

Certificate Of Health Assessment


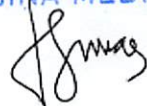
Name	Age	Position	Department
DANNIEL OCTAVIANUS ENDONG	25 yo	ASST INSPECTOR	-

COMPANY :

INSPEKTINDO SINERGI PERSADA, PT

CONCLUSION

FIT TO WORK	
FIT WITH MEDICAL NOTE	✓
TEMPORARY UNFIT	
UNFIT	

Issued Date	Doctors Name	Prepared By
11 October 2021	Yosephine Simanungkalit, MD <i>PKTK : KEP.043/BINWASK3-PNK3/KK/II/2018</i>	
Expired Date		Verified By
11 October 2022	dr. Muhammad Ilyas, Sp.Ok <i>SIP : 29/B.15b/31.74.04.1004.02.009.K.1/31-1.779.3/e/2019</i>	 PT. KARTIKA BINA MEDIKATAMA

No. Formulir : FM-DR-008-05
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MCU Validity Check
<https://mcu-validasi.medikaplaza.com>

PT. KARTIKA BINA MEDIKATAMA

HEALTH ASSESSMENT REPORT

Of

DANNIEL OCTAVIANUS ENDONG
01051795

Monday, 11 October 2021

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.	: 01051795	EMPLOY. STATUS	: Employee
NAME	: DANNIEL OCTAVIANUS ENDONG	BIRTHDATE	: 27 October 1995
EMPLOYEE No.	: 15053	SEX	: Male
JOB TITLE	: ASST INSPECTOR	STATUS	: Single
COMP. NAME	: INSPEKTINDO SINERGI PERSADA, PT	NASIONALITY	: Indonesia

SUMMARY

MEDICAL FINDING :

1. Dyslipidemia
2. Overweight
3. Decreasing of visual acuity of both eyes

Your fitness status is fit with medical note:
Dyslipidemia

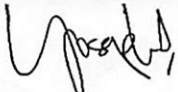
PERCEPTIONS OF EXPOSURE BY WORKERS :

- Heat Stress
- Dust
- Operating heavy mobile equipment (Crane)
- Involving height
- Others (Onshore/offshore)
- Manual Handling

SUGGESTION :

1. Low fat and carbohydrate diet and exercise regularly minimal 3 times a week. Consult to an internist for further evaluation of Dyslipidemia
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 67.24Kgs (present body weight is 76.4Kgs). Consultation with a Nutritionist for evaluation of overweight
3. You need to wear glasses for distant vision

Responsible Doctor



Yosephine Smanungkalit, MD

Notes:

If you need the further information or consultation, please contact us via :

Email : - beltway.doctor@medikaplaza.com
- Rezkha.Amalia@medikaplaza.com
- Puteri.Melati@medikaplaza.com

Telepon Klinik : (62-21) 8086 6099

CLINICAL EVALUATION

Name : DANNIEL OCTAVIANUS ENDONG	Sex : Male	MR : 01051795	Visit : 11/10/2021
Comp.: INSPEKTINDO SINERGI PERSADA, PT		DOB : 27 October 1995	

EXAMINATION	RESULT	NOTES
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ANAMNESA

PRESENT COMPLAINT AND HISTORY OF PRESENT

ILLNESS

Present complaint

No complaint

MEDICAL HISTORY

Alergy	No
Imunisasi	Yes
Surgery	No
Hospitalization	No
Disease	No

LIFE STYLE

Alcohol intake	No	
Smoking	Yes	Mild smoker
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

Noise	No
Heat Stress	Yes
Cold Stress	No
Vibration	No
Involving height	Yes
Radiation	No
Dust	Yes

CLINICAL EVALUATION

Name : DANNIEL OCTAVIANUS ENDONG	Sex : Male	MR : 01051795	Visit : 11/10/2021
Comp. : INSPEKTINDO SINERGI PERSADA, PT		DOB : 27 October 1995	

