



MEDICAL CHECK UP REPORT



NAME : Nico Achmad Zulfiansyah
SEX : Male
COMPANY : PT. Inspektindo Sinergi Persada
MEDICAL RECORD : 02 06 87
DATE OF VISIT : May 11, 2021
NEXT VISIT : May 11, 2022

PT. INSPEKTINDO SINERGI PERSADA

HASIL PEMERIKSAAN KESEHATAN BERKALA 2021

Nama : Nico Achmad Zulfiansyah

Berikut ini adalah kesimpulan hasil pemeriksaan medical check up yang telah dilaksanakan tanggal : 11 Mei 2021

Temuan

- Riwayat Kesehatan 1 Tahun terakhir tidak ditemukan masalah.
- Riwayat Penyakit keluarga tidak ditemukan masalah.
- Riwayat Vaksinasi : - Tetanus (Tidak Diketahui).
- Hepatitis (Tidak Diketahui).
- Kebiasaan Merokok : Tidak
- Konsumsi Alkohol : Tidak
- Aktivitas Olahraga : Ya, 8x/bulan
- Hasil pemeriksaan Fisik : Hasil pemeriksaan Fisik : Indeks Masa Tubuh : Kelebihan berat badan (BMI : 28,78)
- Hasil pemeriksaan X - Ray dalam batas normal.
- Hasil pemeriksaan EKG dalam batas normal (Sinus Rhythm).
- Hasil pemeriksaan Treadmill : Negative Ischemic Response.
- Hasil pemeriksaan Audiometri dalam batas normal.
- Hasil pemeriksaan Laboratorium dalam batas normal : Haematocrite 40%, ESR 28 mm/h, Total Cholesterol 239 mg/dl, LDL Cholesterol 169 mg/dl, Uric Acid 7,3 mg/dl.

STATUS KESEHATAN

Kategori	CATATAN
<input type="checkbox"/> 1A	Tidak ditemukan masalah kesehatan
<input type="checkbox"/> 1B	Ditemukan masalah kesehatan yang tidak serius
<input checked="" type="checkbox"/> 2	Ditemukan masalah kesehatan yang dapat menjadi serius - Kelompok risiko rendah
<input type="checkbox"/> 3A	Ditemukan masalah kesehatan yang dapat menjadi serius - Kelompok risiko sedang
<input type="checkbox"/> 3B	Ditemukan masalah kesehatan yang dapat menjadi serius - Kelompok risiko tinggi
<input type="checkbox"/> 4	Ditemukan keterbatasan fisik untuk melakukan pekerjaan secara normal, hanya cocok untuk pekerjaan ringan
<input type="checkbox"/> 5	Dalam perawatan di rumah sakit atau dalam kondisi yang tidak memungkinkan untuk melakukan pekerjaan (status ijin sakit)

KESIMPULAN

FIT
 UNFIT
 TEMPORARY UNFIT

Sebagai : Ass Inspector
Di : Remote Area

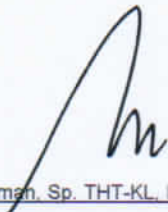
Saran - saran

- Disarankan konsul ke Dokter sehubungan dengan hasil pemeriksaan laboratorium.
- Diet rendah lemak dan tinggi serat.
- Diet rendah purin.
- Minum air putih 2-3 liter/hari.
- Lakukan olahraga minimal 3x/minggu.
- Turunkan berat badan hingga mencapai berat badan normal.
(BMI = Underweight < 18,5, Normal 18,5-24,9, Overweight 25-29,9, Obese ≥ 30)

Kembali Kontrol : 11 Mei 2022

Bila masih ada yang perlu diperjelas, dapat menghubungi Dokter Pemeriksa di (0542) 877898.
Terima kasih atas kerjasama yang baik.

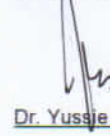
Direktur,



Dr. Erica Lukman, Sp. THT-KL, MQIH, Sp. KL



Dokter Penanggung Jawab MCU,



Dr. Yussje Andeline

EXAMINATION RESULTS

Name : Nico Achmad Zulfiansyah	Date of Visit : May 11, 2021
Sex : Male	Medical Record : 02 06 87
Date of Birth : May 14, 1995	Company : PT. Inspektindo Sinergi Persada

TEST NAME	RESULTS	NORMAL RANGE
HISTORY OF DISEASE		
- Complaint at present	None	
- Past history of disease		
Hypertension, Hypotension	None	
Heart disease	None	
Asthma	None	
Dyspepsia	None	
Hemorrhoids	None	
Chronic Skin Disease	None	
Alergic	None	
Diaebetic	None	
Jaundice	None	
Arthritics	None	
Kidney Stone / Neuphrolithiasis	None	
Eyes	None	
Ears	None	
Nose	None	
Mouth / Teeth	None	
Cancer/tumor	None	
Hemophilia	None	
Epilepsies	None	
Acrophobia	None	
Pyschiatric Disorder	None	
Gynecological Problem	None	
TBC	None	
Malaria	None	
Tipus	None	
Genital Disease	None	
Others	None	
FAMILY HISTORY OF DISEASE		
- Diabetic	None	
- Hypertension	None	
- Heart Disease	None	
- Asthma	None	
- Cancer	None	
- Stroke / CVA	None	
- Allergic	None	
- Others	None	
HABITS		
- Smoking	None	
- Alcohol / Drugs	None	
- Exercise	8x/Month	60 Minute
IMMUNIZATIONS HISTORY		
- Have you had a tetanus vaccination	unknown	
- Have you had hepatitis vaccination	unknown	

EXAMINATION RESULTS

Name	: Nico Ahmad Eulftansyah	Date of Visit	: May 11, 2021
Sex	: Male	Medical Record	: 02 06 87
Date of Birth	: May 14, 1995	Company	: PT. Inspektindo Aneergi Perdana

A. GENERAL CONDITION

• Blood Pressure	122/77	mmHg
• Pulse	72	x / minute
• Respiration	20	x / minute
• Temperature	36.6	°C


• Abdominal Circumference	90	cm
• Weight (W)	77.4	kg
• Height (H)	164	cm
• BMI	28.78	

* BMI = W / H² (Underweight ≤ 18, Normal 18-25, Overweight 25-30, Obese >30)

VISION	Unaided		With Spectacles		Colour Blindness
	Left	Right	Left	Right	
DISTANT	6/6	6/6			<input checked="" type="checkbox"/> Normal
NEAR					<input type="checkbox"/> Red - Green Absent
VISUAL FIELDS (NORMAL > 70°)			Left		<input type="checkbox"/> Colour Blind
				Right	

