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PUSAT PEMERIKSAAN KESEHATAN TENAGA KERJA

Komplek Taman Niaga Sukajadi Blok J No. 3A-6 Jl. Ahmad Yani - Batam 29433
Telp: (0778) 7372022, 7372023, 0811 770 1188, 0811 770 1199. Fax: (0778) 7372024
E-mail: customercare@medilab-clinic.com, Website: www.medilab-clinic.com




HEALTH SCREENING REPORT

Periodic Health Examination

101

CONFIDENTIAL

No. Medical Record : 
00027/001/VIII/ISP/19

PERSONAL DATA

Name : OKI WIRANATA
 Birthday/Gender/Emp. ID : 31 December 1994 / Male / 18117
 Father's Name : HERMAIN
 Address : PERUM PJB THP II BLOK A NO 11 BT AJI, BATAM
 Occupation : QHSE OFFICER
 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 : 65 Kg	Height : 157 Cm	3. Cardiovascular System	Yes/Abnormal	No/Normal
BMI : 26.37		a. Blood Pressure	<input type="checkbox"/>	<input checked="" type="checkbox"/>
		Systolic / Diastolic : 123 / 79 mm Hg		
		Pulse : 82 / min		
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 type="checkbox"/>
b. Near Vision	<input checked="" 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 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 type="checkbox"/>	<input checked="" 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, Blood Count: Monocytosis D72.821 8.5%

CERTIFICATION

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

ADVICE :
Regular Exercise and Reduce Weight

Authentic Signature



Date of Exam : 29 August 2019



DR. REZGA AGNELA VALBETRI

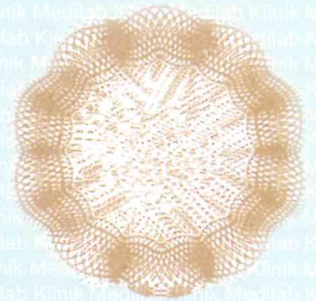


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LABORATORY REPORT

BLOOD COUNT

Test Name	Result	Unit	Reference Range	
HGB	16.5	gr/dl	M: 13.2 - 17.3	F: 11.7 - 15.5
WBC	6.0	10 ³ /mm ³	M: 3.8 - 10.6	F: 3.6 - 11.0
RBC	5.47	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	48.7	%	M: 40 - 52	F: 35 - 47
PLT	361	10 ³ /mm ³	150 - 440	
Differential Count				
- LYM	38.0	%	25	- 40
- MON	*	8.5	2	- 8
- GRA	53.5	%	43	- 76

URINE FEME

Macroscopy	Result
- pH	6
- Specific Gravity	1.015
- Glucosaa	Negative
- Protein	Negative
- Ketones	Negative
- 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.

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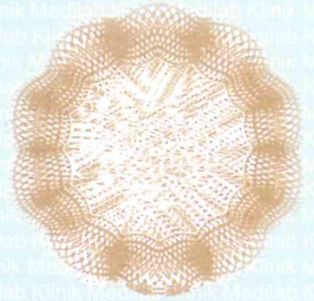


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KLINIK MEDILAB

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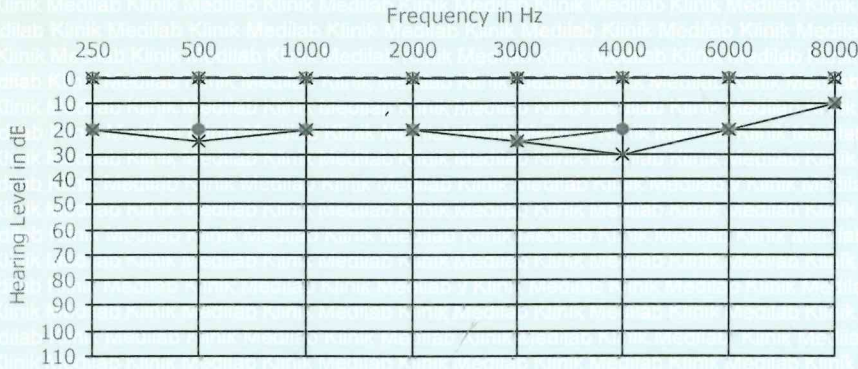
AUDIOMETRY REPORT

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 :

