

HEALTH ASSESSMENT REPORT

Of

ROMI TOTA SIBUEA

01.00077233

Thursday, 14 May 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.	: 01.00077233	EMPLOY. STATUS	: Employee
NAME	: ROMI TOTA SIBUEA	BIRTHDATE	: 10 May 1975
EMPLOYEE No.	: -	SEX	: Male
JOB TITLE	: messenger	STATUS	: Married
COMP. NAME	: RIGSPEK PERKASA, PT	NASIONALITY	: INDONESIA

SUMMARY

MEDICAL FINDING :

1. Increase ESR count
 2. Dyslipidemia
 3. Hyperuricemia
 4. Increase creatinine level
 5. Obesity
 6. First grade hypertension
 7. Cerumen obsturant at right ear
 8. Decayed, radix and calculus teeth
 9. Decreasing of visual acuity of both eyes
 10. Decreasing of hearing acuity on low and high frequency of both ears
- Your fitness status is fit with medical note:
Dyslipidemia

PERCEPTIONS OF EXPOSURE BY WORKERS :

- Others (messenger)

SUGGESTION :

1. Repeat ESR count examination after 1 month and consultation with an Internist if still increase
 2. Low fat and carbohydrate diet and exercise regularly minimal 3 times a week. Consultation with an Internist for further evaluation of Dyslipidemia
 3. 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
 4. Repeat creatinine level examination after 1 month and consultation with an Internist if still increase
 5. 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 73.10Kgs (present body weight is 93.3Kgs). Consultation with a Nutritionist for evaluation of obesity
 6. Low salt diet and monitor your blood pressure regularly minimal once in two weeks. Consult to a cardiologist, if your blood pressure tends to increase.
 7. Consultation with an ENT specialist for cerumen extraction
 8. Consultation with a Dentist for dental care, minimal once a year or better once in six month
 9. You need to wear glasses for both vision
- Avoid noisy environment and use earplug properly while working at noisy work environment to prevent further hearing impairment

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 : ROMI TOTA SIBUEA	Sex : Male	MR : 01.00077233	Visit : 14/05/20
Comp. : RIGSPEK PERKASA, PT		DOB : 10 May 1975	
EXAMINATION	RESULT	NOTES	

ANAMNESA

PRESENT COMPLAINT AND HISTORY OF PRESENT

ILLNESS

Present complaint

No complaint

MEDICAL HISTORY

Alergy No

Imunisasi Yes

Surgery No

Hospitalization Yes

Disease Yes

Hypertension

HT (candesartan)

LIFE STYLE

Alcohol intake No

Smoking Yes

stop since 2 months ago

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 No

Cold Stress No

Vibration No

Involving height No

Radiation No

Dust No

CLINICAL EVALUATION

Name : ROMI TOTA SIBUEA	Sex : Male	MR : 01.00077233	Visit : 14/05/20
Comp.: RIGSPEK PERKASA, PT		DOB : 10 May 1975	

EXAMINATION	RESULT	NOTES
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	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	messenger
PHYSICAL EXAMINATION		
General Appearance	Good	
Body shape	Picnicus	
VITAL SIGN		
Body Weight	93.3 Kg	
Body Height	171 Cm	
BMI	31.9 Kg/m2	
Normal Weight	54.10 - 73.10 Kg	
BMI Conclusion	Obesity	
Blood Pressure	130/90 mmHg	
Pulse	142 x/minute	
Body Temperature	36.0 °C	
RR	95	

CLINICAL EVALUATION

Name : ROMI TOTA SIBUEA	Sex : Male	MR : 01.00077233	Visit : 14/05/20
Comp.: RIGSPEK PERKASA, PT		DOB : 10 May 1975	

EXAMINATION	RESULT	NOTES
Neck Circumference	43 Cm	
Arm Circumference	33 Cm	
Chest size	105 Cm	
Abdominal Circumference	104 Cm	
SKIN		
Skin	Normal	
EYE		
Left	Normal	
Right	Normal	
ENT		
Auricle	Normal	
Ear canal	Abnormal	Cerument obsturant at right ear
Drums	Normal	
Septum/Conchae	Normal	
Sinuses	Normal	
Pharynx	Normal	
Tonsil	Normal	
MOUTH		
Gum	Normal	
Dental	Abnormal	Decayed, radix and calculus teeth
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 : ROMI TOTA SIBUEA