B. PHYSICAL

No.	PHYSICAL	A - Abnormal N - Normal (circle words of importance and explain)	A	N	Describes abnormalities in detail
1	General Appearance	Appearance age/Nutritional/Development/Mental & Emotional status/Posture/Gait/Speech		✓	
2	Head/ Scalp	Size/Shape/Tender over sinuses/Hair/Eruption/Masses/Bruit		✓	
3	Eyes	Conjunctiva/Sclera/Cornea/Pupils/Ptosis/Tension/ Eye lid/Bruit/Reflex/Range of movement		✓	
4	Ears	Ext. canal/Membran perforation/Discharge/Tophi/ Hearing problem/Mastoids		✓	
5	Nose / Sinuses	Septum/Obstruction/Turbinates/Discharges		✓	
6	Mouth / Throat	Odor/Lips/Tongue/Tonsils/Gums/Pharynx		✓	
7	Teeth	Caries (O), Filling (F), Missing (X), Radix (v)			8 7 6 5 4 3 2 1 1 2 3 4 5 6 7 8 7 6 5 4 3 2 1 1 2 3 4 5 6 7
8	Neck	Adenopathy/Thyroid/Carotids/Trachea/Veins/Mass/ Spine/Motion/Bruit		✓	
9	Back / Spine	Kyphosis/Scotiosis/Lordosis/Mobility/CVA/Bone/ Tenderness/Other deformities		✓	
10	Thorax	Symmetry/Movement/Contour/Tender		✓	
11	Breast	Size/Consistency/Nipples/Areolar/Discharge/Pal- pable mass/Tenderness/Nodes/Scars		✓	
12	Heart	Rate/Rhythm/Apical/Impulse/Trills/Quality of Sound/ Intensity/Splitting/Extra sound/Murmurs		✓	
13	Chest / Lung	Excursion/Dullness of Hyper-resonance of percussion/ Quality of breath sound/Rales/Wheezing/Ronchi/Bruit		✓	
14	Abdomen	Bowel sounds/Appearance/Liver/Spleen/Masses/Her- nias/Murmur/Contour/Tenderness/Bruit/Nodes		✓	
15	Groin	Hernia/Inguinal nodes/Femoral pulses		✓	
16	Genital - Male	Penis/Testis/Scrotum epididymis/Varicocele/Scars/ Discharge/Circumcised/Piercing		✓	
	- Female	Vulva/Vagina/Cervix/Uterus/Adnexae/Rectocele/Bartho- lini gland/Urethra/Discharge		✗	
17	Extremities	Deformity/Clubbing/Cyanosis/Edema/Nail/Peripheral pulses/Calf tenderness/Joints for swelling/ROM		✓	
18	Joints	ROM/Swelling/Inflammation/Deformity		✓	
19	Skin	Color/Birth Mark/Scars/Tatoos/Texture/Rash/Eczeme/ Ulcers/Piercing		✓	
20	Neurological	Reflexes/Cranial nerve/Tremor/Paralysis/Motoric/Sen- sorial (touch, prick, vibrate) / Coordination/Romberg		✓	
21	Muscular System	Strength/Wasting/Development		✓	
22	Rectal Examination	Sphincter tone/Hemorrhoids/Fissure/Masses/Prostate		✓	

Dr. Tiara Setyoning Arum
Approved by: 
026/239C/SIP-DVII/2018

SUPPORTIVE INVESTIGATION

Name : Nico Achmad Zulfiansyah	Date of Visit : May 11, 2021
Sex : Male	Medical Record : 02 06 87
Date of Birth : May 14, 1995	Company : PT. Inspektindo Sinergi Persada

I. LABORATORY

<input type="checkbox"/> Normal	COMMENT : Blood : Haematocrite 40%, ESR 28 mm/h, Total Cholesterol 239 mg/dl, LDL Cholesterol 169 mg/dl, Uric Acid 7,3 mg/dl.
<input checked="" type="checkbox"/> Abnormal	

II. CHEST X-RAY

Pneumoconiosis	<input type="checkbox"/> Yes	<input checked="" type="checkbox"/> No
If Yes - ILO Classification		
Evidence of TB	<input type="checkbox"/> Yes	<input checked="" type="checkbox"/> No
Other Abnormalities		
COMMENT	Within normal limits	

III. ECG - TREADMILL

ECG	<input checked="" type="checkbox"/> Normal	<input type="checkbox"/> Abnormal (Specify)	
TREADMILL	<input checked="" type="checkbox"/> Negative Ischemic Response	<input type="checkbox"/> Positive Ischemic Response	<input type="checkbox"/> Borderline (Suggestion)
	Aerobic Capacity.....METs		

IV. SPIROMETRY NOT EXAMINED

V. AUDIOMETRY

CONCLUSION	Change since last audiometric examination		
<input checked="" type="checkbox"/> Normal	If Yes, what change :		
<input type="checkbox"/> Abnormal	Recommended action :		
	Refer to safety department :	<input type="checkbox"/> Yes	/ <input type="checkbox"/> No

LABORATORY RESULTS

Name : Nico Achmad Zulfiansyah	Date of Visit : May 11, 2021
Sex : Male	Medical Record : 02 06 87
Date of Birth : May 14, 1995	Company : PT. Inspektindo Sinergi Persada

TEST NAME	RESULTS	NORMAL RANGE
HEMATOLOGY		
Automated Blood Count		
- WBC	5,4	4.5 - 10.0 K/ul
- RBC	4,75	M : 4.7-6.1 M/ul F : 4.2-5.4 M/ul
- Haemoglobine	13,5	M : 13-18 g/dl F : 12-16 g/dl
- Haematocrite	40%	M : 42-52% F : 37-47%
- MCV	84	80- 100 fL
- MCH	28	26 - 34 pg
- MCHC	34	32 - 36 g/dL
- Thrombocyte	323	150 - 450 K/ul
- ESR	28	M : 0 - 10 mm/h : F : 0 - 20 mm/h
- Diff. Count :		
Basophil	0%	0 - 1%
Eosinophil	2%	2 - 4%
Stab	3%	3 - 5%
Segment	62%	55 - 65%
Lymphocyte	29%	25 - 35%
Monocyte	4%	3 - 6%
BLOOD CHEMISTRY		
LIPID PROFILE		
- Total Cholesterol	239	<200 mg/dl
- HDL Cholesterol	44	M : >35 mg/dl F : >45 mg/dl
- LDL Cholesterol	169	<150 mg/dl
- Trygliceride	130	30 - 200 mg/dl
RENAL FUNCTION		
- Ureum	24,3	10 - 50 mg/dl
- Creatinine	0,85	M : 0.6-1.1 mg/dl F : 0.5-1.0 mg/dl
- Uric Acid	7,3	M : <7 mg/dl F : <5.7 mg/dl
LIVER FUNCTION		
- SGOT	20,3	M : 0-37 IU/L F : 0-31 IU/L
- SGPT	37,5	M : 0-42 IU/L F : 0-32 IU/L
- Gamma GT	20,3	8 - 61 U/L
DIABETES		
- Glucose Fasting	106	70-110 mg/dl

LABORATORY RESULTS

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TEST NAME	RESULTS	NORMAL RANGE
URINALYSIS		
MACROSCOPIC		
- Color	Yellow	
- Turbidity	Clear	
- S. Gravity	1.030	1.010 - 1.030
- pH	5,0	4.8 - 7.4
- Leucocyte (Enzymatic)	Negative	Negative
- Glucose	Negative	Negative
- Nitrite	Negative	Negative
- Bilirubin	Negative	Negative
- Blood	Negative	Negative
- Urobilinogen	Negative	Negative
- Protein	Negative	Negative
- Keton	Negative	Negative
MICROSCOPIC		
- WBC	0 - 1	0 - 4
- RBC	0 - 1	0 - 1
- Ephitel	1 - 3	+ / Positive
- Cylinder	Negative	Negative
- Crystal Oxalat	Negative	Negative
- Bacteria	Negative	Negative
- Others	Negative	Negative

Technician of Laboratory



Renny Prasetyowati

Laboratory Consultant



dr. Yuyun Norwahyuni Sp.PK

RADIOLOGY RESULT

Name : Nico Achmad Zulfiansyah	Date of Visit : May 11, 2021
Sex : Male	Rontgen Record : 0070
Date of Birth : May 14, 1995	Company : PT. Inspektindo Sinergi Persada

TEST NAME : RONTGEN THORAX


TS Yth.

