

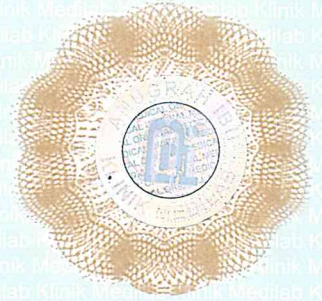


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KLINIK MEDILAB

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 : 
00002/001/III/RP/20

182

PERSONAL DATA

Name : GRATCIA NATANAEL SIMANJUNTAK
Birthday/Gender/Emp. ID : 8 December 1988 / Male /
Father's Name : REKSON SIMANJUNTAK
Address : RUSUNAWA BLOK B2 LT 4 NO 8, BATAM
Occupation : ASST MANAGER PROJECT
Name of Employer / Recruitment Agency : RIGSPEK PERKASA .PT
Address of Employer / Recruitment Agency : KOMPLEK KAWASAN SEKUPANG KAV. NO.13 BATAM, 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 : 71 Kg	Height : 167 Cm	3. Cardiovascular System	Yes/Abnormal	No/Normal	
BMI : 25.45		a. Blood Pressure	<input type="checkbox"/>	<input checked="" type="checkbox"/>	
		Systolic / Diastolic : 132 / 77 mm Hg			
		Pulse : 76 / min			
1. Vision	Yes/Abnormal	No/Normal			
a. Distant Vision	<input type="checkbox"/>	<input checked="" type="checkbox"/>	b. Heart Disease	<input type="checkbox"/>	<input checked="" type="checkbox"/>
(Should be at least 6/12 in both eyes with or without glasses)			c. Varicose Veins	<input checked="" type="checkbox"/>	<input type="checkbox"/>
b. Near Vision	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	4. Respiratory System	<input type="checkbox"/>	<input checked="" type="checkbox"/>
(Should be at least J2 in both eyes with or without glasses)			5. Skin-Chronic Disease	<input type="checkbox"/>	<input checked="" type="checkbox"/>
c. Colour Vision	<input type="checkbox"/>	<input checked="" type="checkbox"/>	6. Abdomen	<input type="checkbox"/>	<input checked="" type="checkbox"/>
d. Any Organic Eye Disease	<input type="checkbox"/>	<input checked="" type="checkbox"/>	7. Locomotor/Neurological	<input type="checkbox"/>	<input checked="" type="checkbox"/>
2. Hearing	<input type="checkbox"/>	<input checked="" type="checkbox"/>	8. Endocrine disorders	<input type="checkbox"/>	<input checked="" type="checkbox"/>
(Unable to hear ordinary conversation at 2 m)			9. Mental State	<input type="checkbox"/>	<input checked="" type="checkbox"/>

LABORATORY TEST

(Report Enclosed)

	Yes/Abnormal	No/Normal
1. Blood Count	<input checked="" type="checkbox"/>	<input 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 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, Myopia H52.1 Aided R:6/9, L:6/9 MIM, Bilateral Varicose Grade 1 I83.9, Lab: HDL E78.4 39 mg/dl BHR, Triglyceride E78.1 222 mg/dl HR, Cholesterol Ratio E78 5.1 AR, Blood Count: Monocytosis D72.821 8.8%

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, Legs Exercise, Low Fat Diet

Authentic Signature

Date of Exam : 18 March 2020



DR. REZGA AGNELA VALBETRI

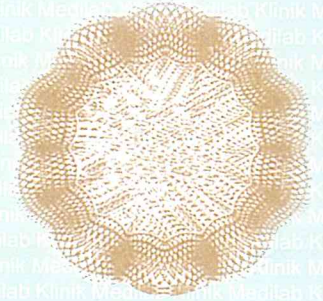


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GRATCIA NATAN

LABORATORY REPORT

BLOOD COUNT

Test Name	Result	Unit	Reference Range
HGB	15.3	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	4.94	10 ⁶ / mm ³	M: 4.4 - 5.9 F: 3.8 - 5.2
ESR	3	mm/hr	M: 0 - 10 F: 0 - 20
HCT	45.5	%	M: 40 - 52 F: 35 - 47
PLT	307	10 ³ /mm ³	150 - 440
Differential Count			
- LYM	31.7	%	25 - 40
- MON	* 8.8	%	2 - 8
- GRA	59.5	%	43 - 76

URINE FEME

Macroscopy	Result
- pH	6
- Specific Gravity	1.015
- Glucossa	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.

