

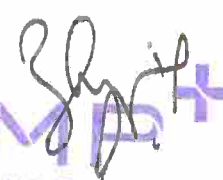

Certificate Of Health Assessment

Name	Age	Position	Department
VICTOR HOTMAN LUKMAN SIBUEA	29 yo	SUPERVISOR	

COMPANY :

INSPEKTINDO SINERGI PERSADA

CONCLUSION

Fit for work to the job described		
Fit with Medical Note (Restriction and/or Limitation)	✓	
Unfit for work to the job described		
Date	Doctors Name	Signature
30 May 2018	Alya Putri Khairani, MD	  PT. KARTIKA BINA MEDIKATAMA

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

HEALTH ASSESSMENT REPORT

Of

VICTOR HOTMAN LUKMAN SIBUEA

01051796

Wednesday, 30 May 2018

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

SUMMARY

MEDICAL FINDING :

1. Dyslipidemia
2. Hyperuricemia
3. Increase SGOT and SGPT level
4. Increase fasting blood sugar
5. First grade hypertension
6. Obesity

Your fitness status is fit with medical note:

1. Dyslipidemia
2. Hyperuricemia
3. Increase SGPT level

SUGGESTION :

1. Low fat and carbohydrate diet, exercise regularly minimal 3x/week
2. 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
3. Take a time to rest minimal 8 hours/day
4. Consult to an Internist for evaluation of Dyslipidemia, Hyperuricemia and Increase SGOT and SGPT level
5. low sugar diet
6. Low salt diet and control blood pressure regularly minimal once in 2 weeks
7. 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 74.82 Kgs (present body weight is 89.80 Kgs). See a Clinical Nutrition Specialist for evaluation of Obesity with Dyslipidemia, Increase fasting blood sugar and First grade hypertension

Responsible Doctor



Alya Putri Khatrani, 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

PRIVATE

Printed by : vicka1

CLINICAL EVALUATION

Name : VICTOR HOTMAN LUKMAN SIBUEA	Sex : Male	MR : 01051796	Visit : 30/05/2018
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Comp.: INSPEKTINDO SINERGI PERSADA	DOB : 14 January 1989
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EXAMINATION	RESULT	NOTES
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ANAMNESA

PRESENT COMPLAINT AND HISTORY OF PRESENT

ILLNESS

Present complaint

No complaint

MEDICAL HISTORY

Alergy	Yes
Imunisasi	Yes
Surgery	No
Hospitalization	No
Disease	No

Seafood

LIFE STYLE

Alcohol intake	No
Smoking	Yes
Exercise	Yes

1x/week, sit up, push up

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

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 : 30/05/2018
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Comp.: INSPEKTINDO SINERGI PERSADA	DOB : 14 January 1989
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EXAMINATION	RESULT	NOTES
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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	No	
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	No	
Handling food product	No	
Others	No	

PHYSICAL EXAMINATION

General Appearance	Good
Body shape	Athleticus

VITAL SIGN

Body Weight	89.8 Kg
Body Height	175 Cm
BMI	30 Kg/m ²
Normal Weight	55.37 - 74.82 Kg
BMI Conclusion	Obesity
Blood Pressure	130/90 mmHg
Pulse	85 x/minute
Body Temperature	37 °C
RR	22

CLINICAL EVALUATION

Name : VICTOR HOTMAN LUKMAN SIBUEA	Sex : Male	MR : 01051796	Visit : 30/05/2018
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Comp.: INSPEKTINDO SINERGI PERSADA	DOB : 14 January 1989
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EXAMINATION	RESULT	NOTES
Neck Circumference	-	
Arm Circumference	-	
Chest size	-	
Abdominal Circumference	-	
SKIN		
Skin	Abnormal	Hyperpigmented macula on the back
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	Normal	
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	
-	No	
Hernia inguinal	No	
EXTRIMITIES		

CLINICAL EVALUATION**Name** : VICTOR HOTMAN LUKMAN SIBUEA **Sex** : Male **MR** : 01051796 **Visit** : 30/05/2018**Comp.** : INSPEKTINDO SINERGI PERSADA **DOB** : 14 January 1989

EXAMINATION	RESULT	NOTES
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 : VICTOR HOTMAN LUKMAN SIBUEA	Sex : Male	MR : 01051796	Visit : 30/05/2018
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Comp. : INSPEKTINDO SINERGI PERSADA	DOB : 14 January 1989
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EXAMINATION		Right	Left
Reading		-	-
Previous Glasses		-	-
Without Glasses	Distant	20/20	20/20
	Near	J1	J1
Correction	Distant	-	-
	Near	-	-
		-	-
Tonometry		20.0 mmHg	20.0 mmHg
Funduscopy		NORMAL	NORMAL
Visual Fields		-	-
Colour Blind Test		Normal	

Impression :

RADIOLOGY DIAGNOSTIC

Name : VICTOR HOTMAN LUKMAN SIBUEA

Sex : Male

MR : 01051796

Visit : 30/05/2018

Comp. : INSPEKTINDO SINERGI PERSADA

DOB : 14 January 1989

EXAMINATION**RESULT**

THORAX PA

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 chest.
No evidence of specific process in both lungs.