Foto Thorax

- Corakan bronchovaskuler paru dalam batas normal.
- Tidak tampak proses spesifik pada kedua paru.
- Jantung tidak membesar.
- Kedua sinus dan diafragma normal.
- Tulang - tulang intak.

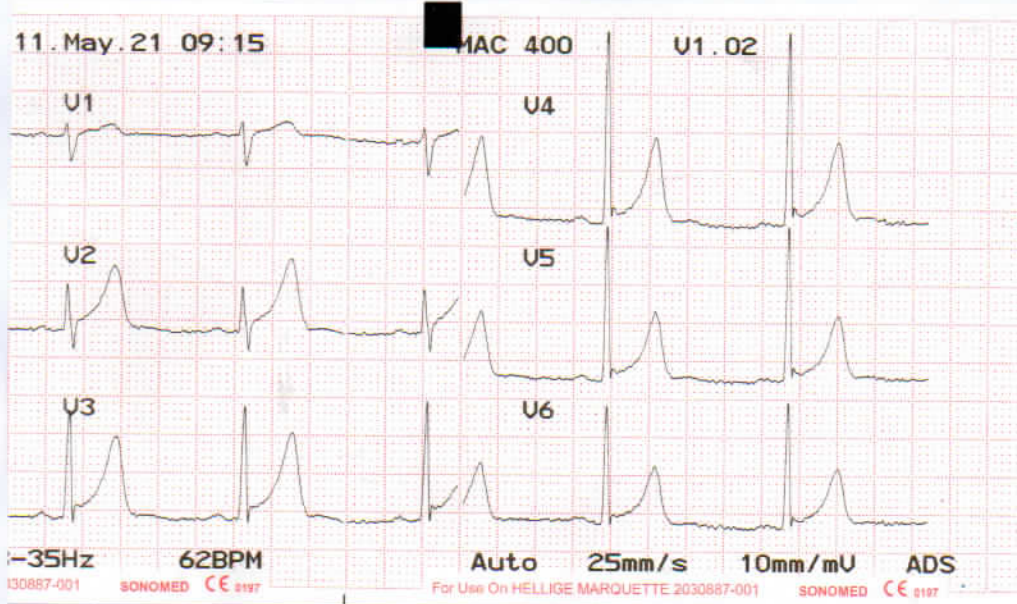
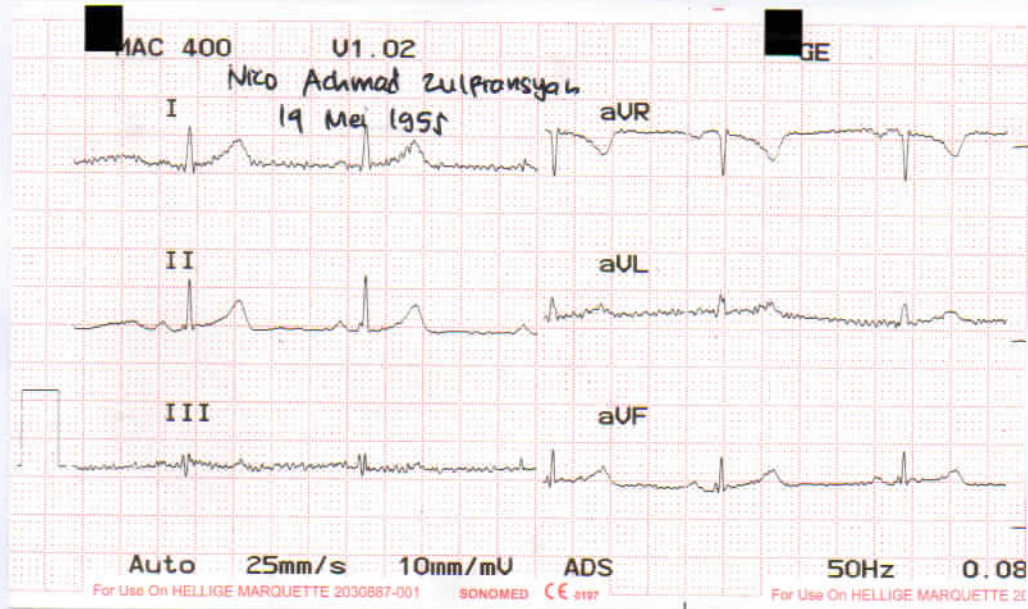
Kesan : Tidak tampak kelainan radiologik pada foto thorax ini.


Salam Sejawat,


Dr. Nurmawanti Masdin, Sp. Rad
026/9579.JIP-D/11/2016

ECG RESULT

Name : Nico Achmad Zulfiansyah	Date of Visit : May 11, 2021
Sex : Male	Medical Record : 02 06 87
Date of Birth : May 14, 1995	Company : PT. Inspektindo Sinergi Persada



KESIMPULAN	DOKTER PEMERIKSA
Sinus ritmus, HR = 62 x/mnt, normalaxs.	

TREADMILL TEST RESULT

Name : Nico Achmad Zulfiansyah	Date of Visit : May 11, 2021
Sex : Male	Medical Record : 02 06 87
Date of Birth : May 14, 1995	Company : PT. Inspektindo Sinergi Persada

LAPORAN TREADMILL EXERCISE TEST (PROTOKOL BRUCE)

EKG Pretest : sinus rhytm HR 86 x/c

Lama Test : 7 Menit 54 Detik

Tekanan Darah Awal : 122/77 mmHg Tekanan Darah Maksimal : 170/120 mmHg

Denyut Jantung Tercapai : 167 x/menit Denyut Jantung Maksimal : 166 x/menit 862

Test dihentikan karena

- Fatigue
- Dipsneu
- Angina
- Pusing
- Terdapat perubahan segmen ST-T
- Target denyut jantung tercapai
- Respon Hipersensitif

Perubahan segmen ST-T

- Tidak terdapat perubahan
- Upsloping
- ST depresi 0,5 - 1mm
- Bermakna (ST Depresi > 1 mm)

Tingkat kebugaran jasmani

- Rendah
- Kurang
- Sedang
- Baik
- Sangat baik

Kapasitas aerobik : 10,1 mets

Kesimpulan

- Negative Ischemic Response
- Positive Ischemic Response
- Boderline stress test
- Target denyut jantung tidak tercapai
- Fit untuk bekerja dilokasi/Remote Area
- Unfit untuk bekerja dilokasi/Remote area

Balikpapan, _____
Dokter Pemeriksa,


Dr. Ria Ashriyah, Sp.JP
026/38B/SIP-D/IV/2017

Q-Stress Final Report

11/05/2021 11:06:30 AM

Attending
Referring

Patient Tn, Nico Achmad Zulfiansyah

MRN 11/05/2021 11:01:58

DOB 14/05/1995 Age 25 Ht 164 cm

Sex MALE Wt 77 kg

Medication

Resting HR	91	Target HR	166	Max HR	167	Protocol	Bruce
Resting SBP	122	Max Predicted HR	195	Max SBP	140	HRxBP	21840
Resting DBP	77	% Max HR	86	Max DBP	100	Billing Code	
Worst-case ST Level			-0.4 III	Total Exercise Time			
Worst-case ST Slope			4 III	METs(a)			

Reason for Test

MCU

Reason for Ending Test

fatigue.