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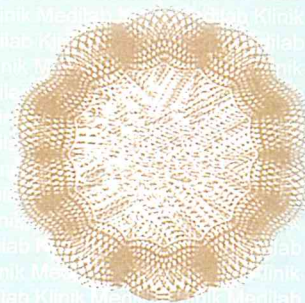


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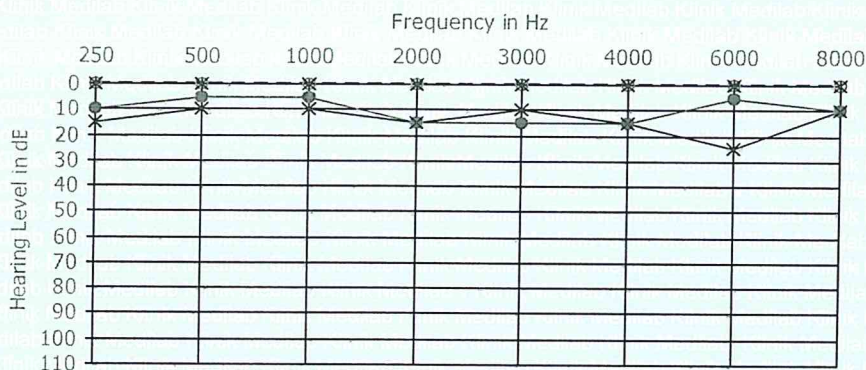
AUDIOMETRY REPORT

Occupational History

	Yes	No
- Noisy Working Environment	<input type="checkbox"/>	<input checked="" type="checkbox"/>
- Present/use of Hearing Protector	<input type="checkbox"/>	<input checked="" type="checkbox"/>
- Period of Working	7.0 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"/>



● REAC
 × LEAC
 ○ REBC
 × LEBE

Conclusion :

- Audiogram : Normal
- Hearing Impairment : Monaural
 R : -22.50 %
 L : -18.75 %
 Hearing Handicap : -21.875 %
- Not a Noise Induced Hearing Loss

Date of Exam : 18 March 2020



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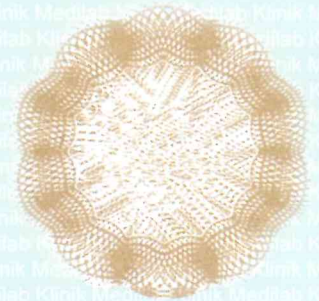


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GRATCIA NATAN

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	4.47	4.73	106
FEV1	3.79	3.21	85
FEV1/FVC	81.6	67.8	83
PEF	9.07	9.26	102
FEF25-75	4.61	2.27	49

FVC Normal Value : 3.769
 FEV1 Normal Value : 3.191
 FEV1/FVC % Normal Value : 85 %
 FVC % Predicted Value : 125 %
 FEV1 % Predicted Value : 94 %
 FEV1/FVC % Predicted Value : 74 %

Interpretation : Normal Spirometri

PARAMETER		Pred.	PRE#1	%Pred.	PRE#2	PRE#3
*FVC	L	4.47	4.73	106	4.73	4.73
*FEV1	L	3.79	3.21	85	3.21	3.21
*PEF	L/s	9.07	9.26	102	9.26	9.26
FVC	L	4.47	4.73	106	4.63	4.56
FEV1	L	3.79	3.21	85	3.09	3.05
FEV1/FVC	%	81.6	67.9	83	66.7	66.9

Date of Exam : 18 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

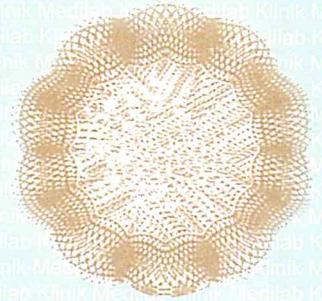


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GRATCIA NATAN

LABORATORY REPORT

Test Name	Result Unit	Reference Range
LIVER FUNCTION TEST		
SGOT	16 U/L	M: <= 35 F: <= 31
SGPT	22 U/L	M: <= 45 F: <= 34
Gamma GT	26 U/L	M: <= 49 F: <= 32
LIPID PROFILE TEST		
Total Cholesterol	197 mg/dl	<= 200
HDL - Cholesterol	39 mg/dl	M: > 35 F: > 45
LDL - Cholesterol	114 mg/dl	50 - 140
Triglycerida	222 mg/dl	<= 204
Ratio Cholesterol (Total Chol : HDL)	5.1	M: < 3.4 F: < 3.3
BLOOD SUGAR TEST		
Nuchter	84 mg/dl	< 100
RENAL FUNCTION TEST		
Ureum	27 mg/dl	17 - 43
Creatinine	1.1 mg/dl	M: 0.8 - 1.3 F: 0.5 - 0.9
Uric Acid	7.1 mg/dl	M: 3.6 - 8.2 F: 2.3 - 6.1