EXAMINATION	RESULT	NOTES
Toxic chemical	No	
Irritating fluid	No	
Smoke	No	
Bacterium/Virus/Parasite	No	
Blood	No	
Animal	No	
Operating heavy mobile equipment	Yes	Crane
Manual Handling	Yes	
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	No	
Handling food product	No	
Others	Yes	Onshore/offshore
PHYSICAL EXAMINATION		
General Appearance	Good	
Body shape	Picnicus	
VITAL SIGN		
Body Weight	76.4 Kg	
Body Height	164 Cm	
BMI	28.4 Kg/m2	
Normal Weight	49.76 - 67.24 Kg	
BMI Conclusion	Overweight	
Blood Pressure	110/80 mmHg	
Pulse	85 x/minute	
Body Temperature	36.5 °C	
RR	20	

CLINICAL EVALUATION

Name : DANNIEL OCTAVIANUS ENDONG

Sex : Male

MR : 01051795

Visit : 11/10/2021

Comp.: INSPEKTINDO SINERGI PERSADA, PT

DOB : 27 October 1995

EXAMINATION	RESULT	NOTES
Neck Circumference	36 Cm	
Arm Circumference	32 Cm	
Chest size	97 Cm	
Abdominal Circumference	96 Cm	
SKIN		
Skin	Normal	
EYE		
Left	Normal	
Right	Normal	
ENT		
Auricle	Normal	
Ear canal	Normal	
Drums	Normal	
Septum/Conchae	Not Examined	
Sinuses	Not Examined	
Pharynx	Not Examined	
Tonsil	Not Examined	
MOUTH		
Gum	Not Examined	
Dental	Not Examined	
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 : DANNIEL OCTAVIANUS ENDONG

Sex : Male

MR : 01051795

Visit : 11/10/2021

Comp.: INSPEKTINDO SINERGI PERSADA, PT

DOB : 27 October 1995

EXAMINATION	RESULT	NOTES
Bones, joint	Normal	
Muscles, tonus	Normal	
Fingernails	Normal	
Hand	Normal	
Foot	Normal	
RECTAL EXAMINATION		
Hemorrhoid	Negative	
Rectum	Not Examined	
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	
MUSKULOSKLETAL EXAMINATION		
Lhermitte Test	Negative	
Spurling Test	Negative	
Neers Test	Negative	
Yergason Test	Negative	
Phalen Test	Negative	
Tinel Test	Negative	
Finkelstein Test	Negative	
Straight Leg Raise Test	Negative	

OPHTHALMOLOGY DIAGNOSTIC

Name : DANNIEL OCTAVIANUS ENDONG Sex : Male MR : 01051795 Visit : 11/10/2021

Comp.: INSPEKTINDO SINERGI PERSADA, PT DOB : 27 October 1995

EXAMINATION		Right	Left
Reading		-	
Previous Glasses		-	-
Without Glasses	Distant	20/25	20/40
	Near	J1	J1
Correction	Distant	S-0.50 20/20	S-1.00 20/20
	Near	-	-
Depth Perception		-	
Tonometry		19.0 mmHg	20.0 mmHg
Funduscopy		NORMAL	NORMAL
Visual Fields		-	
Colour Blind Test		Normal	

Impression : Myopia simplex ODS

LABORATORY RESULT

Name : DANNIEL OCTAVIANUS ENDONG MR : 01051795 Visit : 11/10/2021 #Lab : IN755927519876

Comp. : INSPEKTINDO SINERGI PERSADA, PT Sex : Male DOB : 27 October 1995

EXAMINATION	RESULT	NORMAL RANGE
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HEMATOLOGI

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

Automated Blood Count

White Blood Cell (WBC)	6.5	3.8 - 11.0
Erythrocyte (RBC)	5.7	4.4 - 5.9
Haemoglobin	16.9	13.2 - 17.3
Hematocrit	48	40 - 52
Thrombocytes	241	150 - 440

