



### HEALTH SCREENING REPORT

Periodic Health Examination

#### CONFIDENTIAL

No. Medical Record :   
00004/002/III/ISP/16

#### PERSONAL DATA

Name : DARMENDRA  
Birthday/Gender/Emp. ID : 8 December 1983 / Male / 13041  
Father's Name : DARMAINI  
Address : GARDEN RAYA BLOK HR NO 7 BATAM CENTRE, 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 : 69 Kg	Height : 169 Cm	3. Cardiovascular System	Yes/Abnormal	No/Normal
BMI : 24		a. Blood Pressure	<input type="checkbox"/>	<input checked="" type="checkbox"/>
		Systolic / Diastolic : 139 / 75 mm Hg		
1. Vision	Yes/Abnormal	No/Normal		
a. Distant Vision	<input type="checkbox"/>	<input checked="" type="checkbox"/>		
( Should be at least 6/12 in both eyes with or without glasses )				
b. Near Vision	<input type="checkbox"/>	<input checked="" type="checkbox"/>		
( Should be at least J2 in both eyes with or without glasses )				
c. Colour Vision	<input type="checkbox"/>	<input checked="" type="checkbox"/>		
d. Any Organic Eye Disease	<input type="checkbox"/>	<input checked="" type="checkbox"/>		
2. Hearing	<input type="checkbox"/>	<input checked="" type="checkbox"/>		
( Unable to hear ordinary conversation at 2 m )				
		b. Heart Disease	<input type="checkbox"/>	<input checked="" type="checkbox"/>
		c. Varicose Veins	<input type="checkbox"/>	<input checked="" type="checkbox"/>
		4. Respiratory System	<input type="checkbox"/>	<input checked="" type="checkbox"/>
		5. Skin-Chronic Disease	<input type="checkbox"/>	<input checked="" type="checkbox"/>
		6. Abdomen	<input type="checkbox"/>	<input checked="" type="checkbox"/>
		7. Locomotor/Neurological	<input type="checkbox"/>	<input checked="" type="checkbox"/>
		8. Endocrine disorders	<input type="checkbox"/>	<input checked="" type="checkbox"/>
		9. Mental State	<input type="checkbox"/>	<input checked="" type="checkbox"/>
		Pulse : 81 / min		

#### LABORATORY TEST

( Report Enclosed )

	Yes/Abnormal	No/Normal
1. Blood Count	<input type="checkbox"/>	<input checked="" 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: Lab: Total Cholesterol (266), Ureum (16)

#### CERTIFICATION

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

ADVICE :

Low Fat Diet

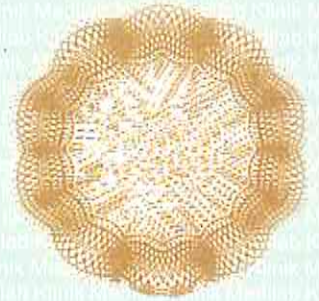
Authentic Signature



Date of Exam : 26 March 2016



DR. ELVIRA WAHIDHANY NASUTION



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7

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#### LABORATORY REPORT

##### BLOOD COUNT

Test Name	Result Unit	Reference Range
HGB	14.4 gr/dl	11.0 - 16.5
WBC	7.4 10 <sup>3</sup> / mm <sup>3</sup>	3.5 - 10.0
RBC	4.92 10 <sup>6</sup> / mm <sup>3</sup>	3.8 - 5.8
ESR	7 mm/hr	0 - 20
HCT	44.6 %	35 - 50
PLT	290 10 <sup>3</sup> /mm <sup>3</sup>	150 - 390
Differential Count		
- LYM	32.8 %	17 - 48
- MON	4.5 %	4 - 10
- GRA	62.7 %	43 - 76

##### URINE FEME

Macroscopy	Result
- pH	6
- Specific Gravity	1.010
- Glucossa	Negative
- Protein	Negative
- Ketones	Negative
- Bilirubin	Negative
- Urobilinogen	Normal
- Nitrit	Negative
- Blood	Negative
- Leucocytes	Negative

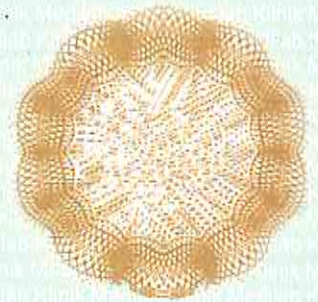
##### X-RAY REPORT

Chest PA:  
Show no Abnormalitis.  
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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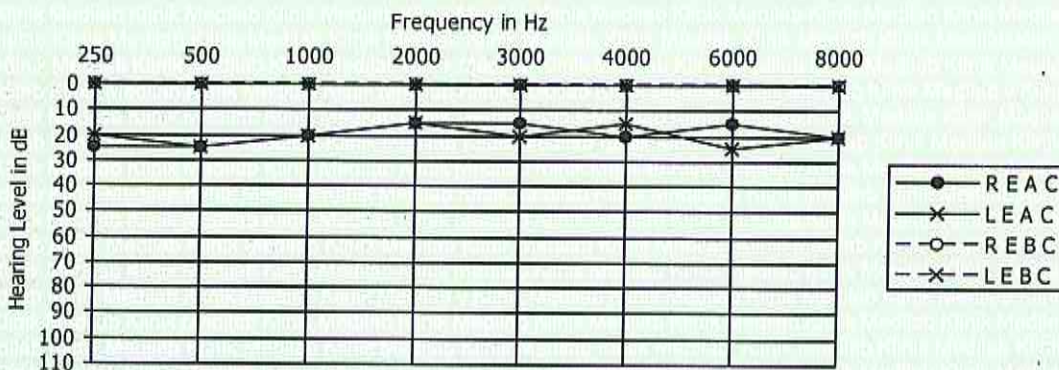
### AUDIOMETRY REPORT

#### 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	0.0 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"/>



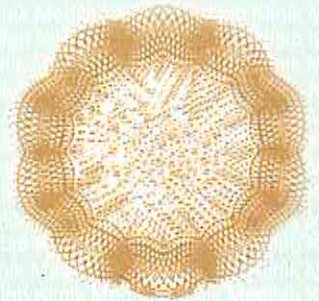
#### Conclusion :

1. Audiogram : Normal
2. Hearing Impairment : Monaural : R : -7.50 %  
 L : -7.50 %  
 Hearing Handicap : -7.50 %
3. Not a Noise Induced Hearing Loss
4. 0

