



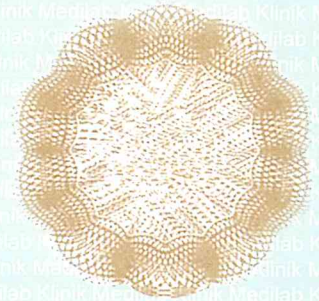
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PUSAT PEMERIKSAAN KESEHATAN TENAGA KERJA

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Telp: (0778) 7372022, 7372023, 0811 770 1188, 0811 770 1199. Fax: (0778) 7372024
E-mail: customercare@medilab-clinic.com, Website: www.medilab-clinic.com



EYE EXAMINATION REPORT

Identification of Applicant

Applicant's Name : Muhammad Fhadly
Sex/Age : Male/ 25 Years
Address : Kav Sagulung Baru Blok A No 104
Company's Name : INSPEKTINDO SINERGI PERSADA, PT



MUHAMMAD FHADLY

Distant vision acuity (Snellen Chart)

Right Eye : 6/9 Without Glasses
Left Eye : 6/6 Without Glasses

Near vision acuity (Jaeger Test)

Both Eyes : J1 Without Glasses

Colour Vision (Ishihara Test)

Normal

Dr. Rezga Agnela Valbetri

Examiner's Name

Examiner's Signature

Batam, March 20th, 2020

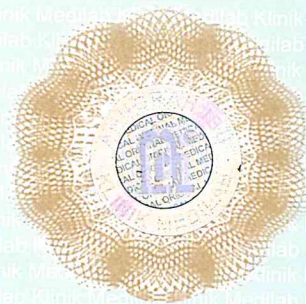
Place, Date of eye examination



Official Stamp of Medical Practitioner



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HEALTH SCREENING REPORT

Periodic Health Examination

CONFIDENTIAL

No. Medical Record : 
00001/001/III/ISP/20

115

PERSONAL DATA

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Birthday/Gender/Emp. ID : 8 October 1994 / Male /
Father's Name : VON ANISMI
Address : KAV SAGULUNG BARU BLOK A NO 104, BATAM
Occupation : ASST INSPECTOR
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 : 71 Kg	Height : 162 Cm	3. Cardiovascular System	Yes/Abnormal	No/Normal
BMI : 27.05		a. Blood Pressure	<input type="checkbox"/>	<input checked="" type="checkbox"/>
		Systolic / Diastolic : 118 / 89 mm Hg		
1. Vision	Yes/Abnormal	No/Normal		
a. Distant Vision	<input type="checkbox"/>	<input checked="" type="checkbox"/>	b. Heart Disease	<input type="checkbox"/>
(Should be at least 6/12 in both eyes with or without glasses)			c. Varicose Veins	<input checked="" type="checkbox"/>
b. Near Vision	<input type="checkbox"/>	<input checked="" type="checkbox"/>	4. Respiratory System	<input type="checkbox"/>
(Should be at least J2 in both eyes with or without glasses)			5. Skin-Chronic Disease	<input type="checkbox"/>
c. Colour Vision	<input type="checkbox"/>	<input checked="" type="checkbox"/>	6. Abdomen	<input type="checkbox"/>
d. Any Organic Eye Disease	<input type="checkbox"/>	<input checked="" type="checkbox"/>	7. Locomotor/Neurological	<input type="checkbox"/>
2. Hearing	<input type="checkbox"/>	<input checked="" type="checkbox"/>	8. Endocrine disorders	<input type="checkbox"/>
(Unable to hear ordinary conversation at 2 m)			9. Mental State	<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. Audiometri	<input type="checkbox"/>	<input checked="" type="checkbox"/>
2. Spirometri	<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 R:6/9, L:6/6 MIM, Bilateral Varicose Grade 1 I83.9, E.N.T: Left Tonsil J03 T1, Right Tonsil J03 T1, Weist Circumference: 84 cm, Lab: SGOT R74.9 76 U/L MIE, SGPT R74.9 169 U/L MOE, GGT R74.9 58 U/L MIE, Total Cholesterol E78.0 208 mg/dl BHR, HDL E78.4 45 mg/dl BHR, LDL E78.4 144 mg/dl BHR, Cholesterol Ratio E78 4.6 AR, Nuchter: Pre-Diabetes R73.01 104 mg/dl, Blood Count: Lymphocytosis D72.820 43.9%, Monocytosis D72.821 8.4%