Observation

Conclusion

Negative Ischemic Response

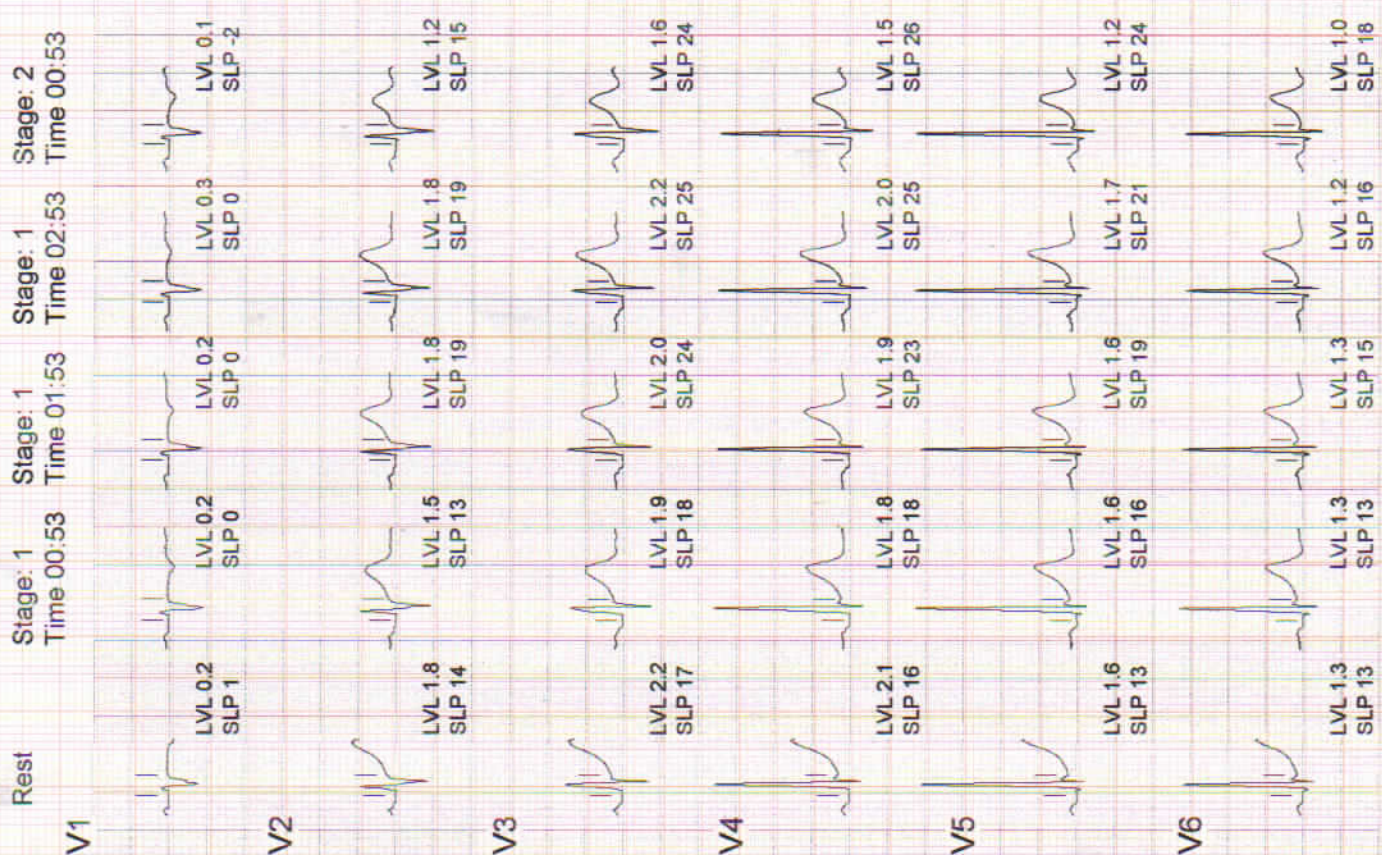
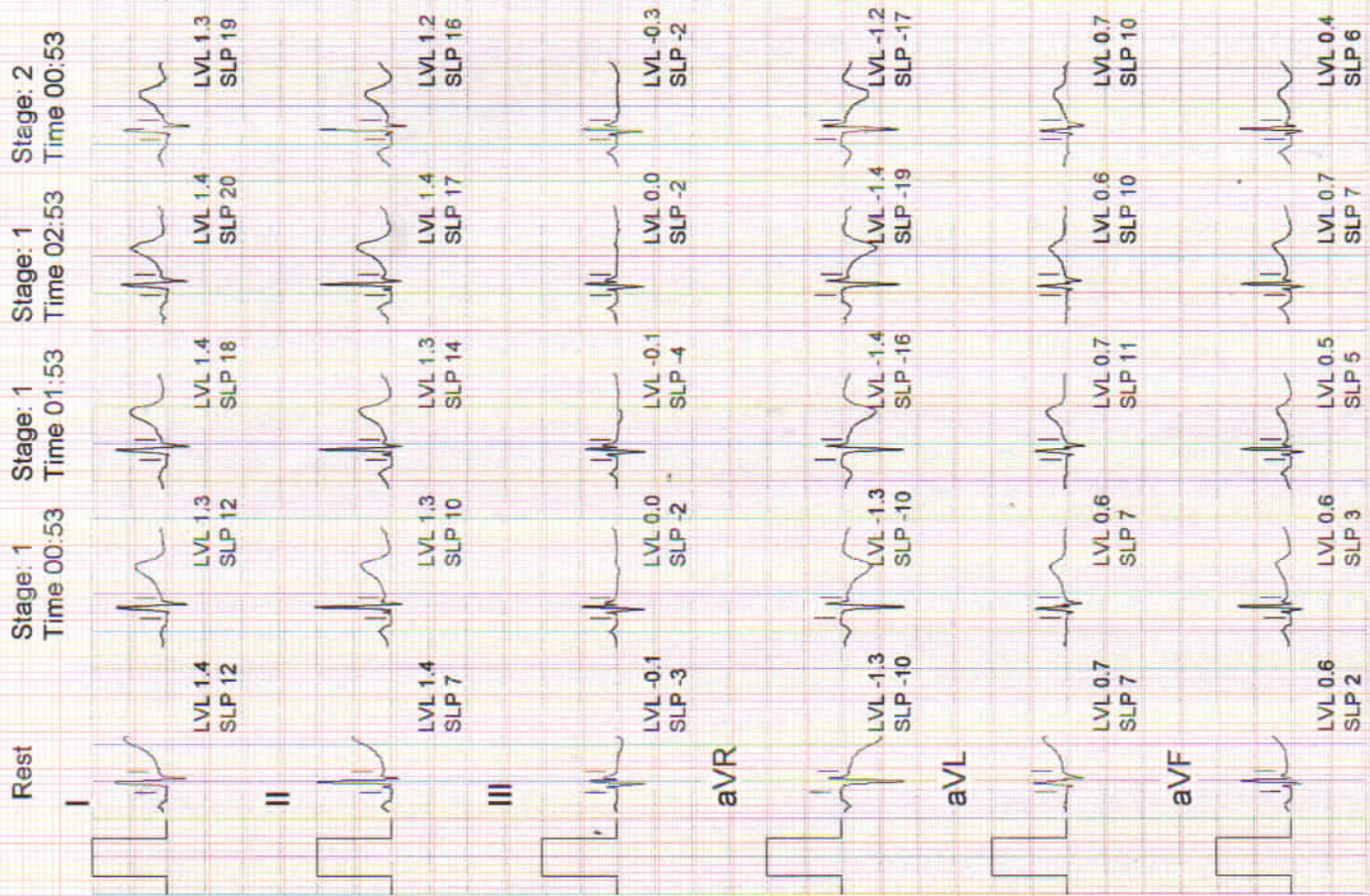
Tabular Summary