Sex : Male

MR : 01.00077233

Visit : 14/05/20

Comp.: RIGSPEK PERKASA, PT

DOB : 10 May 1975

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 : ROMI TOTA SIBUEA	Sex : Male	MR : 01.00077233	Visit : 14/05/20
Comp.: RIGSPEK PERKASA, PT		DOB : 10 May 1975	

EXAMINATION	Right	Left
Reading	-	
Previous Glasses	-	
Without Glasses	Distant	20/20
	Near	J3
Correction	Distant	-
	Near	S+1.50 J1
Depth Perception	-	
Tonometry	18.0 mmHg	18.0 mmHg
Funduscopy	NORMAL	NORMAL
Visual Fields	-	
Colour Blind Test	Normal	

Impression : Myopia simplex OS
Presbyopia

RADIOLOGY DIAGNOSTIC

Name : ROMI TOTA SIBUEA	Sex : Male	MR : 01.00077233	Visit : 14/05/20
Comp.: RIGSPEK PERKASA, PT	DOB : 10 May 1975		

EXAMINATION	RESULT
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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.
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Impression	Normal heart and lungs
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RADIOLOGY DIAGNOSTIC

Name : ROMI TOTA SIBUEA	Sex : Male	MR : 01.00077233	Visit : 14/05/20
Comp.: RIGSPEK PERKASA, PT	DOB : 10 May 1975		

EXAMINATION

RESULT

USG ABDOMEN

LIVER:

Normal in size and contour, smooth surface, echoes structure parenchyme which are homogenous. No sign of SOL.

Intrahepatic vascularity and billiary tract are normal.

GALL BLADDER:

Normal in size, contour and surface. No sign of SOL/ sludge/ stone.

RIGHT KIDNEY :

Normal in size, contour and surface. No sign of obstruction/ stone/ SOL.

LEFT KIDNEY:

Normal in size, contour and surface. No sign of obstruction/ stone/ SOL.

PANCREAS:

Normal in size, contour and surface. No sign of SOL.

LIEN:

Normal in size and contour, the echoes are homogenous. No sign of SOL.

URINARY BLADDER:

Normal in size, contour and surface. No sign of stone/ SOL.

PROSTATE AND VESICULA SEMINALIS:

Normal in size and contour which are homogenous echoes and no sign of focal lesion/ SOL.

Impression

Normal sonography

LABORATORY RESULT

Name : ROMI TOTA SIBUEA	MR : 01.00077233	Visit : 14/05/2020	#Lab : IN704427124
Comp.: RIGSPEK PERKASA, PT	Sex : Male	DOB : 10 May 1975	
EXAMINATION	RESULT	NORMAL RANGE	

HEMATOLOGI

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

Automated Blood Count

White Blood Cell (WBC)	7.4	3.8 - 11.0
Erythrocyte (RBC)	6.0 *	4.4 - 5.9
Haemoglobin	17.6 *	13.2 - 17.3
Hematocrit	49	40 - 52
Thrombocytes	311	150 - 440

MCV, MCH, MCHC

MCV	80	80 - 100
MCH	29	26 - 34
MCHC	36.3 *	32 - 36
ESR	48 *	0 - 10

Differential Count

Basophils	0	0 - 1
Eosinophil	2	2 - 4
Bands / Stab	2 *	3 - 5
Neutrophils	66	50 - 70
Lymphocytes	23 *	25 - 40
Monocytes	7	2 - 8

BLD CHEMISTRY/LIPID PROFILE

Total Cholesterol	282 *	Normal/Desireable: <200 Borderline High: 200-239 High: >=240
HDL Cholesterol	53.0	Normal : >40 - <60 Low HDL : <40 Desireable : >=60
LDL Cholesterol	188 *	Optimal: <100 Near/Above Optimal: 100-129 Borderline High: 130-159 High: 160-189 Very High: >=190
Triglycerides	207 *	Normal : <150 Borderline High: 150-199 High : 200-499 Very High : >=500

BLD CHEMISTRY/KIDNEY FUNCTION

LABORATORY RESULT

Name : ROMI TOTA SIBUEA

MR : 01.00077233

Visit : 14/05/2020

#Lab : IN704427124

Comp.: RIGSPEK PERKASA, PT

Sex : Male

DOB : 10 May 1975

EXAMINATION	RESULT	NORMAL RANGE
Creatinine	1.6 *	0.6- 1.3
Uric Acid	9.79 *	3.50 - 7.20

BLD CHEMISTRY/LIVER FUNCTION

SGOT(AST)	23	13 - 45
SGPT (ALT)	25	13 - 50
Gamma GT	43	0 - 50

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	1.007	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****Macroscopic**