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### PULMONARY FUNCTION TEST

#### Occupation History

Yes No  
- Dusty Working Environment    
- Present/use of Protective Equipment    
- Period of Working 0.0 years

#### Medical History

Yes No If Yes, when  
- Lung Disease    
- Breathlessness/Asthma    
- Coughed Up Blood

	BEST VALUES		
	Pred.	MEASURED	%Pred
FVC	4.56	4.34	95
FEV1	3.85	3.62	94
FEV1/FVC	81.5	83.4	102
PEF	9.15	8.56	94
FEF2575	4.60	3.91	85

PARAMETER		Pred.	PRE#1	%Pred	PRE#2	PRE#3
FVC	L	4.56	4.34	95	4.26	4.21
FEV1	L	3.85	3.62	94	3.59	3.53
FEV1/FVC	%	81.5	83.4	102	84.3	83.8

FVC Normal Value : 3.849  
FEV1 Normal Value : 3.245  
FEV1/FVC % Normal Value : 85 %  
FVC % Predicted Value : 112 %  
FEV1 % Predicted Value : 111 %  
FEV1/FVC % Predicted Value : 98 %

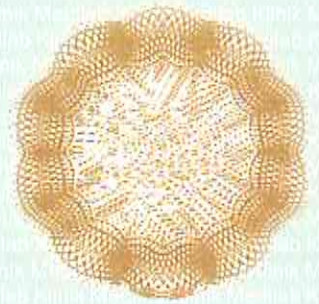
Interpretation : Normal Spirometri

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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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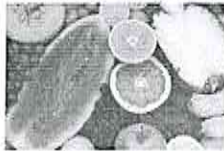
### LABORATORY REPORT

Test Name	Result Unit	Reference Range
<b>LIVER FUNCTION TEST</b>		
SGOT	: 23 U/L	M: < 36 F: < 32
SGPT	: 20 U/L	M: < 46 F: < 35
Gamma GT	: 23 U/L	M: < 49 F: < 32
<b>LIPID PROFILE TEST</b>		
Total Cholesterol	:* 266 mg/dl	<= 200
HDL - Cholesterol	: 54 mg/dl	M: > 35 F: > 45
LDL - Cholesterol	: 193 mg/dl	0 - 204
Triglycerida	: 94 mg/dl	M: 60 - 165 F: 40 - 140
Ratio Cholesterol ( Total Chol : HDL )	: 4.9	< 6.6
<b>BLOOD SUGAR TEST</b>		
Nuchter	: 99 mg/dl	70 - 115
<b>RENAL FUNCTION TEST</b>		
Ureum	:* 16 mg/dl	17 - 43
Creatinine	: 1.2 mg/dl	M: 0.8 - 1.3 F: 0.5 - 0.9
Uric Acid	: 5.4 mg/dl	M: 3.6 - 8.2 F: 2.3 - 6.1
<b>DRUG SCREENING</b>		
Cannabinoid	: Negative	Negative
Opiates	: Negative	Negative
Cocain	: Negative	Negative
Amphetamine	: Negative	Negative
<b>OTHERS</b>		
Breath Alcohol Test	: 0.000 %BAC	< 0.02 %BAC is negative >= 0.02-0.039 %BAC: cannot perform safety sensitive function >= 0.04 %BAC is a violation of rule
MDMA	: Negative	Negative
USG Abdomen	: Normal	

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## 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

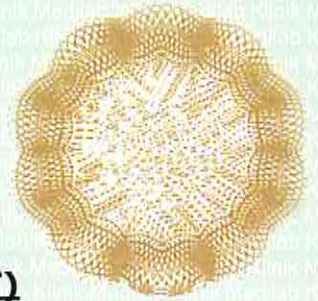
1. **LDL-Cholesterol : Kolesterol "Jahat"**  
LDL-Cholesterol yang terlalu banyak beredar di darah dapat membentuk plaque, penebalan dan pengerasan yang menyebabkan penyempitan bahkan penyumbatan pembuluh darah. Kondisi tersebut dapat menyebabkan penyakit jantung dan stroke.  
Nilai normal : < 130 mg/dL
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  
Nilai normal : > 40 mg/dL
3. **Trigliserida**  
Merupakan salah satu jenis lemak darah yang bila tinggi dapat menyebabkan gangguan jantung  
Nilai normal : < 150 mg/dL