CERTIFICATION

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

ADVICE :

Regular Exercise and Reduce Weight, Legs Exercise, Avoid Cool & Spicy Food, Consultation to Company Doctor, Take Enough Rest & Consume Curcuma, Low Fat & Sugar Diet

Authentic Signature

Date of Exam : 20 March 2020



DR. REZGA AGNELA VALBETRI

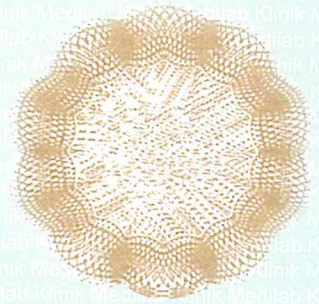


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HEALTH SCREENING REPORT

Periodic Health Examination

115

CONFIDENTIAL

No. Medical Record : 
00001/001/III/ISP/20

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Address of Employer / Recruitment Agency : KAWASAN INDUSTRI SEKUPANG KAVLING.13, BATAM



LABORATORY REPORT

BLOOD COUNT

Test Name	Result	Unit	Reference Range	
HGB	16.1	gr/dl	M: 13.2 - 17.3	F: 11.7 - 15.5
WBC	5.9	10 ³ / mm ³	M: 3.8 - 10.6	F: 3.6 - 11.0
RBC	5.04	10 ⁶ / mm ³	M: 4.4 - 5.9	F: 3.8 - 5.2
ESR	2	mm/hr	M: 0 - 10	F: 0 - 20
HCT	48.3	%	M: 40 - 52	F: 35 - 47
PLT	270	10 ³ /mm ³	150 - 440	
Differential Count				
- LYM	*	43.9 %	25 - 40	
- MON	*	8.4 %	2 - 8	
- GRA		47.7 %	43 - 76	

URINE FEME

Macroscopy	Result	Microscopy	Result
- pH	5	- WBC/HPF	Occ/HPF
- Specific Gravity	1.015	- RBC/HPF	Nil/HPF
- Glucossa	Negative	- Epithel Cell	Nil
- Protein	Negative	- Crystals	Nil
- Ketones	Negative	- Cast	Nil/HPF
- 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 : 20 March 2020



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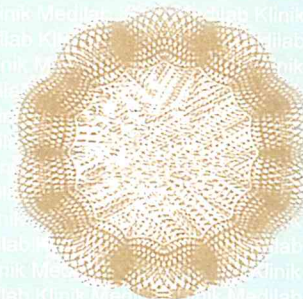
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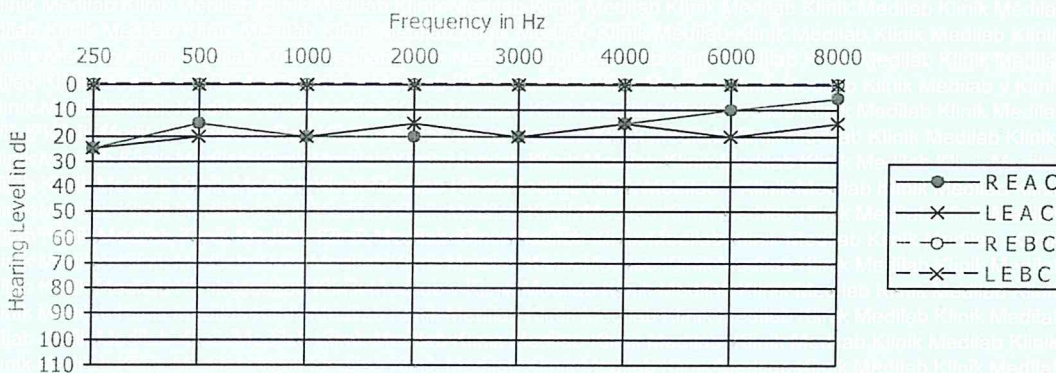
AUDIOMETRY REPORT

Occupational History

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



Conclusion :

- Audiogram : Normal
- Hearing Impairment : Monaural : R : -9.38 %
L : -9.38 %
Hearing Handicap : -9.375 %
- Not a Noise Induced Hearing Loss