Color	Brown
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LABORATORY RESULT

Name : ROMI TOTA SIBUEA	MR : 01.00077233	Visit : 14/05/2020	#Lab : IN704427124
Comp.: RIGSPEK PERKASA, PT	Sex : Male	DOB : 10 May 1975	

EXAMINATION	RESULT	NORMAL RANGE
Consistency	Smooth	
Mucus	Negative	Negative
Blood	Negative	Negative
Pus	Negative	Negative
Parasitologi Faeces	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

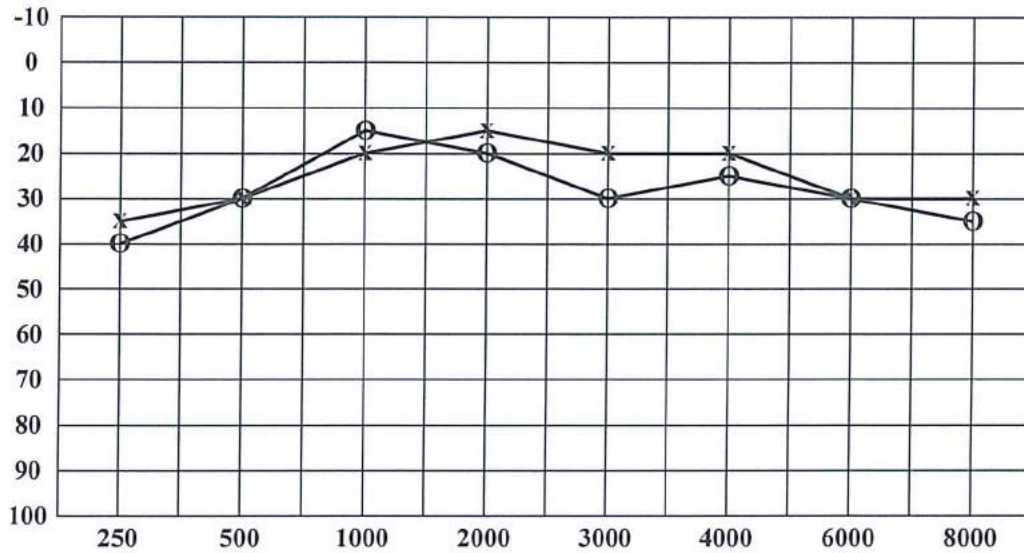
AUDIOMETRY DIAGNOSTIC

Name : ROMI TOTA SIBUEA	Sex : Male	MR : 01.00077233	Visit : 14/05/20
Comp.: RIGSPEK PERKASA, PT		DOB : 10 May 1975	

RESULT

Left Ear	250	500	1000	2000	3000	4000	6000	8000
AC	35	30	20	15	20	20	30	30
BC	-	-	-	-	-	-	-	-

Right Ear	250	500	1000	2000	3000	4000	6000	8000
AC	40	30	15	20	30	25	30	35
BC	-	-	-	-	-	-	-	-



