHg	20.0 mmHg
Funduscopy		NORMAL	NORMAL
Visual Fields		-	-
Colour Blind Test		Normal	

Impression : Astigmatismus myopicus kompositus ODS

RADIOLOGY DIAGNOSTIC

Name : NOVITA CHRISTINA

Sex : Female

MR : 01.00079806 Visit : 23/09/2020

Comp. : RIGSPEK PERKASA, PT

DOB : 01 November 1988

EXAMINATION

RESULT

THORAX PA (PRINT FILM)

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 : NOVITA CHRISTINA	MR : 01.00079806	Visit : 23/09/2020	#Lab : IN717531117547
Comp. : RIGSPEK PERKASA, PT	Sex : Female	DOB : 01 November 1988	

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

HEMATOLOGI

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

Automated Blood Count

White Blood Cell (WBC)	10.1	3.6 - 11.0
Erythrocyte (RBC)	4.7	3.8 - 5.2
Haemoglobin	13.0	11.7 - 15.5
Hematocrit	37	35 - 47
Thrombocytes	371	150 - 440

MCV, MCH, MCHC

MCV	80	80 - 100
MCH	28	26 - 34
MCHC	35.3	32 - 36
ESR	4	0 - 20

Differential Count

Basophils	0	0 - 1
Eosinophil	6 *	2 - 4
Bands / Stab	3	3 - 5
Neutrophils	53	50 - 70
Lymphocytes	33	25 - 40
Monocytes	5	2 - 8

BLD CHEMISTRY/LIPID PROFILE

Total Cholesterol	183	Normal/Desireable: <200 Borderline High: 200-239 High: >=240
HDL Cholesterol	73.5 *	Normal : >40 - <60 Low HDL : <40 Desireable : >=60
LDL Cholesterol	84	Optimal: <100 Near/Above Optimal: 100-129 Borderline High: 130-159 High: 160-189 Very High: >=190
Triglycerides	128	Normal : <150 Borderline High: 150-199 High : 200-499 Very High : >=500

BLD CHEMISTRY/KIDNEY FUNCTION

LABORATORY RESULT

Name : NOVITA CHRISTINA	MR : 01.00079806	Visit : 23/09/2020	#Lab : IN717531117547
Comp. : RIGSPEK PERKASA, PT	Sex : Female	DOB : 01 November 1988	

EXAMINATION	RESULT	NORMAL RANGE
Creatinine	0.7	0.6- 1.3
Uric Acid	4.37	2.60 - 6.00

BLD CHEMISTRY/LIVER FUNCTION

SGOT(AST)	17	9 - 45
SGPT (ALT)	16	13 - 45
Gamma GT	13	0 - 30

BLD CHEMISTRY/DIABETES

Glucose Fasting	99	< 100
Glucose Urine	Negative	Negative
Keton Urine	Negative	Negative

URINALYSIS

Complete Urine Analysis

Macroscopic

Color	Light Yellow	
Turbidity	Clear	Clear
Specific Gravity	1.021	1.000 - 1.030
pH	5.5	4.5 - 8.0
Leucocyte	Positive 2 (250)	Negative
Glucose	Negative	Negative
Nitrit	Negative	Negative
Bilirubin	Negative	Negative
Blood	Trace	Negative
Urobilinogen	Normal	Normal
Protein	Negative	Negative
Keton	Negative	Negative

Microscopic

RBC	1-2	0 - 1
WBC	15-20	0 - 4
Cylinder	Negative	
Epithels Squamous	1-2	5 - 15
Crystals	Negative	
Bacteria	Negative	Negative
Others	Negative	

STOOL / RECTAL SWAP

Faeces Complete

Macroscopic

Color	Brown
-------	-------

LABORATORY RESULT

Name : NOVITA CHRISTINA	MR : 01.00079806	Visit : 23/09/2020	#Lab : IN717531117547
Comp. : RIGSPEK PERKASA, PT	Sex : Female	DOB : 01 November 1988	

EXAMINATION	RESULT	NORMAL RANGE
Consistency	Smooth	
Mucus	Negative	Negative
Blood	Negative	Negative
Pus	Negative	Negative
Parasit	Negative	Negative
Lipid	Negative	Negative
Microscopic		
RBC	0-1	0 - 1
WBC	0-1	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