MCV, MCH, MCHC

MCV	84	80 - 100
MCH	30	26 - 34
MCHC	35.5	32 - 36
ESR	19 *	0 - 10

Differential Count

Basophils	1	0 - 1
Eosinophil	2	2 - 4
Bands / Stab	2 *	3 - 5
Neutrophils	44 *	50 - 70
Lymphocytes	46 *	25 - 40
Monocytes	5	2 - 8
Bleeding Time	1	1 - 5

BLD CHEMISTRY/LIPID PROFILE

Total Cholesterol	226 *	Normal/Desireable: <200 Borderline High: 200-239 High: >=240
HDL Cholesterol	73.4 *	Normal : >40 - <60 Low HDL : <40 Desireable : >=60
LDL Cholesterol	112	Optimal: <100 Near/Above Optimal: 100-129 Borderline High: 130-159 High: 160-189 Very High: >=190
Triglycerides	201 *	Normal : <150 Borderline High: 150-199 High : 200-499 Very High : >=500

LABORATORY RESULT

Name : DANNIEL OCTAVIANUS ENDONG MR : 01051795 Visit : 11/10/2021 #Lab : IN755927519876

Comp.: INSPEKTINDO SINERGI PERSADA, PT Sex : Male DOB : 27 October 1995

EXAMINATION	RESULT	NORMAL RANGE
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BLD CHEMISTRY/KIDNEY FUNCTION

Ureum	13.7	10.0 - 50.0
Creatinine	0.81	0.60 - 1.30
Uric Acid	5.68	3.50 - 7.20

BLD CHEMISTRY/LIVER FUNCTION

SGOT(AST)	25	13 - 45
SGPT (ALT)	38	13 - 50
Gamma GT	44	0 - 50

BLD CHEMISTRY/DIABETES

Glucose Fasting	93	< 100
Glucose Urine	Negative	Negative
Keton Urine	Negative	Negative

URINALYSIS**Complete Urine Analysis****Macroscopic**

Color	Yellow	
Turbidity	Clear	Clear
Specific Gravity	1.029	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	
Bacteria	Negative	Negative
Others	Negative	

STOOL / RECTAL SWAP**Faeces Complete**

LABORATORY RESULT

Name : DANNIEL OCTAVIANUS ENDONG	MR : 01051795	Visit : 11/10/2021	#Lab : IN755927519876
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Comp.: INSPEKTINDO SINERGI PERSADA, PT	Sex : Male	DOB : 27 October 1995
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EXAMINATION	RESULT	NORMAL RANGE
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Macroscopic

Color	Brown	
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

MICROBIOLOGY - CULTURE

Stool Culture

Specimen	Stool	
Shigella	Negative	Negative
Salmonella	Negative	Negative
E. Coli Patogen	Negative	Negative

AUDIOMETRY DIAGNOSTIC

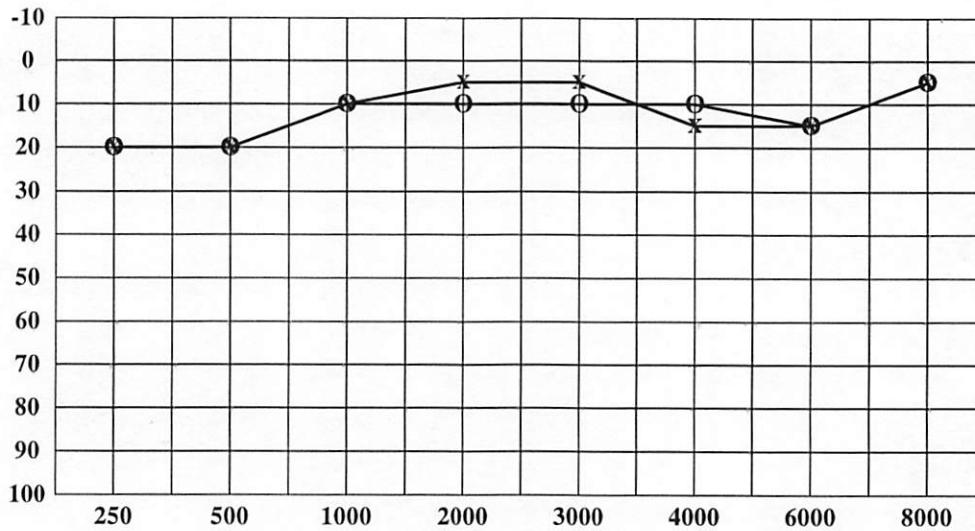
Name : DANNIEL OCTAVIANUS ENDONG Sex : Male MR : 01051795 Visit : 11/10/2021