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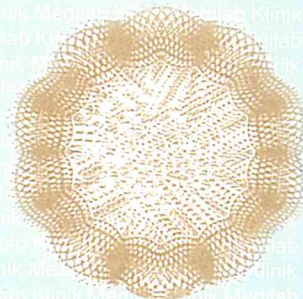
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PULMONARY FUNCTION TEST

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"/>	
- Cought Up Blood	<input type="checkbox"/>	<input checked="" type="checkbox"/>	

	BEST VALUES		
	Pred.	Measured	%Pred.
FVC	4.34	3.75	86
FEV1	3.75	3.52	94
FEV1/FVC	82.7	93.8	113
PEF	9.02	10.69	119
FEF25-75	4.77	5.68	119

FVC Normal Value : 3.626
 FEV1 Normal Value : 3.148
 FEV1/FVC % Normal Value : 88 %
 FVC % Predicted Value : 103 %
 FEV1 % Predicted Value : 111 %
 FEV1/FVC % Predicted Value : 107 %

Interpretation : Normal Spirometri

PARAMETER		Pred.	PRE#1	%Pred.	PRE#2	PRE#3
*FVC	L	4.34	3.75	86	3.75	3.75
*FEV1	L	3.75	3.52	94	3.52	3.52
*PEF	L/s	9.02	10.69	119	10.69	10.69
FVC	L	4.34	3.75	86	3.62	3.56
FEV1	L	3.75	3.52	94	3.42	3.43
FEV1/FVC	%	82.7	93.9	114	94.5	96.3

Date of Exam : 20 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

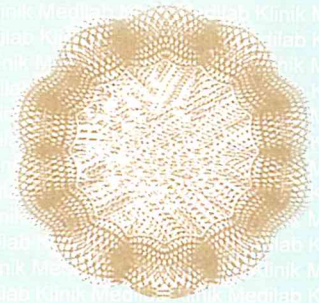


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LABORATORY REPORT

Test Name	Result	Unit	Reference Range
LIVER FUNCTION TEST			
Total Bilirubin	0.6	mg/dl	0.3 - 1.1
Direct Bilirubin	0.3	mg/dl	0.1 - 0.4
Indirect Bilirubin	0.3	mg/dl	0.2 - 0.7
Alkaline Phosphatase	65	U/L	30 - 120
SGOT	76	U/L	M: <= 35 F: <= 31
SGPT	169	U/L	M: <= 45 F: <= 34
Gamma GT	58	U/L	M: <= 49 F: <= 32
LIPID PROFILE TEST			
Total Cholesterol	208	mg/dl	<= 200
HDL - Cholesterol	45	mg/dl	M: > 35 F: > 45
LDL - Cholesterol	144	mg/dl	50 - 140
Triglycerida	97	mg/dl	<= 204
Ratio Cholesterol (Total Chol : HDL)	4.6		M: < 3.4 F: < 3.3
BLOOD SUGAR TEST			
Glukosa	104	mg/dl	< 100
RENAL FUNCTION TEST			
Ureum	20	mg/dl	17 - 43
SEROLOGI			
TPHA	Non Reactive		Non Reactive
HBsAg	Negative		Negative
Anti HBs	Negative		
URINE			
Cannabinoid	Negative		Negative
Methamphetamine	Negative		Negative
Opiates	Negative		Negative
Cocain	Negative		Negative
Amphetamine	Negative		Negative
Benzodiazepine	Negative		Negative
OTHERS			
Breath Alcohol Test	0.000	%BAC	< 0.02 %BAC is negative >= 0.02-0.039 %BAC: cannot perform safety sensitive function

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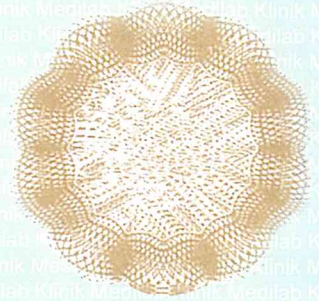


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MUHAMMAD FHADLY

115

LABORATORY REPORT

Test Name	Result Unit	Reference Range
BUN	9.3 mg/dl	>= 0.04 %BAC is a violation of rule 8 - 22

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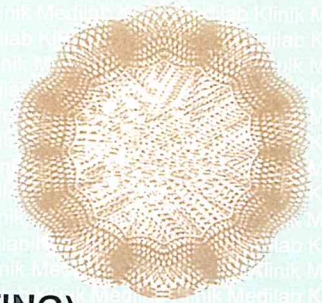