Tn, Nico Achmad Zuifiansyah

Stage	Total Stage Time	HR	Current ER	BP	HRxBP	TM Speed km/h	TM Grade %	LVL II	LVL V2	LVL V5
REST	01:23	91	0	122/77	11102	1.9	0.0	1.4	1.8	1.6
Stage 1										
01:00		108	0	122/77	13176	2.7	10.0	1.3	1.5	1.6
02:00		106	0	122/77	12932	2.7	10.0	1.3	1.8	1.6
03:00		110	0	130/90	14300	2.7	10.0	1.4	1.8	1.7
Stage 2										
01:00		123	0	130/90	15990	4.0	12.0	1.2	1.2	1.2
02:00		131	0	130/90	17030	4.0	12.0	1.3	1.2	1.4
03:00		134	0	130/100	17420	4.0	12.0	1.0	1.1	1.3
Stage 3										
01:00		154	0	130/100	20020	5.4	14.0	1.2	1.0	1.2
01:54		166	0	130/100	21580	5.4	14.0	0.6	1.0	1.3
Stop exercise at 07:54										
RECOVERY	00:30	147	0	140/100	20580	1.9	0.0	1.6	1.9	2.0

Average Beat Summary

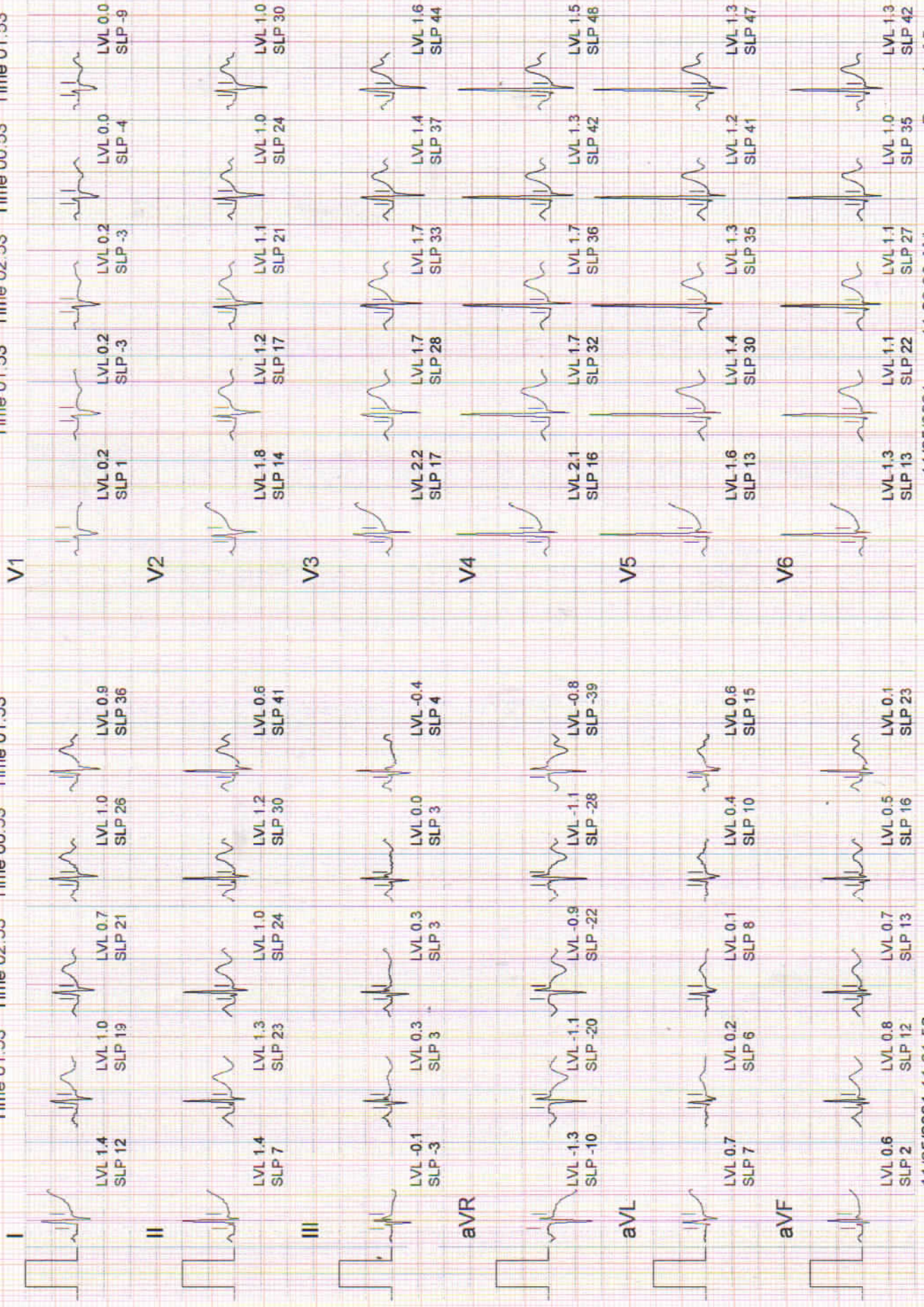
Tn, Nico Achmad Zulfiansyah



Average Beat Summary

Tn, Nico Achmad Zulfiansyah

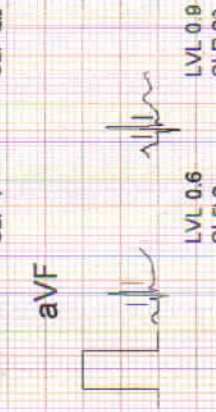
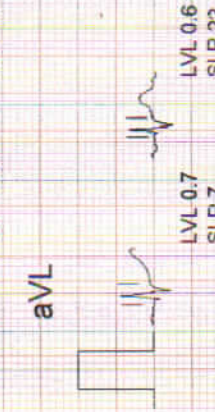
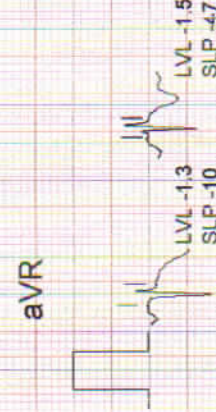
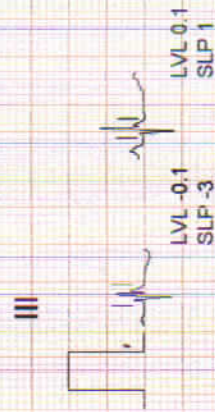
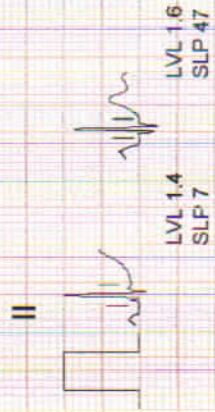