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>



### TREADMILL (EXERCISE STRESS TEST REPORT)

#### CONFIDENTIAL

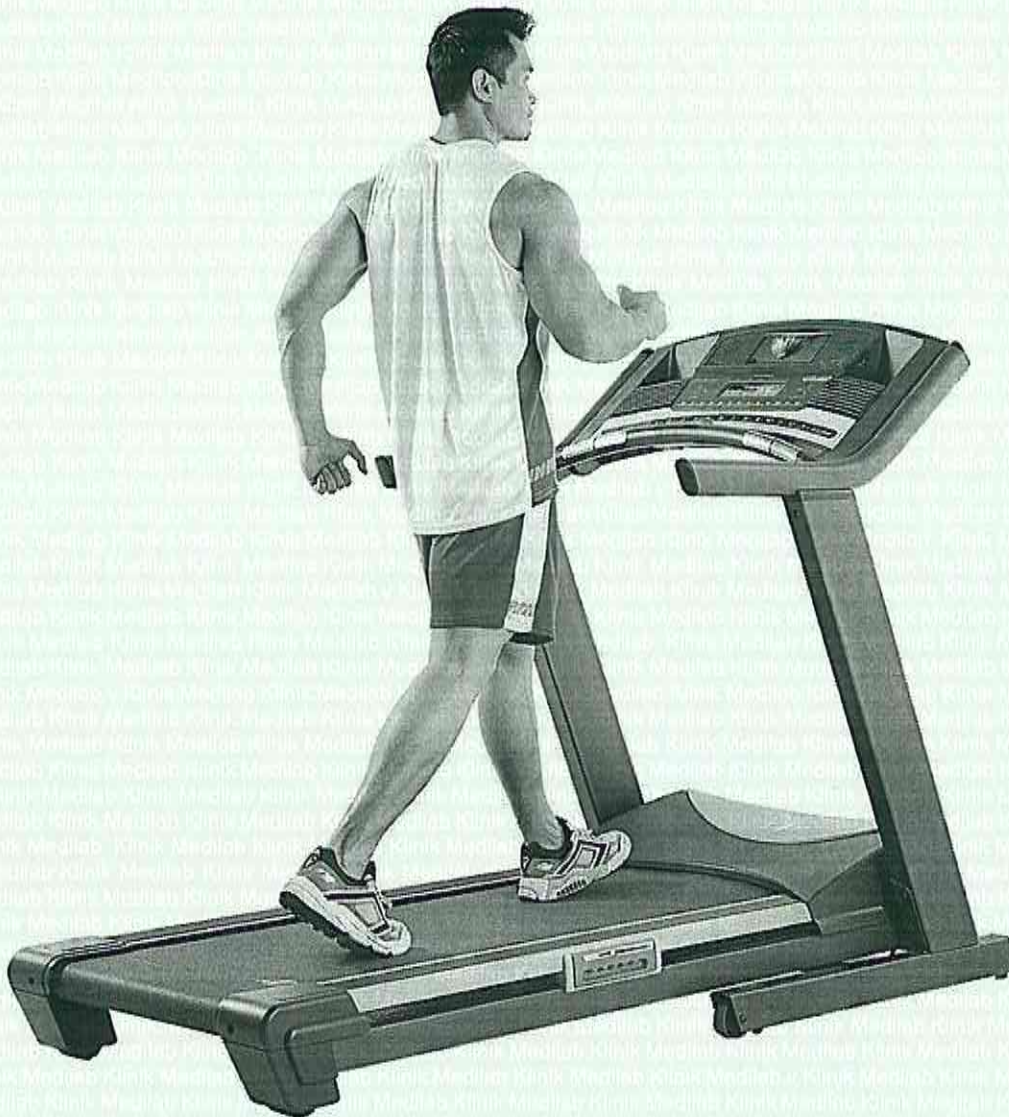
No. Medical Record :   
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KLINIK MEDILAB BATAM  
 Taman Niaga Suka Jadi Blok J 3A-5  
 BATAM

Ward  
 Telephone:

## EXERCISE STRESS TEST REPORT

Patient Name: DARMENDRA , TN  
 Patient ID: 01 ISP  
 Height: 169 cm  
 Weight: 69 kg

DOB: 08.12.1983  
 Age: 32yrs  
 Gender: Male  
 Race: Asian

Study Date: 26.03.2016  
 Test Type: --  
 Protocol: BRUCE

Referring Physician: --  
 Attending Physician: --  
 Technician: --

Medications:  
 --

Medical History:  
 --

Reason for Exercise Test:  
 --

### Exercise Test Summary

Phase Name	Stage Name	Time in Stage	Speed (km/h)	Grade (%)	HR (bpm)	BP (mmHg)	Comment
PRETEST	SUPINE	00:45	0.00	0.00	81	130/75	
	STANDING	00:40	0.00	0.00	96		
	HYPERV.	00:02	0.00	0.00	96		
	WARM-UP	00:46	1.60	0.00	106		
EXERCISE	STAGE 1	03:00	2.70	10.00	125	130/80	
	STAGE 2	03:00	4.00	12.00	146	130/80	
	STAGE 3	03:00	5.40	14.00	173	140/90	
	STAGE 4	03:00	6.70	16.00	200	150/90	
	STAGE 5	00:03	8.00	17.20	200		
RECOVERY		01:11	2.40	0.00	176		

The patient exercised according to the BRUCE for 12:03 min:s, achieving a work level of Max. METS: 13.50. The resting heart rate of 80 bpm rose to a maximal heart rate of 200 bpm. This value represents 106 % of the maximal, age-predicted heart rate. The resting blood pressure of 130/75 mmHg, rose to a maximum blood pressure of 150/90 mmHg. The exercise test was stopped due to --.

Interpretation

-- Resting ECG

Conclusions

-- Treadmill Exercise Test

Physician

*Nurul Izzah Feb*  
**NEGATIVE ISCHEMIC RESPONSE**  
**NORMAL RESPONSE HEMODYNAMIC**  
**NO ARRHYTHMIA**  
 Dr. Afidhalun Hakim, Sp.JR, FIMS  
 CARDIOLOGIST

Technician



Male 169 cm 69 kg  
 32yrs Asian  
 Meds:  
 Test Reason:  
 Medical History:

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

BRUCE: Total Exercise Time 12:03  
 Max HR: 200 bpm 106% of max predicted 188 bpm HR at rest: 80  
 Max BP: 150/90 mmHg BP at rest: 130/75 Max RPP: 28950 mmHg\*bpm  
 Maximum Workload: 13.50 METS  
 Max. ST: -0.12 mV, 0.00 mV/s in III; EXERCISE STAGE 4 12:00  
 Arrhythmia: A:41, PSVC:2  
 ST/HR index: 0.79  $\mu$ V/bpm

Phase Name	Stage Name	Time in Stage	Speed (km/h)	Grade (%)	Workload (METS)	HR (bpm)	BP (mmHg)	RPP (mmHg*bpm)	VE (l/min)	ST Level (III mV)	Comment
PRETEST	SUPINE	00:45	0.00	0.00	1.0	81	130/75	10530	0	0.04	
	STANDING	00:40	0.00	0.00	1.0	96			0	0.01	
	HYPERV.	00:02	0.00	0.00	1.0	96			0	0.02	
EXERCISE	WARM-UP	00:46	1.60	0.00	1.5	106			0	0.03	
	STAGE 1	03:00	2.70	10.00	4.6	125	130/80	16250	0	-0.02	
	STAGE 2	03:00	4.00	12.00	7.0	146	130/80	18980	0	-0.02	
	STAGE 3	03:00	5.40	14.00	10.0	173	140/90	24220	0	-0.07	
	STAGE 4	03:00	6.70	16.00	13.3	200	150/90	30000	0	-0.12	
RECOVERY	STAGE 5	00:03	8.00	17.20	13.4	200			0	-0.10	
		01:11	2.40	0.00	2.1	176			0	0.02	