- Audiogram : Normal
- Hearing Impairment : Monaural : R : -5.63 %
L : -1.88 %
Hearing Handicap : -5.000 %
- Not a Noise Induced Hearing Loss

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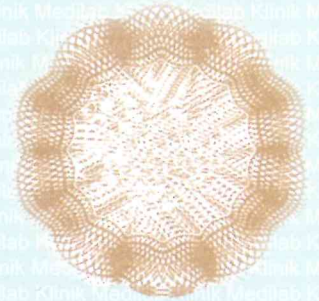
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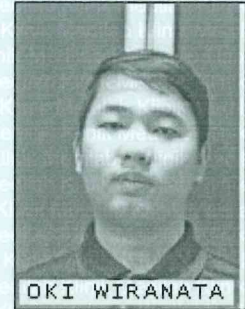
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PULMONARY FUNCTION TEST

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

	BEST VALUES		
	Pred.	Measured	%Pred.
FVC	4.05	3.37	83
FEV1	3.54	2.93	83
FEV1/FVC	82.7	86.9	105
PEF	8.72	6.62	76
FEF25-75	4.67	3.58	77

FVC Normal Value : 3.400
 FEV1 Normal Value : 2.976
 FEV1/FVC % Normal Value : 88 %
 FVC % Predicted Value : 99 %
 FEV1 % Predicted Value : 98 %
 FEV1/FVC % Predicted Value : 98 %

PARAMETER		Pred.	PRE#1	%Pred.	PRE#2	PRE#3
*FVC	L	4.05	3.37	83	3.37	3.37
*FEV1	L	3.54	2.93	83	2.93	2.93
*PEF	L/s	8.72	6.62	76	6.62	6.62
FVC	L	4.05	3.36	83	3.37	3.37
FEV1	L	3.54	2.93	83	2.92	2.88
FEV1/FVC	%	82.7	87.2	105	86.6	85.5

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



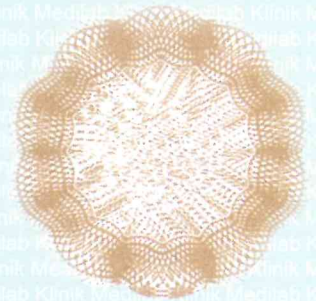
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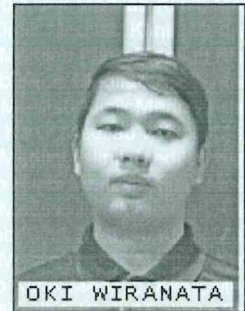
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LABORATORY REPORT

Test Name	Result Unit	Reference Range
LIVER FUNCTION TEST		
SGOT	20 U/L	M: <= 35 F: <= 31
SGPT	29 U/L	M: <= 45 F: <= 34
Gamma GT	46 U/L	M: <= 49 F: <= 32
LIPID PROFILE TEST		
Total Cholesterol	183 mg/dl	<= 200
HDL - Cholesterol	63 mg/dl	M: > 35 F: > 45
LDL - Cholesterol	102 mg/dl	50 - 140
Triglycerida	89 mg/dl	<= 204
Ratio Cholesterol (Total Chol : HDL)	2.9	M: < 3.4 F: < 3.3
BLOOD SUGAR TEST		
Nuchter	97 mg/dl	< 100
RENAL FUNCTION TEST		
Ureum	21 mg/dl	17 - 43
Creatinine	1.2 mg/dl	M: 0.8 - 1.3 F: 0.5 - 0.9
Uric Acid	7.7 mg/dl	M: 3.6 - 8.2 F: 2.3 - 6.1

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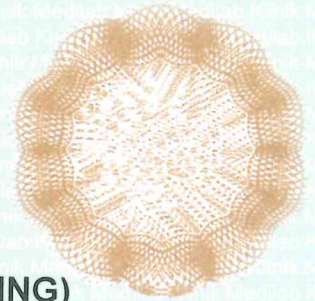