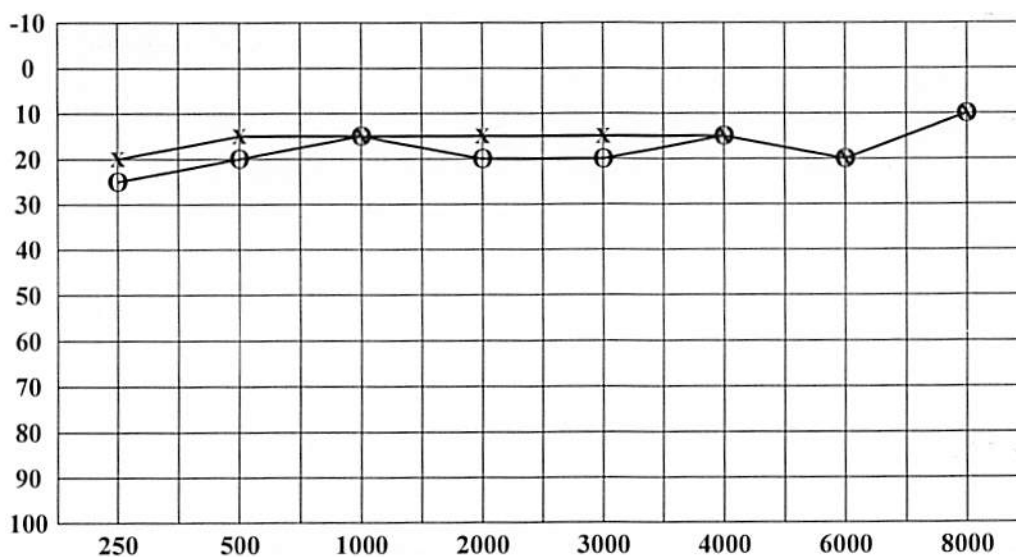
AUDIOMETRY DIAGNOSTIC

Name : NOVITA CHRISTINA	Sex : Female	MR : 01.00079806	Visit : 23/09/2020
Comp. : RIGSPEK PERKASA, PT		DOB : 01 November 1988	

RESULT

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

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



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

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

Conclusion Right Ear : Hearing threshold = 17.5 dB
(Within normal limit)

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

CARDIOLOGY DIAGNOSTIC

Name : NOVITA CHRISTINA	Sex : Female	MR : 01.00079806	Visit : 23/09/2020
Comp. : RIGSPEK PERKASA, PT		DOB : 01 November 1988	

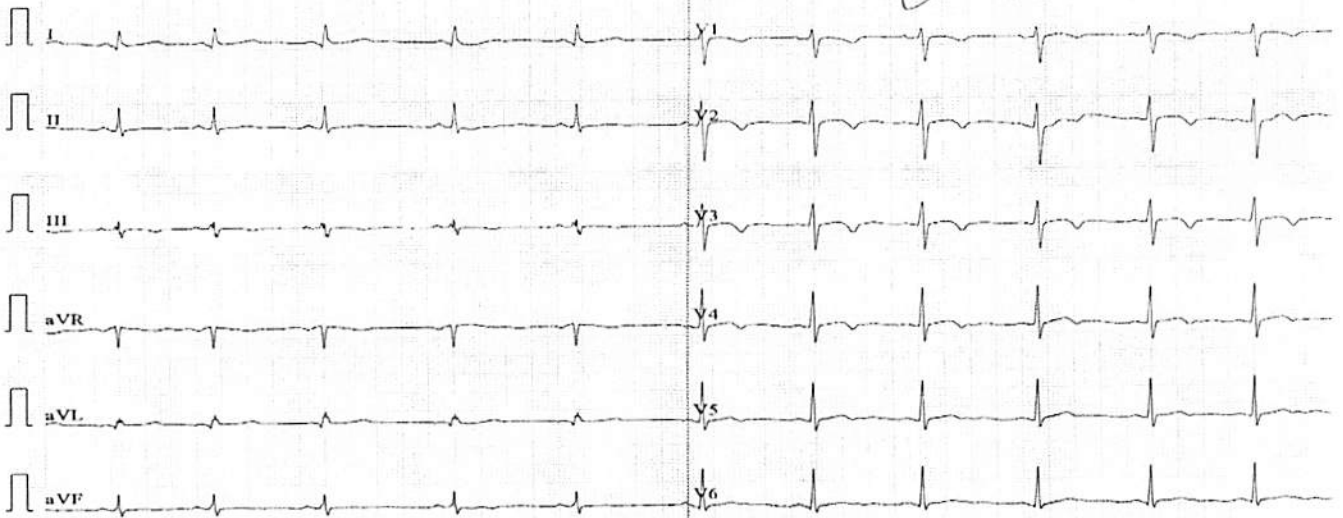
EXAMINATION	RESULT	Comments :
ELECTROCARDIOGRAPHY	Sinus Rythm axis (N), P wave (N), PR int 0.16" ST - T segment (N), aritmia (-)	Normal ECG

ID: 26
NOVITA CHRISTINA
Female 31Years

23-09-2020 11:11:57
HR : 68 bpm
P : 116 ms
PR : 134 ms
QRS : 90 ms
QT/QTc : 426/454 ms
P/QRS/T : 56/31/7
RV5/SV1 : 1.088/0.627 mV

Diagnosis Information:
Sinus rhythm
Anterior T wave abnormality is borderline for age and gender
Borderline ECG

Report Confirmed by: 



0.67~100Hz AC50 25mm/s 10mm/mV 2*5.0s ♥68 SE-1200Express V2.21 Glasgow V28.6.0