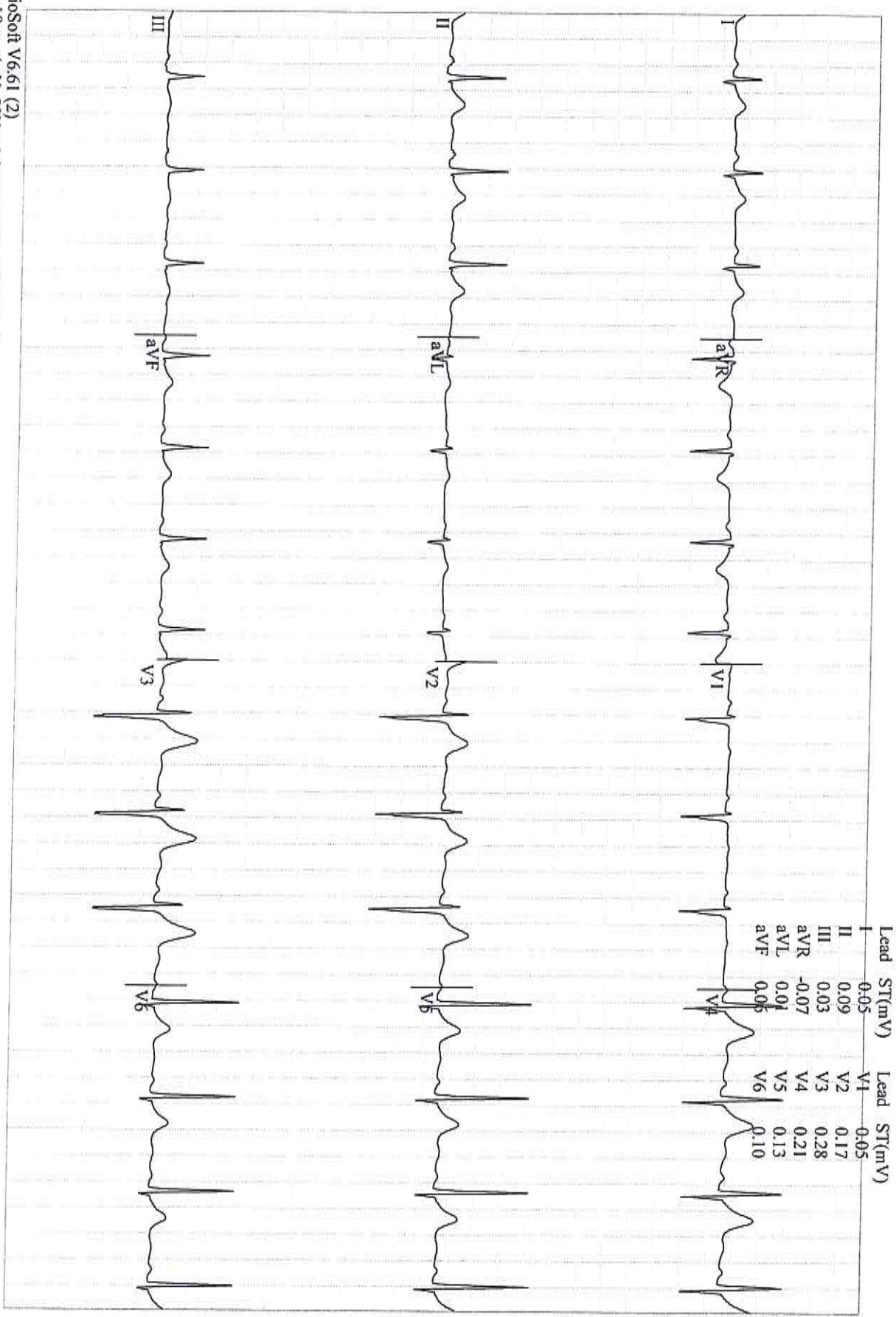
DARMEENDRA, TN  
 Patient ID 01 ISP  
 26.03.2016  
 13:22:44

82 bpm  
 130/75 mmHg

12-Lead Report  
 PRETEST  
 SUPINE  
 00:24

BRUCE  
 0.0 km/h  
 0.0 %

KLINIK MEDILAB BATAM  
 Measured at 60ms Post J  
 Auto Points



GE CardioSoft V6.61 (2)  
 25 mm/s 10 mm/mV 50Hz 0.01Hz FRF+ HR(V5,V6)