Comp.: INSPEKTINDO SINERGI PERSADA, PT DOB : 27 October 1995

RESULT

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

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



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

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

CARDIOLOGY DIAGNOSTIC

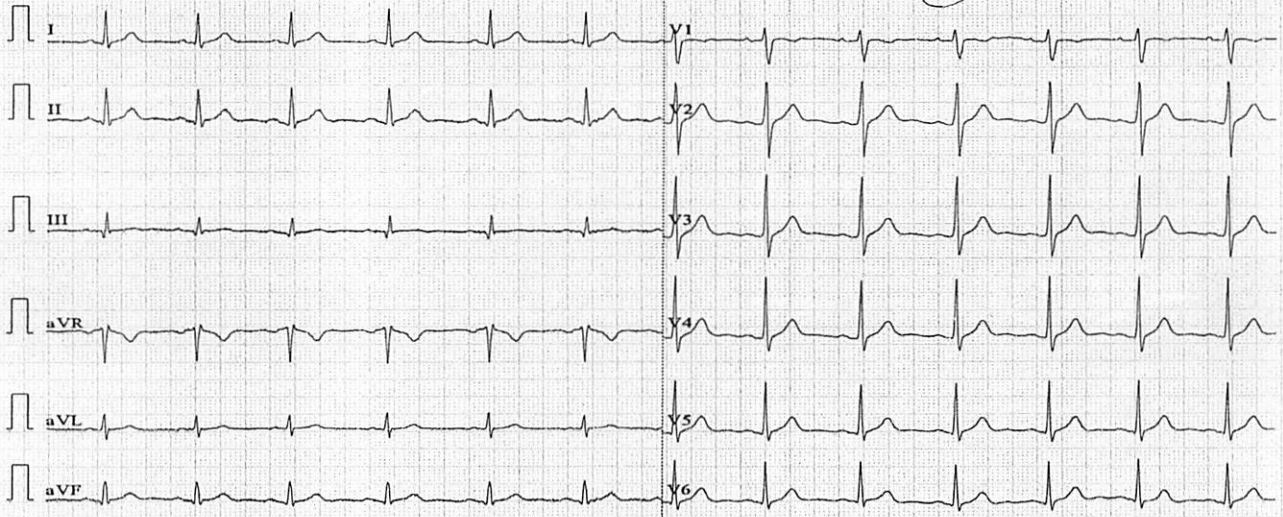
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Comp.: INSPEKTINDO SINERGI PERSADA, PT	DOB : 27 October 1995		
EXAMINATION	RESULT	Comments :	

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

ID: 12 For Heligo Marquette 2763 6075 11-10-2021 09:28:45
 DANNIEL OCTAVIANUS ENDONG HR : 78 bpm
 Male 25Years P : 114 ms
 PR : 150 ms
 QRS : 92 ms
 QT/QTc : 362/413 ms
 P/QRS/T : 55/41/42 °
 RV5/SV1 : 1.437/0.595 mV

Diagnosis Information:
 Sinus rhythm
 Normal ECG

Report Confirmed by: 



0.67-100Hz AC50 25mm/s 10mm/mV 2*5.0s ♥78 SE-1200Express V2.21 Glasgow V28.6.0