Date of Exam : 18 March 2020



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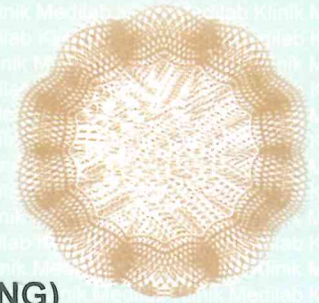
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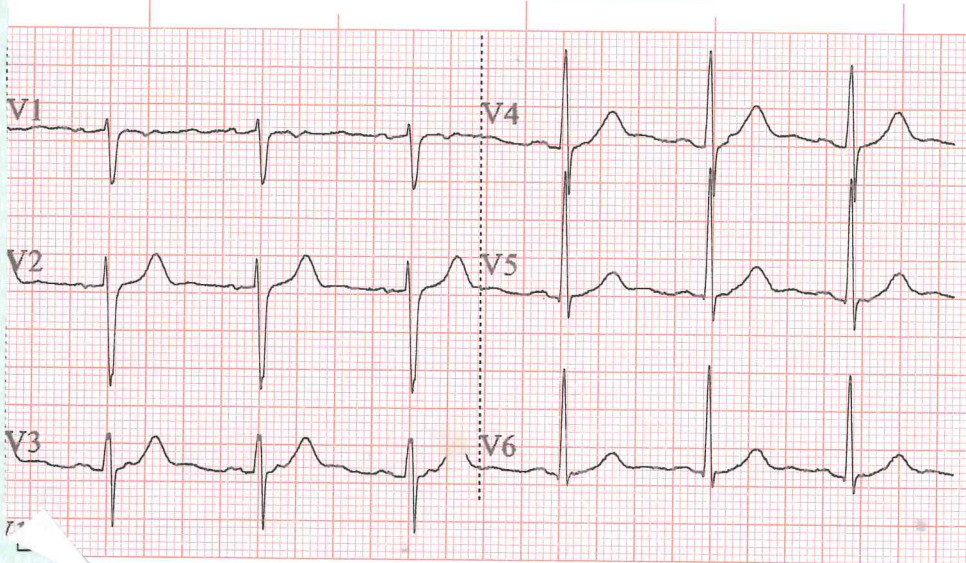
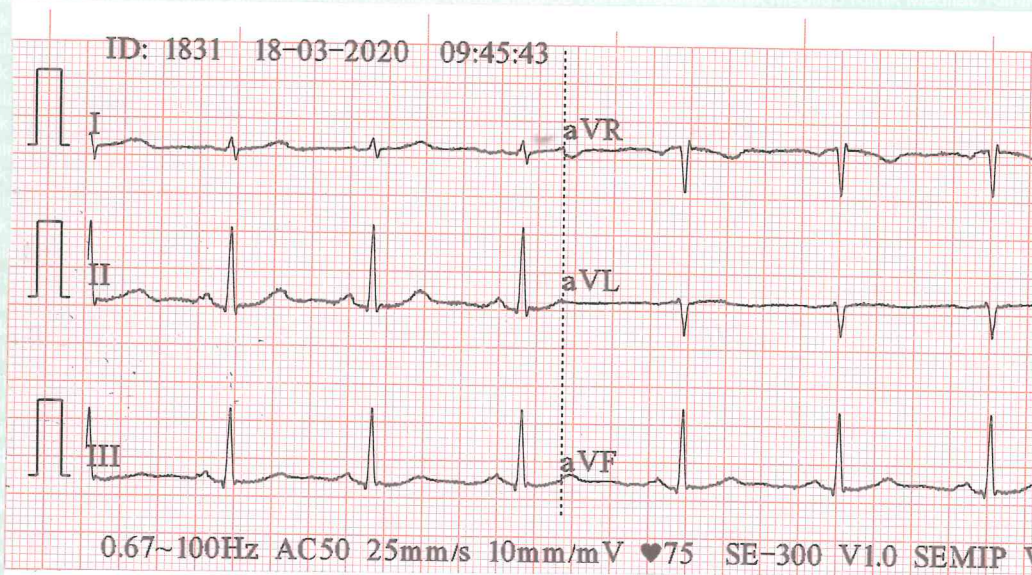
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ELECTROCARDIOGRAM INTERPRETATION (RESTING)

Name : Gratcia Natanael Simanjuntak
Age : 31 Years
Sex : Male
Place/Date : Batam, March 18th 2020
Company's Name : RIGSPEK PERKASA .PT



CONCLUSION : **Normal Resting ECG**
EXAMINER :



dr. REZGA AGNELA VALBETRI
Examining Physician

OVERWEIGHT DAN OBESE

Kemenkes 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) $\geq 30 \text{ Kg/m}^2$

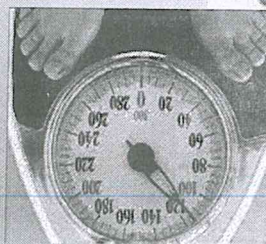
World Health Organization (WHO)

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 cara dikukus, 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 :

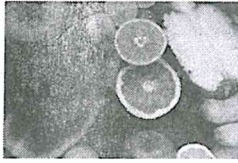
1. Makan dengan gizi seimbang
*Jumlah dan jenis makanan sesuai kebutuhan
*Jadwal makan teratur
2. Aktifitas Fisik minimal 30 menit setiap hari
3. Timbang berat badan secara teratur



Pencegahan Varices

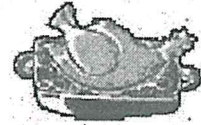
Untuk Pekerja Berdiri

- **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**



CHOLESTEROL DARAH

Dr.Mariamam 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>