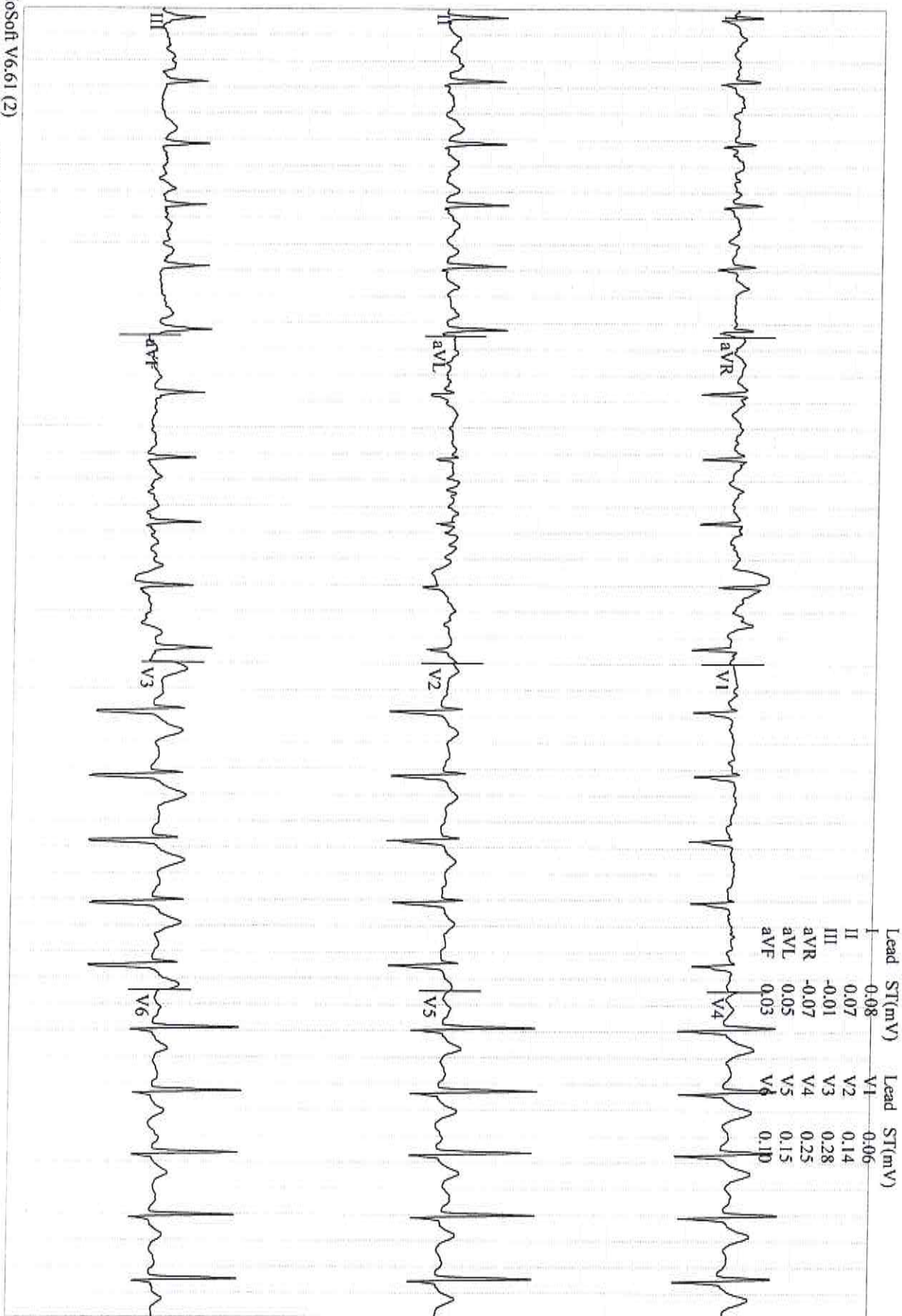
Start of Test: 13:22:14

DARMENDRA, TN  
 Patient ID 01 ISP  
 26.03.2016  
 13:27:21

12-Lead Report  
 EXERCISE  
 STAGE 1  
 125 bpm  
 130/80 mmHg  
 02:50

BRUCE  
 2.7 km/h  
 10.0 %

KLINIK MEDILAB BATAM  
 Measured at 60ms Post J  
 Auto Points



GE CardioSoft V6.61 (2)  
 25 mm/s 10 mm/mV 50Hz 0.01Hz FRF+ HR(V6,V5)

Start of Test: 13:22:14

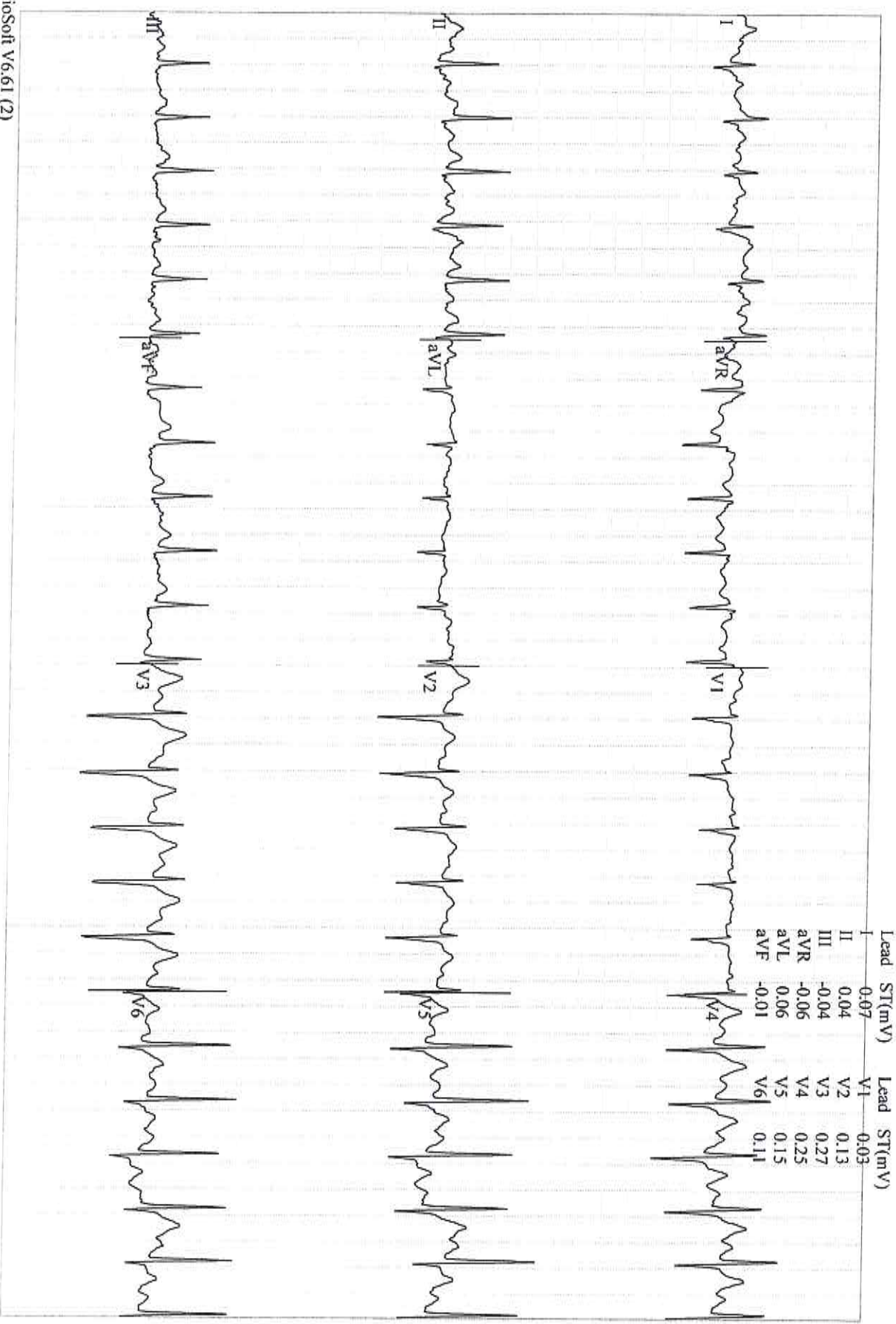
DARMENDRA, TN  
 Patient ID 01 ISP  
 26.03.2016  
 13:30:21