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

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

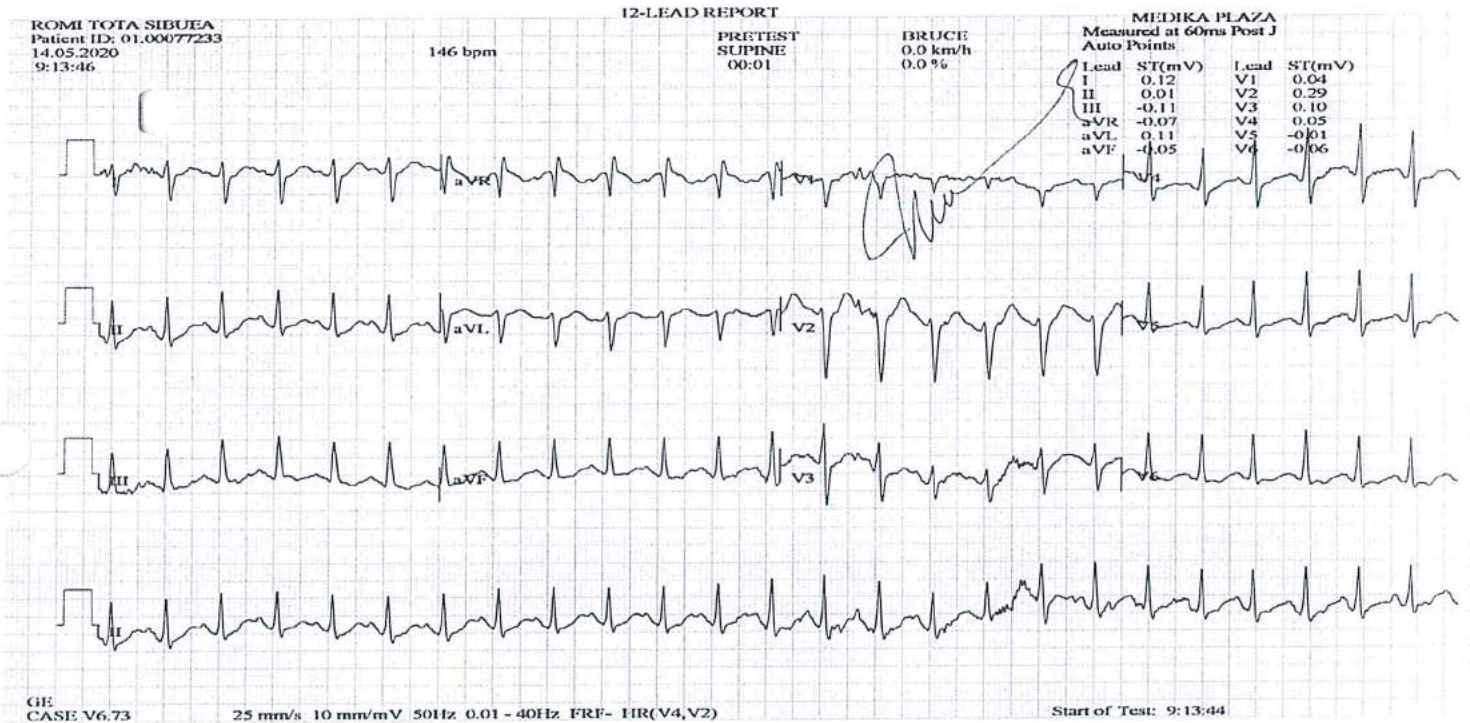
Conclusion Right Ear : Hearing threshold = 22.5 dB
 (Within normal limit)
 With decreasing on frequency 250Hz, 6000Hz, 8000Hz

Conclusion Left Ear : Hearing threshold = 21.25 dB
 (Within normal limit)
 With decreasing on frequency 250Hz, 6000Hz, 8000Hz

CARDIOLOGY DIAGNOSTIC

Name : ROMI TOTA SIBUEA	Sex : Male	MR : 01.00077233	Visit : 14/05/20
Comp. : RIGSPEK PERKASA, PT		DOB : 10 May 1975	

EXAMINATION	RESULT	Comments :
TREADMILL	Sinus Rythm axis (N), P wave (N), PR int 0.16" ST - T segment (N), aritmia (-)	Treadmill Exercise Test : Negative Cardiopulmonary Fitness Classification : Average METs : 7.9
ELECTROCARDIOGRAPHY	Sinus Rythm axis (N), P wave (N), PR int 0.16" ST - T segment (N), aritmia (-)	Normal ECG