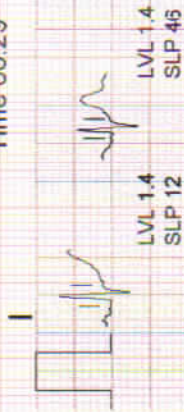
Rest Stage: 2 Time 01:53 Stage: 2 Time 01:53 Stage: 3 Time 00:53 Stage: 3 Time 01:53
Rest Stage: 2 Time 02:53 Stage: 2 Time 02:53 Stage: 3 Time 00:53 Stage: 3 Time 01:53



Average Beat Summary

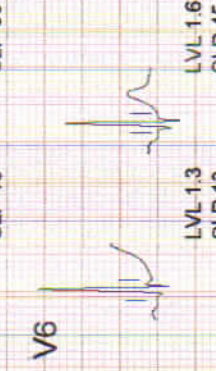
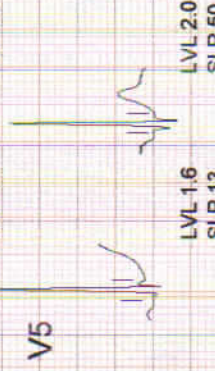
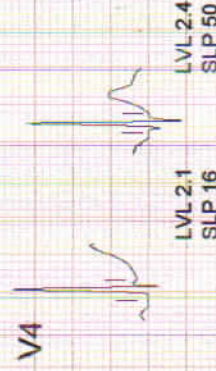
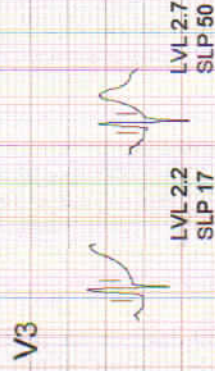
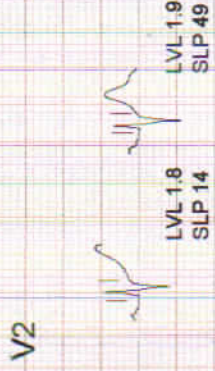
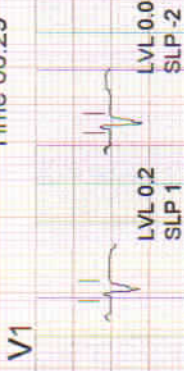
Tn, Nico Achmad Zulfiansyah

Rest
Recovery Time 00:29



11/05/2021 11:01:58

Rest
Recovery Time 00:29



11/05/2021 11:06:30 AM

Tn Nico Achmad Zulfiansyah

11/05/2021 11:01:58

14/05/1995

12-Lead Manual (simultaneous)

Protocol

Bruce

Stage

Spd/Grd

Rest 00:23

0.0 km/h 0.0%

RPE

METS(a)

BP

Previous BP

HR

Target HR

Max HR

HRxBP

86

166

86

10492

86

166

86

10492

8

166

86

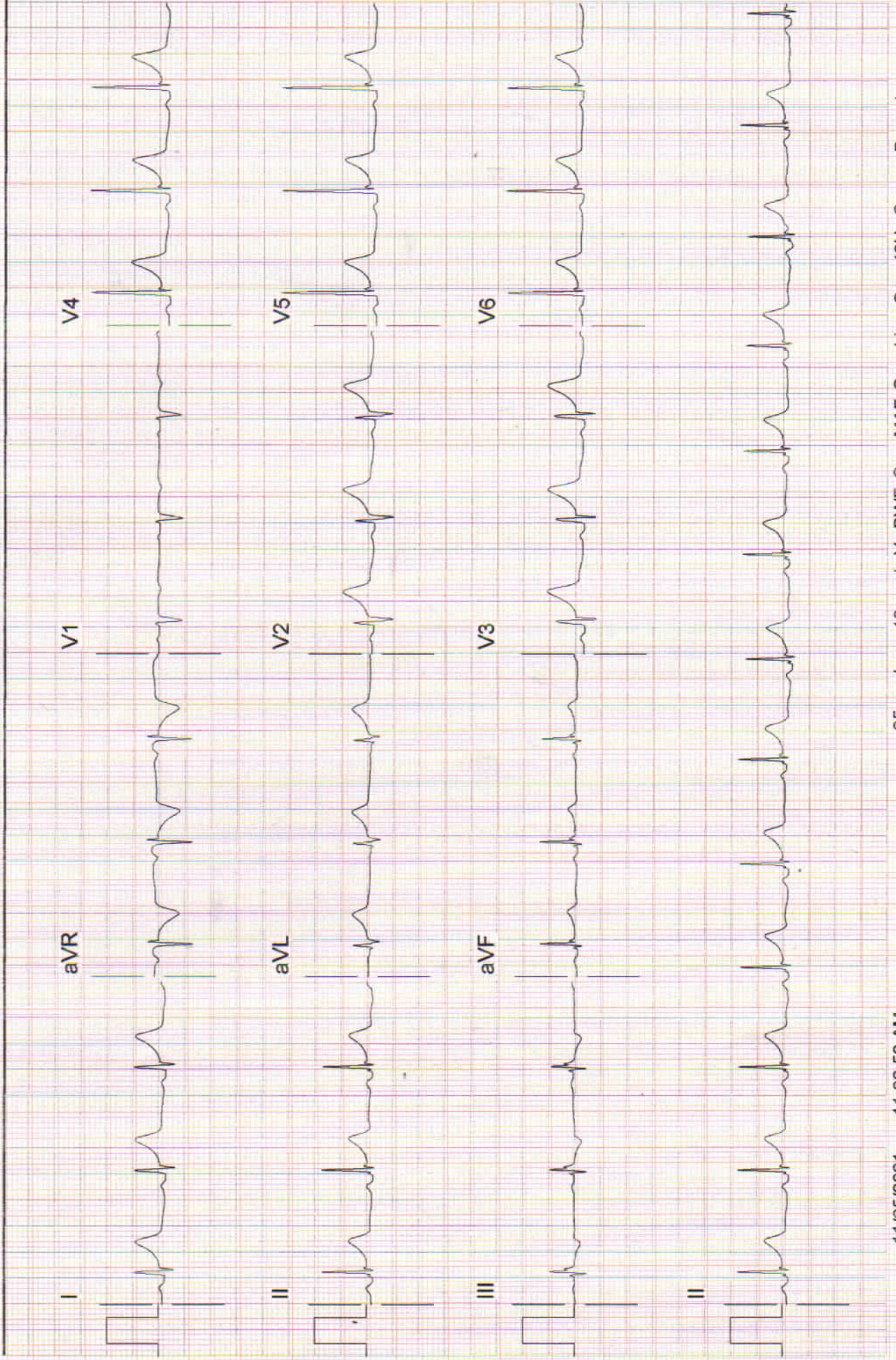
10492

1.3

1.9

1.6

1.6



Tn Nico Achmad Zulfiansyah

11/05/2021 11:01:58

14/05/1995

12-Lead (simultaneous)