144 bpm  
 130/80 mmHg

12-Lead Report  
 EXERCISE  
 STAGE 2  
 05:50

BRUCE  
 4.0 km/h  
 12.0 %

KLINIK MEDILAB BATAM  
 Measured at 60ms Post J  
 Auto Points



GE CardioSoft V6.61 (2)  
 25 mm/s 10 mm/mV 50Hz 0.01Hz FRF+ HR(V6,V5)

Start of Test: 13:22:14

DARMENDRA, TN  
 Patient ID 01 ISP  
 26.03.2016  
 13:33:21

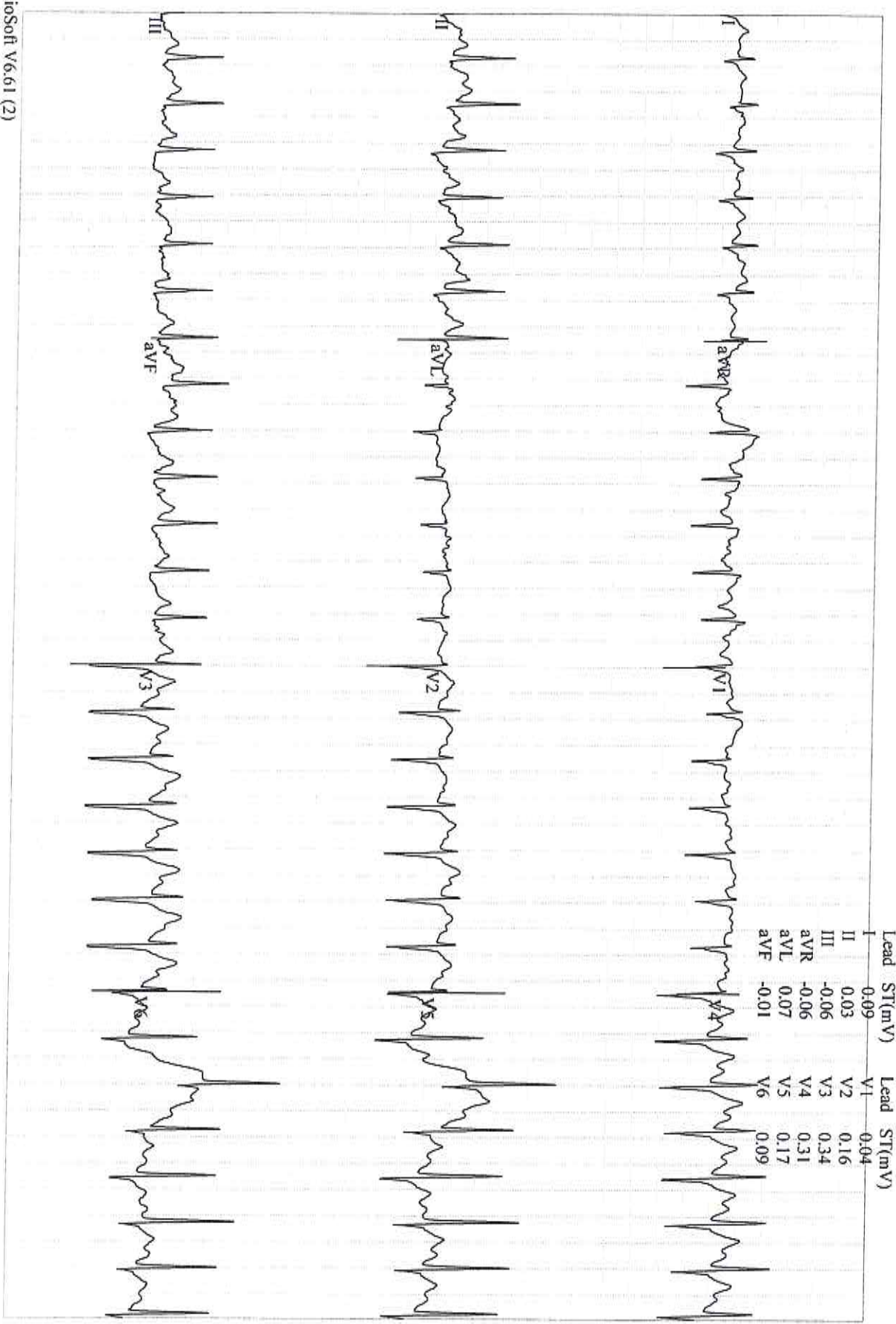
169 bpm  
 140/90 mmHg

12-Lead Report  
 EXERCISE  
 STAGE 3  
 08:50

BRUCE  
 5.4 km/h  
 14.0%

Measured at 60ms Post J  
 Auto Points

KLINIK MEDILAB BATAM



GE CardioSoft V6.61 (2)  
 25 mm/s 10 mm/mV 50Hz 0.01Hz FRF+ HR(V6,V5)