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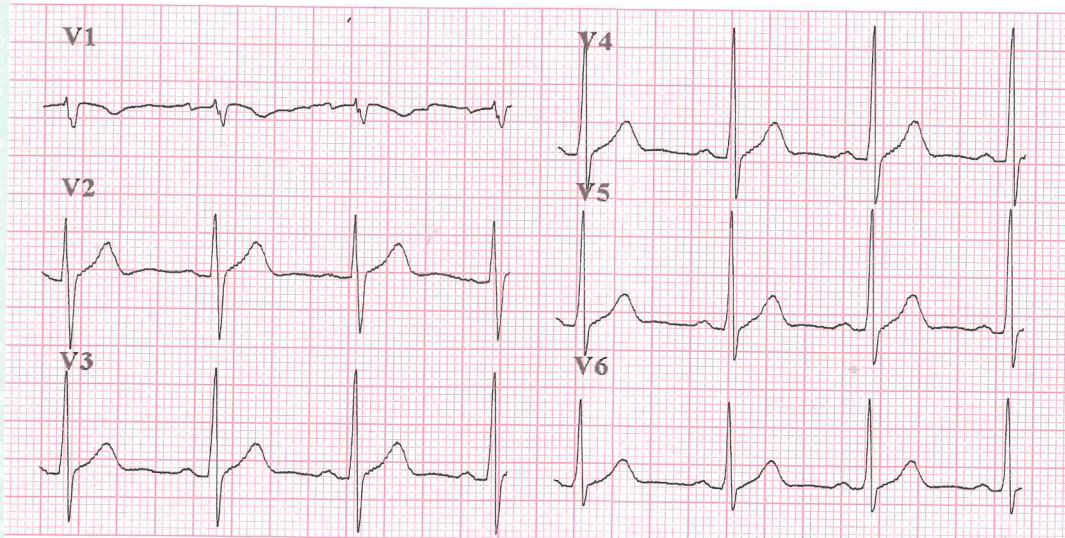
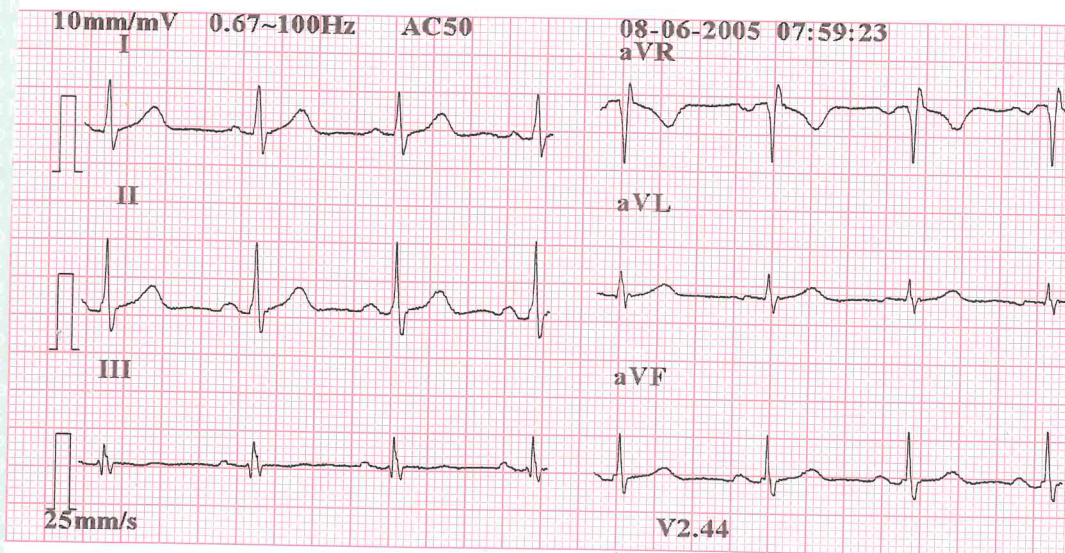
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ELECTROCARDIOGRAM INTERPRETATION (RESTING)

Name : Oki Wiranata
Age : 24 years
Sex : Male
Place/Date : Batam, August 29th 2019
Company's name : INSPEKTINDO SINERGI PERSADA, PT



CE 0197 SONOMED

CONCLUSION : Normal Resting ECG
EXAMINER

dr. REZGA AGNELA VALBETRI
Examining Physician

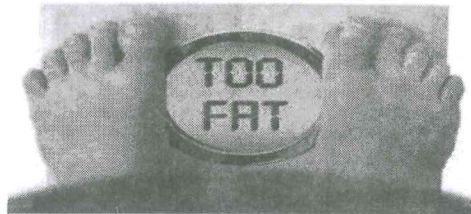
OVERWEIGHT DAN OBESE

Kemendes 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