Protocol

Bruce

Stage

Spd/Grd

1 02:59 02:59

2.7 km/h 10.0%

RPE

METS(a)

BP

Previous BP

HR

Target HR

Max HR

HRxBP

110

166 II

112 V2

14300 V5

17

1.4 SLP

19

1.8 SLP

21

1.7 SLP



Tn Nico Achmad Zuifiansyah

11/05/2021 11:01:58

14/05/1995

12-Lead (simultaneous)

Protocol

Bruce

Stage

Spd/Grd

2 02:59 05:59

4.0 km/h 12.0%

RPE

METs(a)

BP

Previous BP

HR

Target HR

Max HR

HRxBP

134

166 II

135 V2

17420 V5

LVL 1.0 SLP

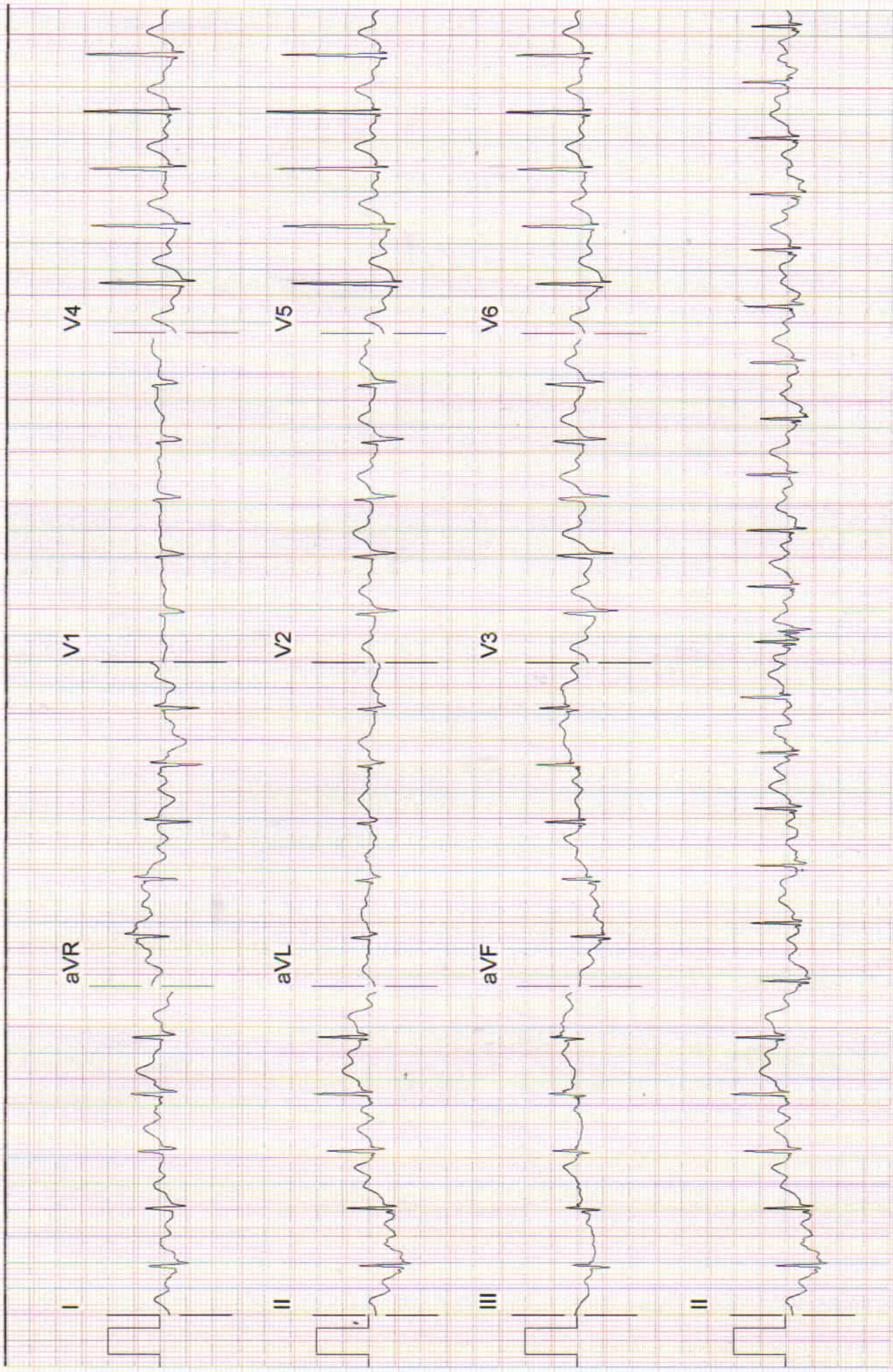
LVL 1.1 SLP

LVL 1.3 SLP

24

21

35



Tn Nico Achmad Zulfiansyah

11/05/2021 11:01:58

14/05/1995

12-Lead (simultaneous)

Protocol

Bruce

Stage

Spd/Grd

3 01:53 07:53

5.4 km/h 14.0%

RPE

METs(a)