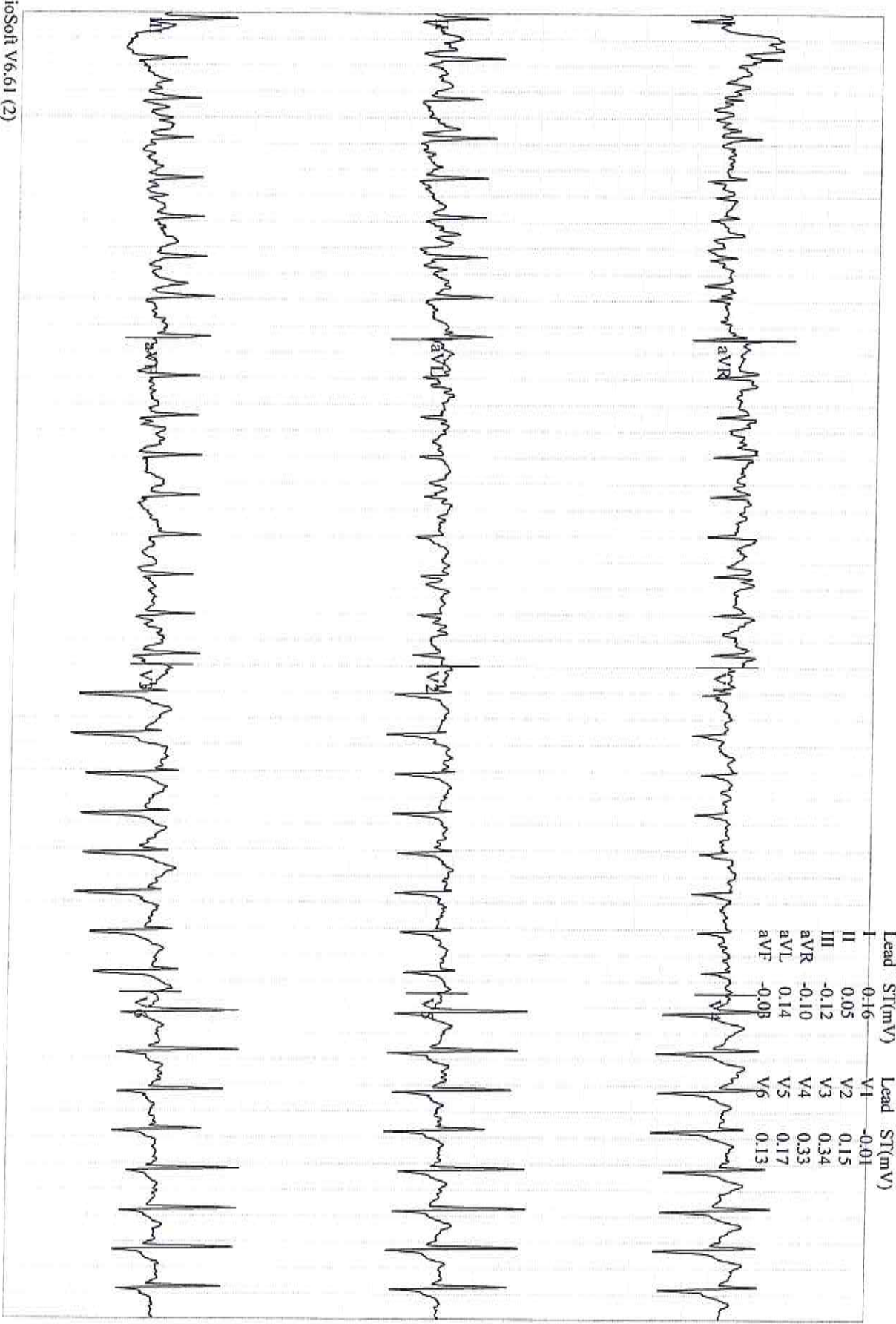
Start of Test: 13:22:14

DARMENDRA, TN  
 Patient ID 01 ISP  
 26.03.2016  
 13:36:21

12-Lead Report  
 EXERCISE  
 STAGE 4  
 11:50

BRUCE  
 6.7 km/h  
 16.0 %

KLINIK MEDILAB BATAM  
 Measured at 60ms Post J  
 Auto Points



GE CardioSoft V6.61 (2)  
 25 mm/s 10 mm/mV 50Hz 0.01Hz FRF+ HR(V6,V5)

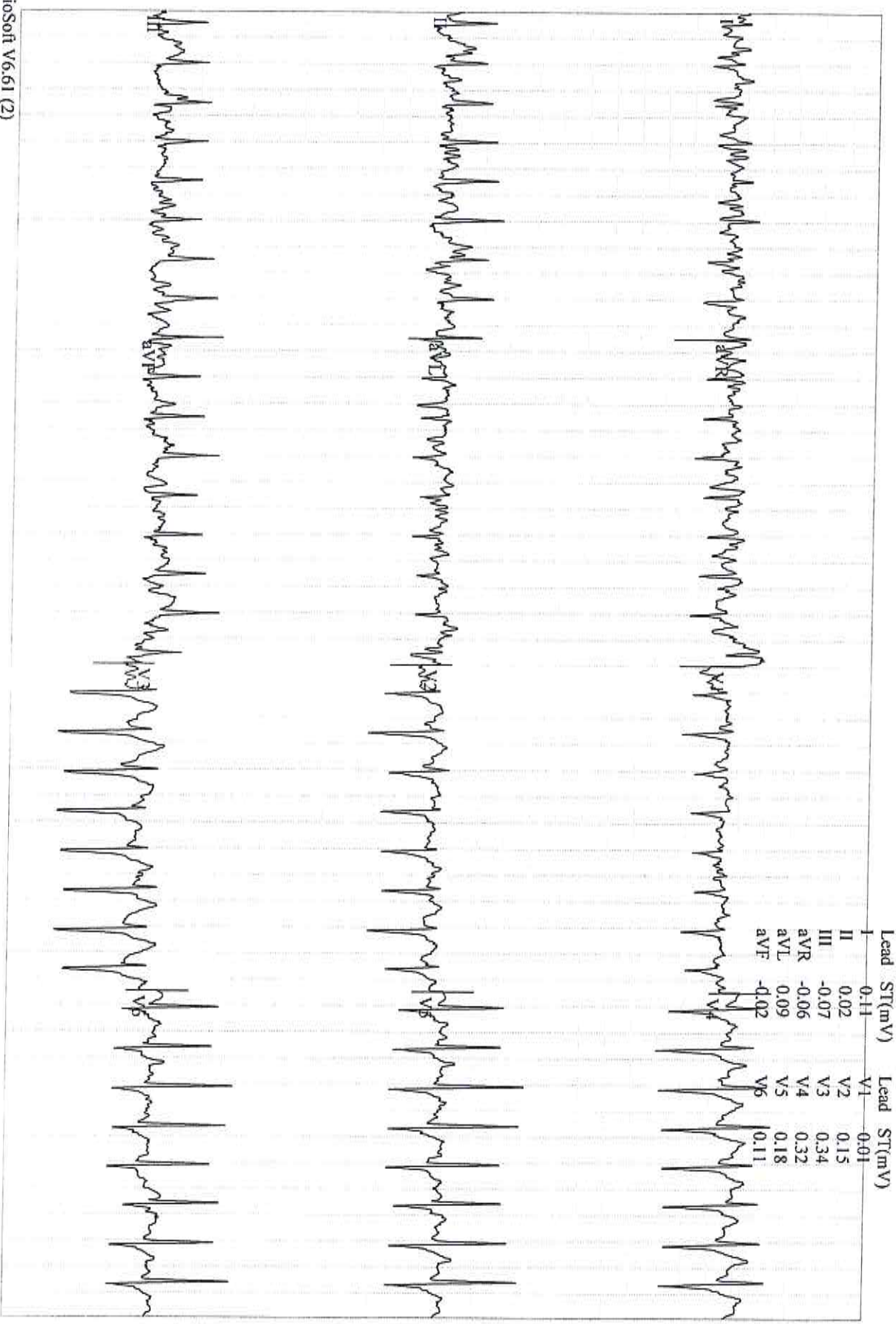
Start of Test: 13:22:14

DARMENDRA, TN  
Patient ID 01 ISP  
26.03.2016  
13:36:34

200 bpm  
150/90 mmHg

12-Lead Report ( PEAK EXERCISE )  
EXERCISE BRUCE  
STAGE 5 8.0 km/h  
12:03 17.2 %

