

## Certificate Of Health Assessment



Name	Age	Position	Department
ALIMUSA SIAGIAN	40 yo	INSPECTOR	-

### COMPANY :

**INSPEKTINDO SINERGI PERSADA**

### CONCLUSION

Fit for work to the job described	✓
Fit with Medical Note (Restriction and/or Limitation)	
Unfit for work to the job described	

Date	Doctors Name	Signature
26 January 2017	Yosephine Simanungkalit, MD	  PT. KARTIKA BINA MEDIKATAMA

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

## MEDIKA PLAZA CLINIC

Kartika Chandra - Office Tower 3rd Floor  
Jl. Jend. Gatot Subroto, Kav. 18-20 Jakarta Selatan 12940  
Tlp : (62-21) 525 1207, Fax : (62-21) 521 0815  
Appointment Hotline (62-21) 528 80088  
www.medikaplaza.com

### PATIENT DATA

MedRec.	: 01015394	EMPLOY. STATUS	: Employee
NAME	: ALIMUSA SIAGIAN	BIRTHDATE	: 15 October 1976
EMPLOYEE No.	:	SEX	: Male
JOB TITLE	: INSPECTOR	STATUS	: Married
COMP. NAME	: INSPEKTINDO SINERGI PERSADA	NASIONALITY	: Indonesia

### SUMMARY

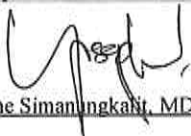
#### MEDICAL FINDING :

1. Hyperuricemia
  2. Increase fasting blood sugar
  3. Non reactive anti HBs
  4. USG : fatty liver
  5. Pre hypertension
  6. Overweight
  7. Decreasing of hearing acuity on high frequency of right ear and decreasing of hearing acuity on low frequency of left ear
  8. Decreasing of visual acuity of both eyes
  9. Radix, missing, calculus teeth
- Your fitness status is fit for work to the job described

#### SUGGESTION :

1. 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
2. Low sugar diet
3. Need to get Hepatitis B vaccination
4. Low fat diet and repeat USG 6 months later
5. Low salt diet and control blood pressure regularly minimal once in 2 weeks
6. 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 66.42 Kgs (present body weight is 72.80 Kgs)
7. Avoid noisy environment or use earplug properly while working at noisy work environment to prevent further hearing impairment
8. Need to wear a glasses for near vision
9. See a dentist for dental care minimal once a year or better once in 6 months

#### Responsible Doctor



Yosephine Simanungkalit, MD

#### Notes:

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

Email : - kcdoctor01@medikaplaza.com  
- dr.yosephine@medikaplaza.com  
Clinic Number : (021) 5251207

**CLINICAL EVALUATION****Name** : ALIMUSA SIAGIAN      **Sex** : Male      **MR** : 01015394      **Visit** : 26/01/2017**Comp.**: INSPEKTINDO SINERGI PERSADA      **DOB** : 15 October 1976

EXAMINATION	RESULT	NOTES
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**PHYSICAL EXAMINATION****PRESENT COMPLAINT**

Present complaint

No complaint

**MEDICAL HISTORY**

Alergy

No

Imunisasi

Yes

Surgery

Yes

Lipoma

Hospitalization

No

Disease

No

**LIFE STYLE**

Alcohol intake

No

Smoking

No

Exercise

Yes

Almost everyday, jogging, soccer, riding bicycle

Appetite

Good

**FAMILY MEDICAL HISTORY**

Diabetes Melitus

No

Hypertension

No

Heart disease

No

Lung TB

No

Kidney disease

No

Astma

No

Mental disease

No

Epilepsy

No

Chronic skin disease

No

Cancer

No

Color blind

No

Stroke

No

Liver disease

No

Bone &amp; joint

No

Pulmonary disease

No

Others disease

No

**WORK EXPOSURE**

Noise

Yes

Heat Stress

No

Cold Stress

No

Vibration

No

Dust

Yes

**CLINICAL EVALUATION****Name** : ALIMUSA SIAGIAN      **Sex** : Male      **MR** : 01015394      **Visit** : 26/01/2017**Comp.**: INSPEKTINDO SINERGI PERSADA      **DOB** : 15 October 1976

EXAMINATION	RESULT	NOTES
Toxic chemical	Yes	
Iritating fluid	Yes	
Heat Stress	Yes	
Operating heavy mobile equipment	No	
Working arround rotating machinery	No	
Requires color vision	No	
Involving height	Yes	
Administration work	Yes	
Handling food product	No	
Others	No	
<b>GENERAL</b>		
General Appearance	Good	
Nutrition Status	Normal	
<b>VITAL SIGN</b>		
Body Weight	72.8 Kg	
Body Height	163 Cm	
BMI	27.4 Kg/m <sup>2</sup>	
Normal Weight	49.15 - 66.42 Kg	
BMI Conclusion	Overweight	
Blood Pressure	110/85 mmHg	
Pulse	82 x/minute	
Body Temperature	36.6 °C	
RR	18	
Neck Circumference	-	
Arm Circumference	-	
Chest size	-	
Abdominal Circumference	-	
<b>SKIN</b>		
Skin	Normal	
Pale	No	
Jaundice	No	
<b>EYE</b>		
Left	Normal	
Right	Normal	
<b>ENT</b>		
Auricle	Normal	
Ear canal	Normal	