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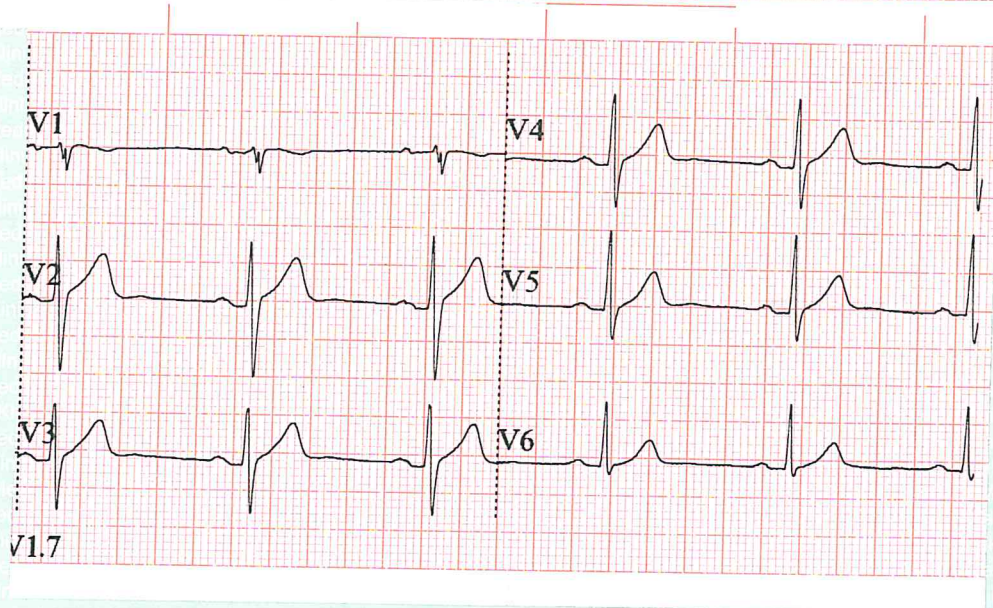
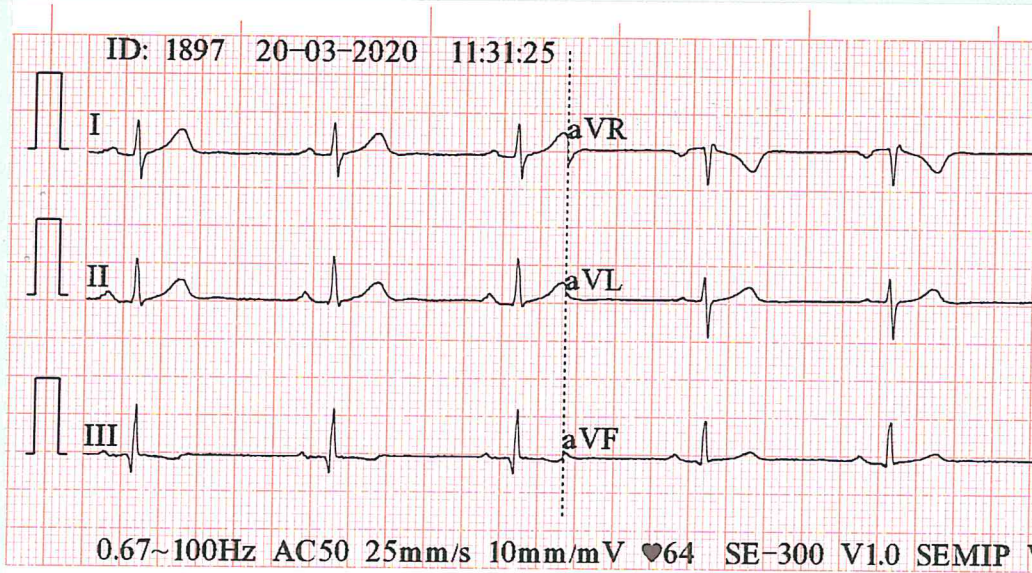
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ELECTROCARDIOGRAM INTERPRETATION (RESTING)

Name : Muhammad Fhadly
Age : 25 Years
Sex : Male
Place/Date : Batam, March 20th 2020
Company's Name : INSPEKTINDO SINERGI PERSADA, PT