BP

Previous BP

HR

Target HR

Max HR

HRxBP

166

166

167

21580

10.1

130/100

130/100

V2

166

167

21580

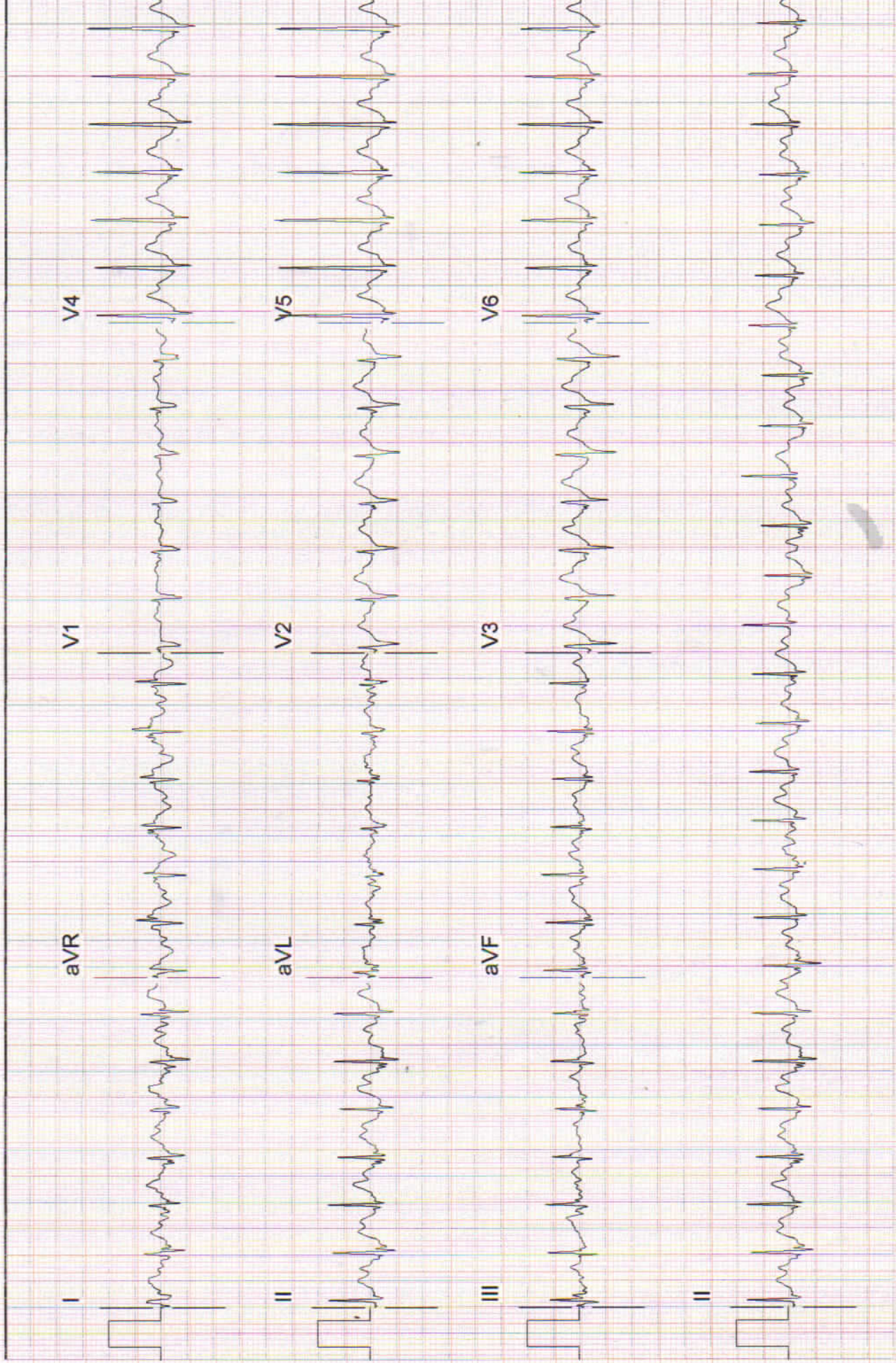
0.6 SLP

1.0 SLP

1.3 SLP

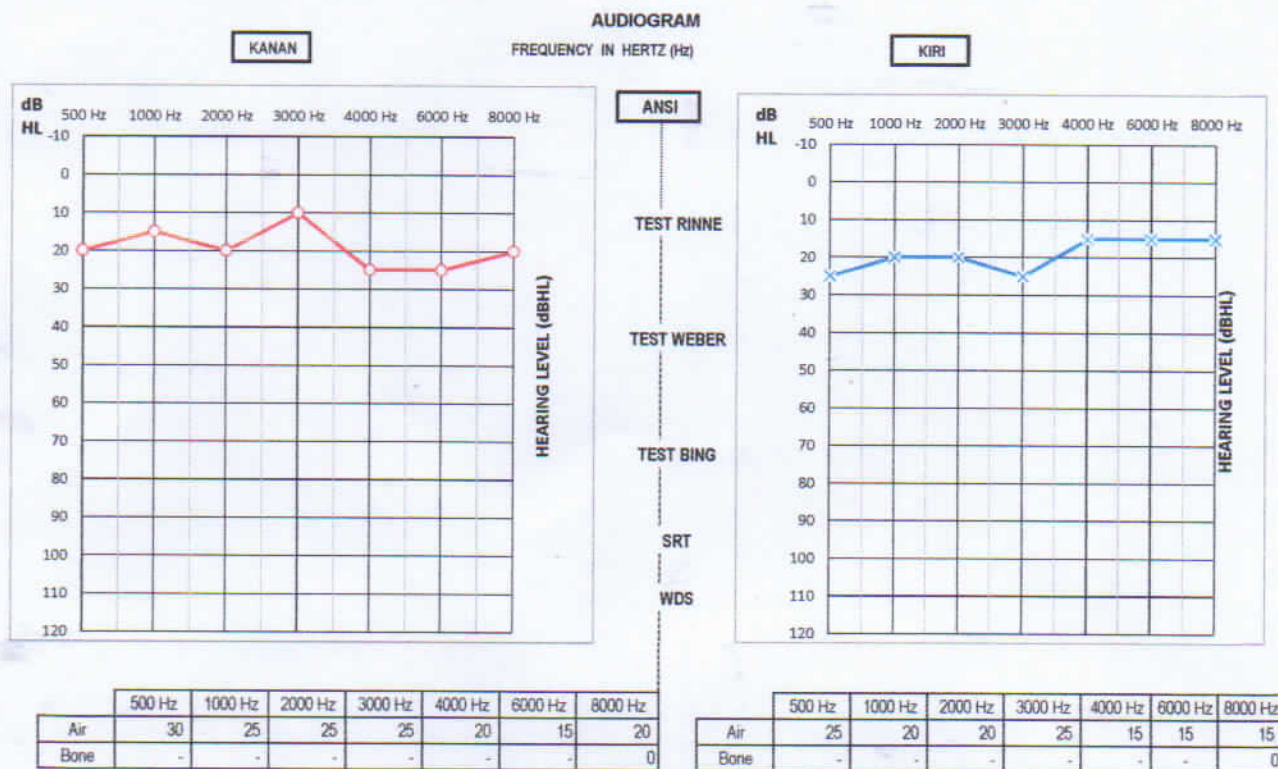
41

30



AUDIOMETRY RESULT

Name : Nico Achmad Zulfiansyah	Date of Visit : May 11, 2021
Sex : Male	Medical Record : 02 06 87
Date of Birth : May 14, 1995	Company : PT. Inspektindo Sinergi Persada



Test oleh : Ahmad Junaidi
Dokter : Dr. Ira Rahma Sp.THT, MQH

AUDIOGRAM CODE

EAR	COL	AC		BC	
		UM	M	UM	M
R	RED	O	Δ	<	
L	BLUE	X	□	>	
NO RESPONSE ↓					

AC _____ BC _____

<p>Kesimpulan</p> <p style="font-size: 2em; font-family: cursive;">Normal</p>	<p>Dokter Peneriksa</p> <div style="border: 2px solid blue; padding: 5px; display: inline-block;"> <p>Dr. Ira Rahma, Sp. THT-KL 026/124C/SIP-D/XII/2017</p> </div>
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