LABORATORY RESULT

Name : VICTOR HOTMAN LUKMAN SIBUEA	MR : 01051796	Visit : 30/05/2018	#Lab : IN632930182369
Comp.: INSPEKTINDO SINERGI PERSADA	Sex : Male	DOB : 14 January 1989	

EXAMINATION	RESULT	NORMAL RANGE
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HEMATOLOGI

Automated Blood Count

White Blood Cell (WBC)	6.9	3.8 - 11.0
Erythrocyte (RBC)	5.0	4.4 - 5.9
Haemoglobin	14.8	13.2 - 17.3
Hematocrit	42	40 - 52
Thrombocytes	284	150 - 440

MCV, MCH, MCHC

MCV	84	80 - 100
MCH	29	26 - 34
MCHC	35.2	32 - 36
ESR	19 *	0 - 10

Differential Count

Basophils	1	0 - 1
Eosinophil	5 *	2 - 4
Bands / Stab	1 *	3 - 5
Neutrophils	46 *	50 - 70
Lymphocytes	41 *	25 - 40
Monocytes	6	2 - 8

BLD CHEMISTRY/LIPID PROFILE

Total Cholesterol	202 *	Normal/Desireable: <200 Borderline High: 200-239 High: >=240
HDL Cholesterol	48.5	Normal : >40 - <60 Low HDL : <40 Desireable : >=60
LDL Cholesterol	108	Optimal: <100 Near/Above Optimal: 100-129 Borderline High: 130-159 High: 160-189 Very High: >=190
Tryglicerides	230 *	Normal : <150 Borderline High: 150-199 High : 200-499 Very High : >=500

BLD CHEMISTRY/KIDNEY FUNCTION

Ureum	17.9	10.0 - 50.0
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LABORATORY RESULT

Name : VICTOR HOTMAN LUKMAN SIBUEA	MR : 01051796	Visit : 30/05/2018	#Lab : IN632930182369
Comp. : INSPEKTINDO SINERGI PERSADA	Sex : Male	DOB : 14 January 1989	

EXAMINATION	RESULT	NORMAL RANGE
Creatinine	0.9	0.6- 1.3
Uric Acid	10.7 *	3.5 - 7.2

BLD CHEMISTRY/LIVER FUNCTION

SGOT(AST)	53 *	13 - 45
SGPT (ALT)	124 *	13 - 50
Alkaline Phosphatase	45	30 - 120

BLD CHEMISTRY/DIABETES

Glucose Fasting	104 *	< 100
Glucose Urine	Negative	Negative
Keton Urine	Negative	Negative

Blood Glucose 2 PP

Blood Sugar 2 Hours PP	100	< 140
Glucose Urine	Negative	Negative
Keton Urine	Negative	Negative

SEROLOGI / IMUNOLOGI

HBsAg (Qualitative)	Non Reactive	Non Reactive
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URINALYSIS

Complete Urine Analysis

Macroscopic

Color	Light Yellow	
Turbidity	Clear	Clear
Specific Gravity	1.015	1.000 - 1.030
pH	5.5	4.5 - 8.0
Leucocyte	Negative	Negative
Glucose	Negative	Negative
Nitrit	Negative	Negative
Bilirubin	Negative	Negative
Blood	Negative	Negative
Urobilinogen	Normal	Normal
Protein	Negative	Negative
Keton	Negative	Negative

Microscopic

RBC	0-1	0 - 1
WBC	0-1	0 - 4
Cylinder	Negative	
Epithels Squamous	0-1	5 - 15
Crystals	Negative	

LABORATORY RESULT

Name : VICTOR HOTMAN LUKMAN SIBUEA	MR : 01051796	Visit : 30/05/2018	#Lab : IN632930182369
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Comp. : INSPEKTINDO SINERGI PERSADA	Sex : Male	DOB : 14 January 1989
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EXAMINATION	RESULT	NORMAL RANGE
Bacteria	Negative	Negative
Others	Negative	