ROMI TOYA SIBUEA
Patient ID: 01-00077233
14.05.2020
9:17:12

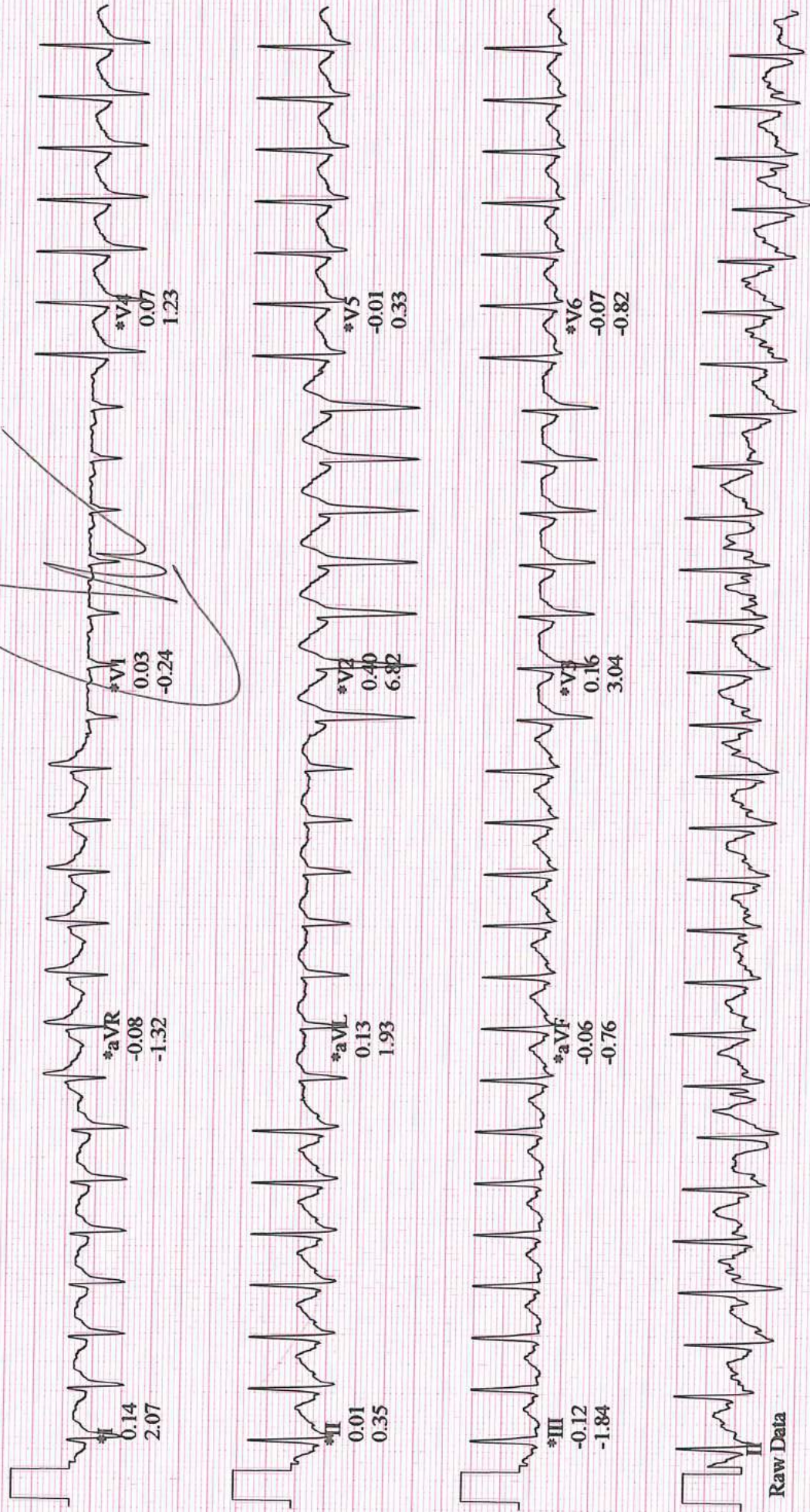
LINKED MEDIANS

MEDIKA PLAZA

EXERCISE STAGE 1 02:50
169 bpm
130/90 mmHg
BRUCE 2.7 km/h
10.0%

Lead
ST Level (mV)
ST Slope (mV/s)