KLINIK MEDILAB BATAM  
Measured at 60ms Post J  
Auto Points



GE CardioSoft V6.61 (2)  
25 mm/s 10 mm/mV 50Hz 0.01Hz FRF+ HR(V6,V5)

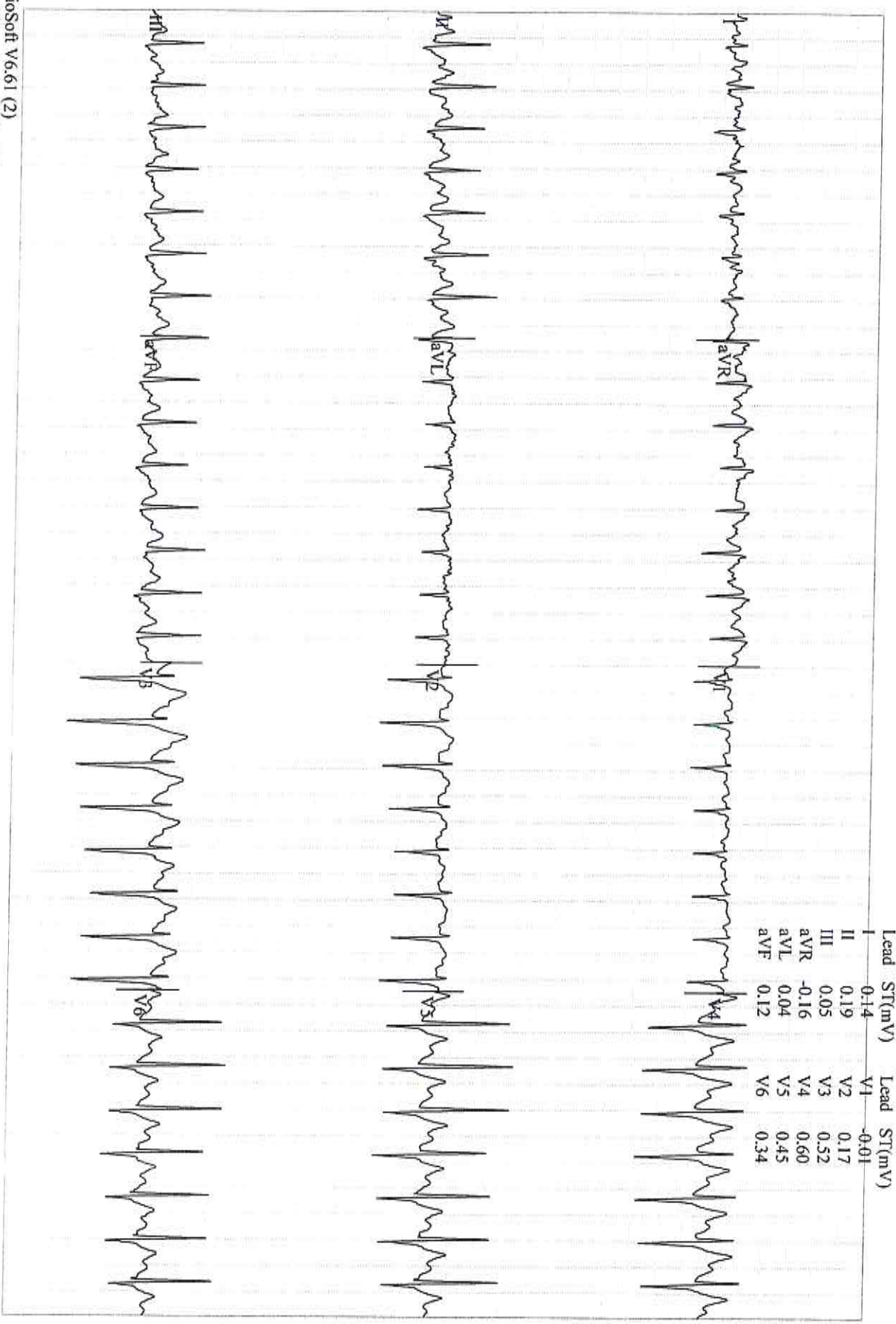
Start of Test: 13:22:14

DARMENDRA, TN  
Patient ID 01 ISP  
26.03.2016  
13:37:24

12-Lead Report  
RECOVERY  
#1  
00:50

BRUCE  
2.4 km/h  
0.0 %

KLINIK MEDILAB BATAM  
Measured at 60ms Post J  
Auto Points



GE CardioSoft V6.61 (2)  
25 mm/s 10 mm/mV 50Hz 0.01Hz FRF+ HR(V6,V5)

Start of Test: 13:22:14



## ULTRASONOGRAPHY REPORT

Name : DARMENDRA Date : 29-03-2016  
Age : 32 Years Company :  
Sex : Male Code : 1 / ISP

### Ultrasound examination, result :

**Liver** : normal in shape and size, echogenity homogen normal, no mass or cyst lesion in the right and left parenchyma .  
Portal vein normal. Intra and extra bile duct not enlarge

**Gall bladder** : Normal in shape and size, no stone or sludge

**Right Kidney** : Normal in shape and size, differentiation between parenchyma and central echo complex normal, no stone or mass

**Left Kidney** : Normal in shape and size, differentiation between parenchyma and central echo complex normal, no stone or mass.

**Spleen** : Normal in shape and size; no mass or cyst lesion

**Pancreas** : Shape and size are normal, no hypo hyper echoic lesion

**Bladder** : Normal in shape, no stone or tumor, no thickening wall

**Prostate** : Shape and size normally, homogen echo structure, no hypo/ hyper echoic lesion

### Conclusion :

Intra abdominal organs are within normal limit

Thank You,

  
Dr. Dessy L. Nainggolan

Radiologist

SIP. No : 016.III/446.292/TM/DKK/2015