SPIROMETRY DIAGNOSTIC

Name : VICTOR HOTMAN LUKMAN SIBUEA	Sex : Male	MR : 01051796	Visit : 30/05/2018
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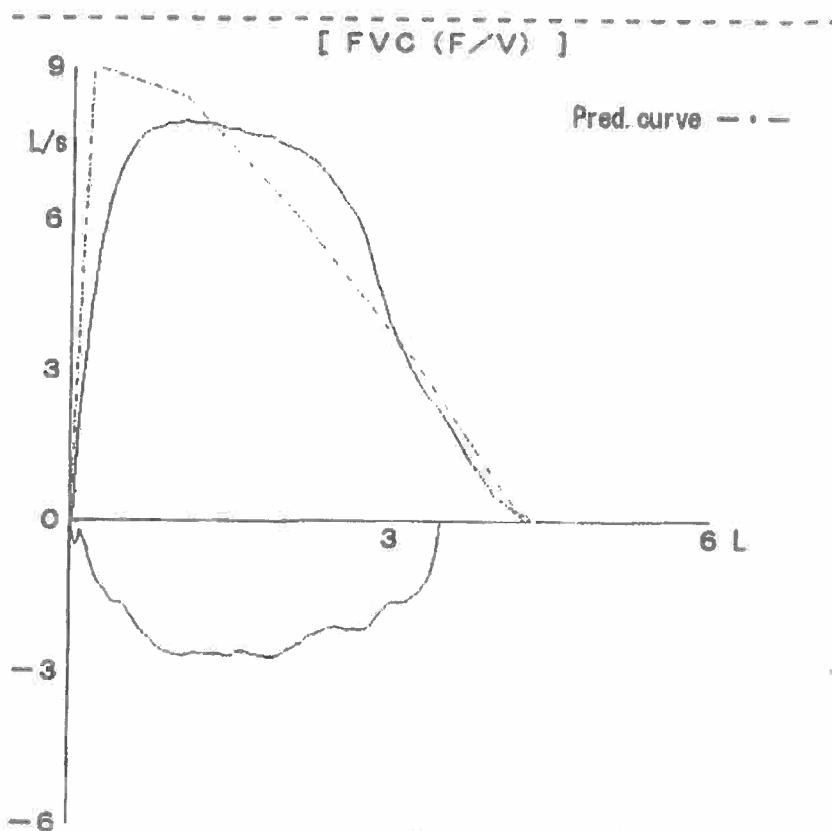
Comp.: INSPEKTINDO SINERGI PERSADA	DOB : 14 January 1989
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EXAMINATION	RESULT
FVC Result	: 4.32 L---> 101.2 %
FEV1 Result	: 3.96 L---> 97.5 %
FEV1/FVC Result	: 91.67 %---> 113.2 %
PEF Result	: 7.93 L/S---> 75.5 %
Indonesian Standart Result	:
Index	:
Spirometry Result	: Normal

Impression : Normal Spirometric Functions

[COPD CLASSIFICATION]

FEV1/FVC : 91.67 %
 %FEV1.0 : 97.50 %
 Stage : Normal
 Recommended treatment by GOLD:



VICTOR HOTMAN LUKMAN SIBUEA - INSPEKTINDO SINERGI PERSADA

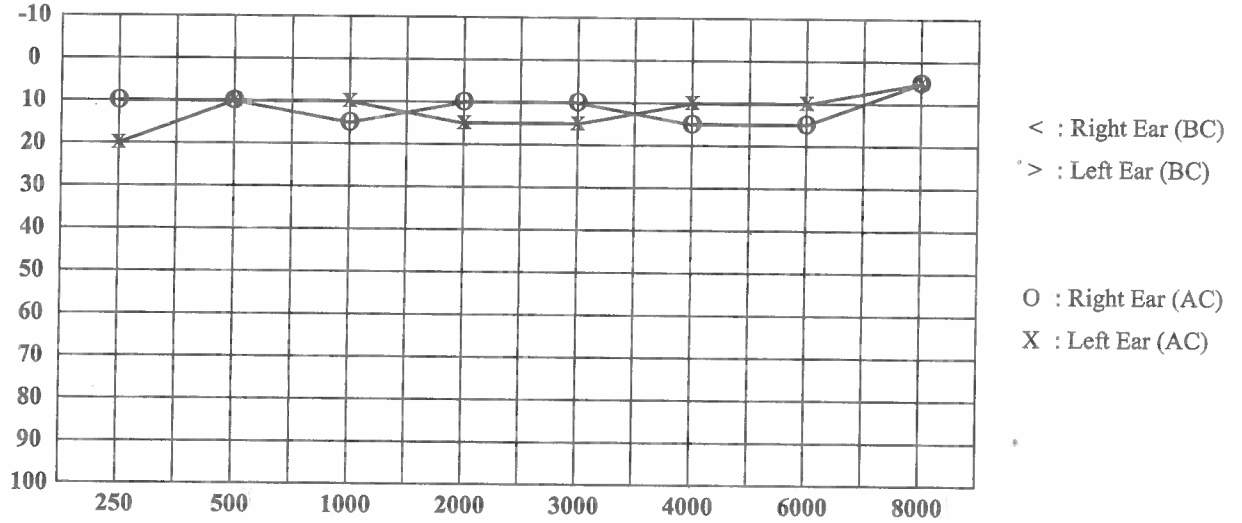
AUDIOMETRY DIAGNOSTIC

Name : VICTOR HOTMAN LUKMAN SIBUEA	Sex : Male	MR : 01051796	Visit : 30/05/2018
Comp. : INSPEKTINDO SINERGI PERSADA		DOB : 14 January 1989	

RESULT

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

Right Ear	250	500	1000	2000	3000	4000	6000	8000
AC	10	10	15	10	10	15	15	5
BC	-	-	-	-	-	-	-	-



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

Conclusion Left Ear : Hearing threshold = 11.25 dB
(Within normal limit)

CARDIOLOGY DIAGNOSTIC

Name : VICTOR HOTMAN LUKMAN SIBUEA	Sex : Male	MR : 01051796	Visit : 30/05/2018
Comp. : INSPEKTINDO SINERGI PERSADA		DOB : 14 January 1989	
EXAMINATION	RESULT	Comments :	

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