60 ms post J



Raw Data

*Computer Synthesized Rhythms

ROMI TOTA SIBUEA
Patient ID: 01.00077233
14.05.2020
9:20:12

LINKED MEDIANS

MEDIKA PLAZA

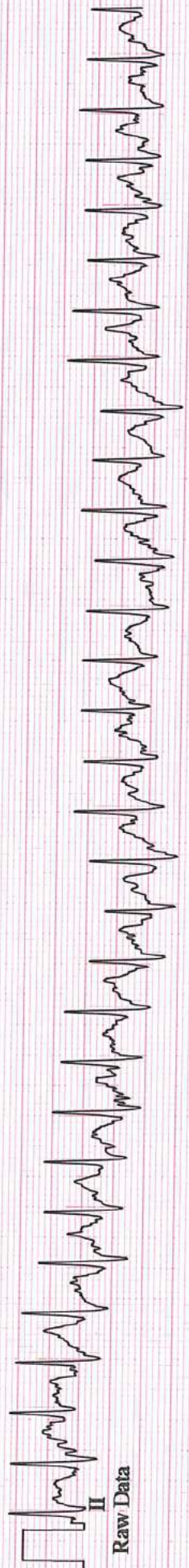
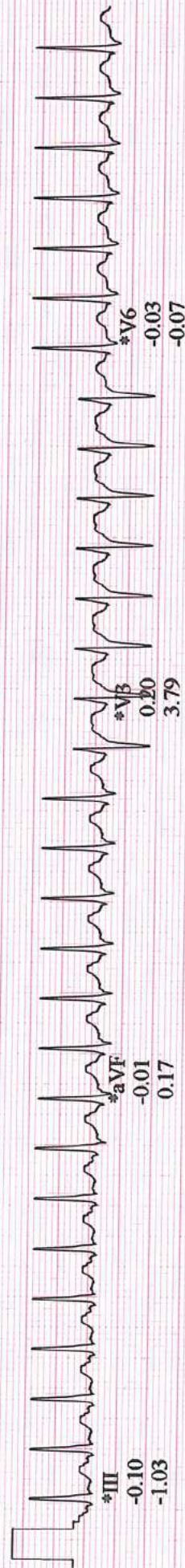
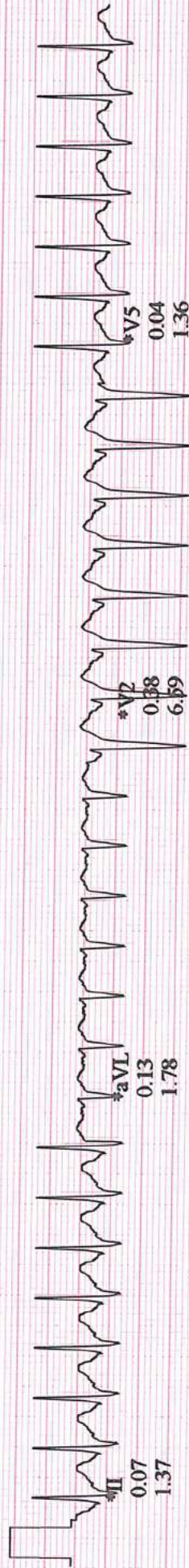
EXERCISE
STAGE 2
05:50

BRUCE
4.0 km/h
12.0%

181 bpm

Lead
ST Level (mV)
ST Slope (mV/s)

60 ms post J



*Computer Synthesized Rhythms

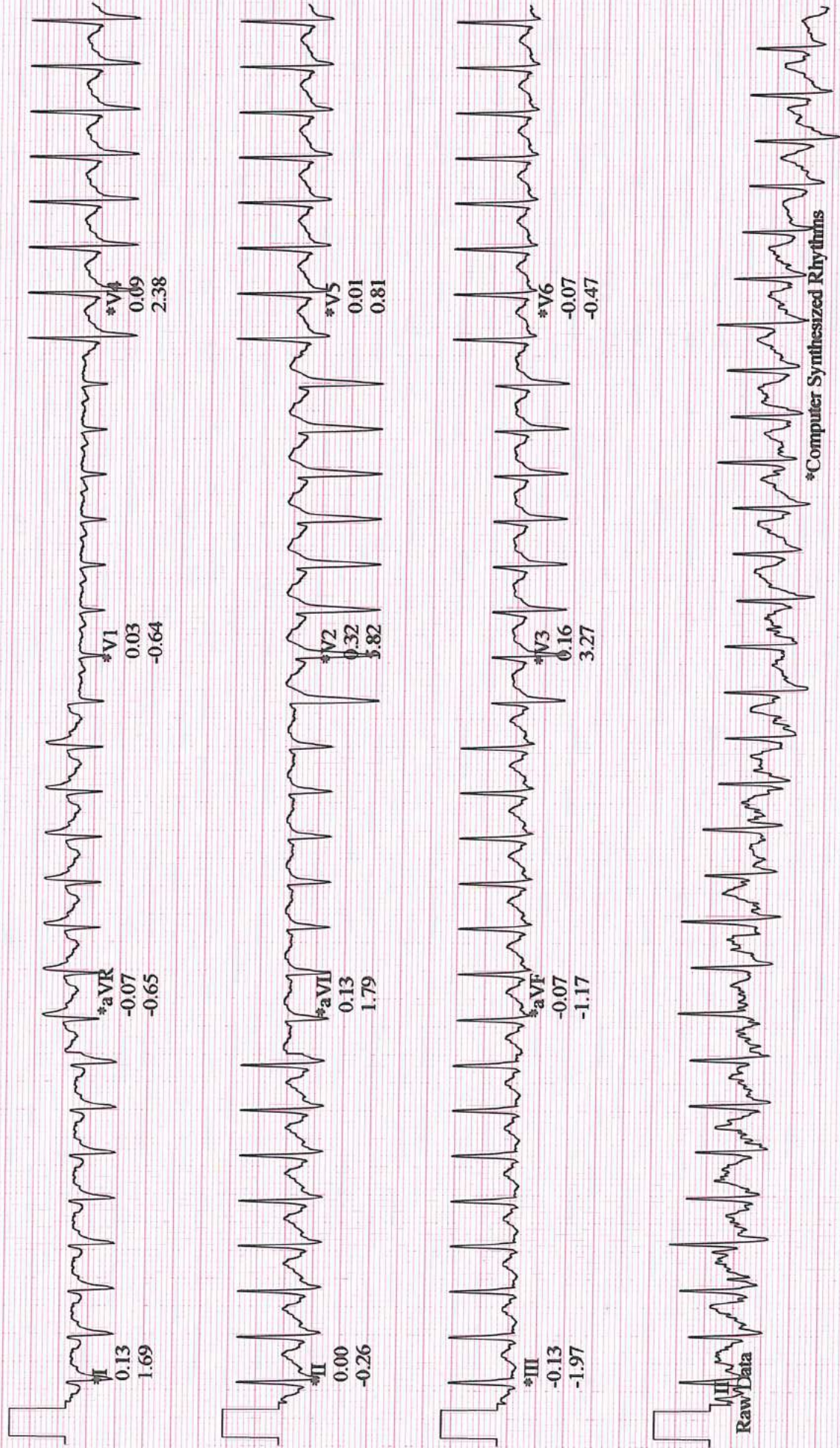
ROMI TOIÁ SIBUEA
Patient ID: 01.00077233
14.05.2020
9:20:40