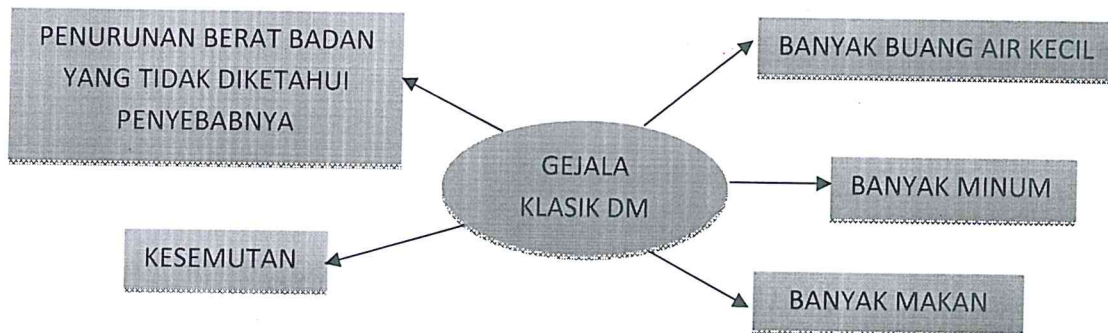


CONCLUSION : **Normal Resting ECG**
EXAMINER :

dr. REZGA AGNELA VALBETRI
Examining Physician

DIABETES MELLITUS (DM)

Diabetes Mellitus (Kencing Manis) adalah suatu kumpulan gejala yang timbul pada seseorang yang disebabkan oleh karena adanya peningkatan kadar glukosa darah akibat penurunan sekresi insulin yang progresif. (PERKENI 2015)



GULA DARAH PUASA

Normal

: < 100 mg/dl

GULA DARAH SEWAKTU

Normal : < 200 mg/dl

Normal

: < 140 mg/dl

GULA DARAH 2 JAM SETELAH MAKAN

Pre Diabetes : 100-125 mg/dl

Diabetes : ≥ 200 mg/dl

Pre Diabetes : 140-199 mg/dl

Diabetes

: ≥ 126 mg/dl

Diabetes : ≥ 200 mg/dl

REKOMENDASI :

1. PENGATURAN MAKANAN

Dianjurkan : ayam tanpa kulit, ikan, putih telur, daging tidak berlemak, tempe, tahu, kacang hijau, kacang merah, kacang kedelai, kacang tanah; sayur tinggi serat: kangkung, ketimun, tomat, sawi, terong dll; jeruk, apel, pepaya, belimbing (sesuai kebutuhan).

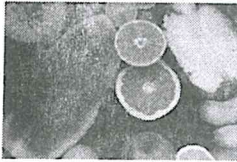
Dibatasi : semua sumber karbohidrat: nasi, bubur, roti, mie, kentang, singkong, ubi, jagung, sereal dll; lemak jenuh: kornet, sosis, sarden, otak, jeroan, kuning telur; bayam, buncis, daun melinjo, daun singkong, kacang panjang, pare, wortel; nanas, anggur, mangga, sirsak, pisang, alpukat, sawo, semangka, nangka; makanan yang digoreng dan menggunakan santan kental, kecap, saus tiram.

Dihindari : keju, abon, dendeng, susu full cream; buah-buahan yang manis dan diawetkan; minuman yang mengandung alkohol, susu kental manis, soft drink, es krim, yogurt, susu; gula pasir, gula merah, gula batu, madu, makanan dan minuman yang manis.

2. LATIHAN JASMANI

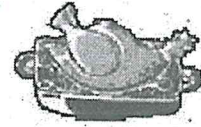
3-4x seminggu selama 30 menit misalnya bersepeda, jogging, berenang, jalan kaki.

(KEMENKES 2011)



CHOLESTEROL DARAH

Dr. Mariaman 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-Cholesterol : Kolesterol "Jahat"**

LDL-Cholesterol 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-Cholesterol : Kolesterol "Baik"**

HDL-Cholesterol yang banyak di sirkulasi darah dapat melindungi serangan jantung. HDL-Cholesterol 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>



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**

OVERWEIGHT DAN OBESE

Kemenkes RI

CEGAH DENGAN MELAKUKAN POLA HIDUP SEHAT

Overweight adalah berat badan yang melebihi berat badan normal.

Body Mass Index (BMI) ≥ 25 Kg/m²



Obese adalah kelebihan akumulasi lemak dalam tubuh.

Body Mass Index (BMI) ≥ 30 Kg/m²

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