LINKED MEDIANS (PEAK EXERCISE)
EXERCISE STAGE 3
06:18
184 bpm
150/100 mmHg
BRUCE
5.5 km/h
14.0%

MEDIKA PLAZA

Lead
ST Level (mV)
ST Slope (mV/s)

60 ms post J



ROMI TOTA SIBUEA
Patient ID: 01:00077233
14.05.2020
9:21:00

LINKED MEDIANS

MEDIKA PLAZA

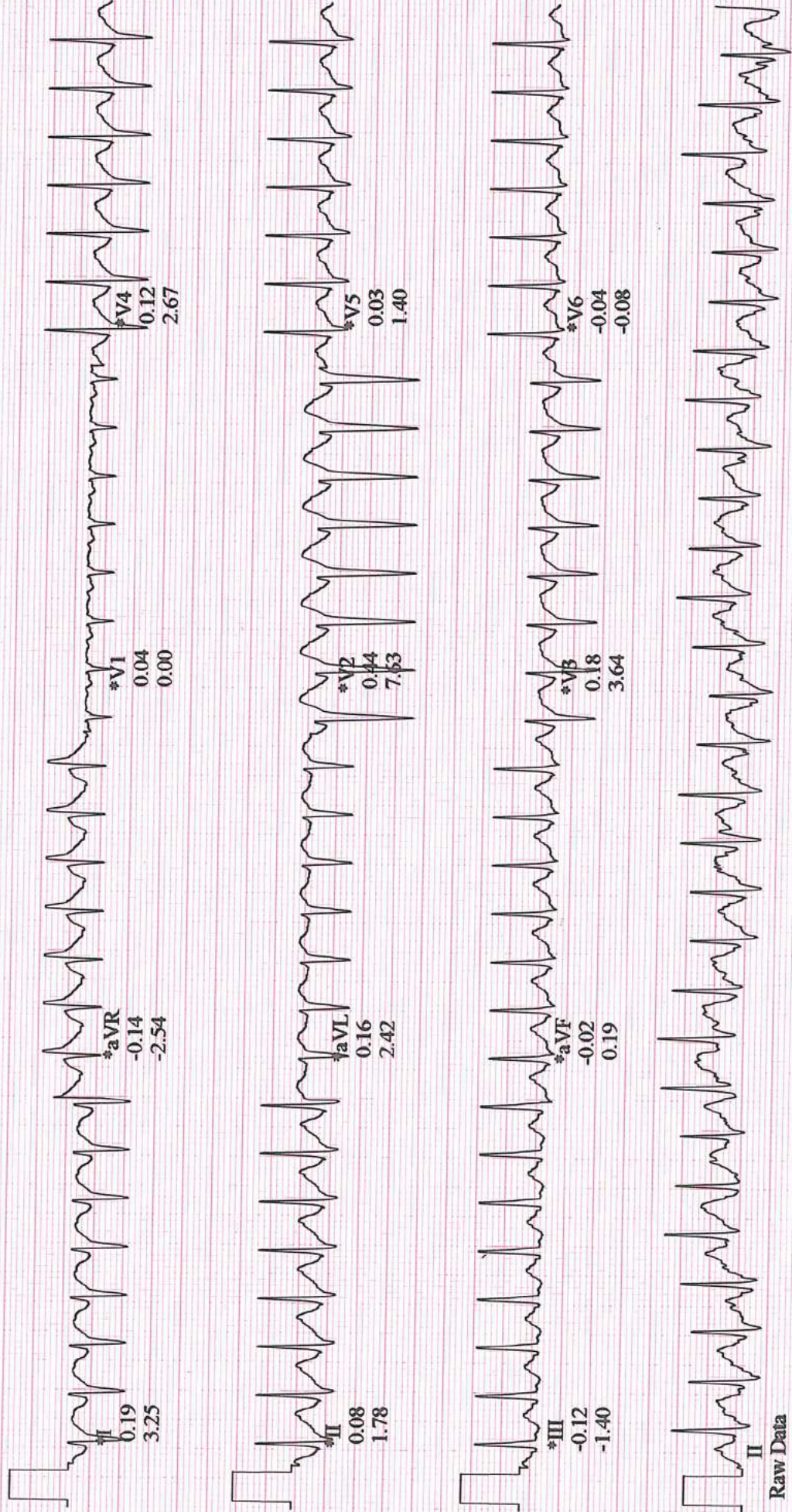
BRUCE
2.4 km/h
0.0%

RECOVERY
Recovery 1
00:20

181 bpm
150/100 mmHg

Lead
ST Level (mV)
ST Slope (mV/s)

60 ms post J



Raw Data

*Computer Synthesized Rhythms

ROMI TOTA SIBUEA,
 Patient ID 01.00077233
 14.05.2020 Male 171 cm 93 kg
 9:13:44 45yrs Asian
 Meds:

Test Reason:
 Medical History:

Ref. MD: Ordering MD:
 Technician: JENI Test Type:
 Comment:

BRUCE: Total Exercise Time 06:18
 Max HR: 184 bpm 105% of max predicted 175 bpm HR at rest: 157
 Max BP: 150/100 mmHg Max RPP: 27150 mmHg*bpm
 Maximum Workload: 7.90 METS
 Max. ST: -0.17 mV, 0.00 mV/s in III; EXERCISE STAGE 1 01:30
 Arrhythmia: PVC:3
 ST/HR index: 0.55 μ V/bpm
 HR reserve used: 150 %
 Freq. VE recovery: 0 VE/min
 QRS duration: BASELINE: 100 ms, PEAK EX: 102 ms, REC: 98 ms
 Location Number: * 0 *

Phase Name	Stage Name	Time in Stage	Speed (km/h)	Grade (%)	Workload (METS)	HR (bpm)	BP (mmHg)	RPP (mmHg*bpm)	VE (/min)	ST Level (III mV)	Comment
PRETEST	SUPINE	00:32	0.00	0.00	1.0	157			0	-0.12	
EXERCISE	STANDING	00:07	0.00	0.00	1.0	157			0	-0.14	
	STAGE 1	03:00	2.70	10.00	4.6	171	130/90	22230	0	-0.12	
	STAGE 2	03:00	4.00	12.00	7.0	181	150/100	27150	0	-0.07	
	STAGE 3	00:18	5.50	14.00	7.9	184	150/100	27600	0	-0.13	
RECOVERY	Recovery1	00:37	2.40	0.00	4.4	176		0	-0.11		

Kelurahan Jaruna Airhead.
Romi. Tota. Sibua

[Handwritten signature]



PT. KARTIKA BINA MEDIKATAMA

Certificate Of Health Assessment

Name	Age	Position	Department
ROMI TOTA SIBUEA	45 yo	messenger	-

COMPANY :

RIGSPEK PERKASA, PT

CONCLUSION

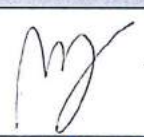

FIT TO WORK

FIT WITH MEDICAL NOTE

✓

TEMPORARY UNFIT

UNFIT

Issued Date	Doctors Name	Prepared By
14 May 2020	Puteri Melati, MD PKTK : KEP.264/BINWASK3-PNK3/KK/VI/2019 SIP : 23/B.15a/31.74.04.1004/-1.779.3/e/2019	
Expired Date		Verified By
14 May 2021	dr. Muhammad Ilyas, Sp.Ok SIP : 29/B.15b/31.74.04.1004.02.009.K.1/3/-1.779.3/e/2019	 PT. KARTIKA BINA MEDIKATAMA

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

Certificate Number : MP-BOP/1-20200514/123262
 MCU Validity Check
<https://mcu-validasi.medikaplaaza.com>