## CLINICAL EVALUATION

Name : ALIMUSA SIAGIAN	Sex : Male	MR : 01015394	Visit : 26/01/2017
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Comp.: INSPEKTINDO SINERGI PERSADA	DOB : 15 October 1976
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EXAMINATION	RESULT	NOTES
Drums	Normal	
Septum/Conchae	Normal	
Sinuses	Normal	
Pharynx	Normal	
Tonsil	Normal	
<b>MOUTH</b>		
Gum	Normal	
Dental	Abnormal	Radix, missing, calculus teeth
<b>NECK</b>		
General	Normal	
Thyroid Gland	Normal	
<b>CHEST</b>		
Form	Normal	
Expansion	Normal	
Lung	Normal	
Heart	Normal	
Breast	Normal	
Heart sound	Normal	
Murmurs	Normal	
<b>ABDOMEN</b>		
Form	Flat	
Palpation	Supple	
Liver	Not Palpable	
Spleen	Not Palpable	
Kidney	No Ballotment	
Hernia inguinal	No	
<b>EXTRIMITIES</b>		
Bones, joint	Normal	
Muscles, tonus	Normal	
Fingernails	Normal	
Hand	Normal	
Foot	Normal	
<b>RECTAL EXAMINATION</b>		
Hemorrhoid	Negative	
Rectum	Normal	
<b>NEUROLOGICAL EXAMINATION</b>		
Motoric function	Normal	

## CLINICAL EVALUATION

Name : ALIMUSA SIAGIAN      Sex : Male      MR : 01015394      Visit : 26/01/2017

Comp.: INSPEKTINDO SINERGI PERSADA      DOB : 15 October 1976

EXAMINATION	RESULT	NOTES
Sensoric function	Normal	
Coordination	Normal	
Physiologic reflex	Normal	
Extra piramidal function	Normal	
Romberg Test	Not Examined	
<b>LYMPHE SYSTEM</b>		
Neck Gland	Normal	
Armpit gland	Normal	
Inguinal	Normal	

## OPHTHALMOLOGY DIAGNOSTIC

Name : ALIMUSA SIAGIAN	Sex : Male	MR : 01015394	Visit : 26/01/2017
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Comp.: INSPEKTINDO SINERGI PERSADA	DOB : 15 October 1976
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EXAMINATION		Right	Left
Reading		-	-
Previous Glasses		-	-
Without Glasses	Distant	20/20	20/20
	Near	-	-
Correction	Distant	-	-
	Near	S+1.25 J1	S+1.25 J1
Tonometry		20.0 mmHg	19.0 mmHg
Funduscopy		NORMAL	NORMAL
Visual Fields		-	-
Colour Blind Test		Normal	

Impression : Presbiopia

**RADIOLOGY DIAGNOSTIC****Name** : ALIMUSA SIAGIAN**Sex** : Male**MR** : 01015394**Visit** : 26/01/2017**Comp.**: INSPEKTINDO SINERGI PERSADA**DOB** : 15 October 1976**EXAMINATION****RESULT**

Thorax PA

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.

Impression

Normal chest.  
No evidence of specific process in both lungs.



**RADIOLOGY DIAGNOSTIC**

Name : ALIMUSA SIAGIAN

Sex : Male

MR : 01015394

Visit : 26/01/2017

Comp.: INSPEKTINDO SINERGI PERSADA

DOB : 15 October 1976

**EXAMINATION****RESULT**UPPER-LOWER ABDOMEN  
SONOGRAPHY**LIVER:**

Normal in size. Liver tip is acute, there are increase attenuation of parenchymal echostructures

which are homogeneous. 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.

**BOTH KIDNEYS:**

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

Fatty liver

**LABORATORY RESULT**

Name : ALIMUSA SIAGIAN	MR : 01015394	Visit : 26/01/2017	#Lab : IN587032088009
Comp.: INSPEKTINDO SINERGI PERSADA	Sex : Male	DOB : 15 October 1976	
EXAMINATION	RESULT	NORMAL RANGE	

**HEMATOLOGI****Automated Blood Count**

White Blood Cell (WBC)	6.3	3.8 - 11.0
Erythrocyte (RBC)	5.5	4.4 - 5.9
Haemoglobin	15.7	13.2 - 17.3
Hematocrit	44	40 - 52
Thrombocytes	253	150 - 440

**MCV, MCH, MCHC**

MCV	81	80 - 100
MCH	29	26 - 34
MCHC	35.4	32 - 36
ESR	5	0 - 10

**Differential Count**

Basophils	0	0 - 1
Eosinophil	4	2 - 4
Bands / Stab	1 *	3 - 5
Neutrophils	53	50 - 70
Lymphocytes	33	25 - 40
Monocytes	9 *	2 - 8

**BLD CHEMISTRY/LIPID PROFILE**

Total Cholesterol	197	Normal/Desireable: <200 Borderline High: 200-239 High: >=240
HDL Cholesterol	53.0	Normal : >40 - <60 Low HDL : <40 Desireable : >=60
LDL Cholesterol	124	Optimal: <100 Near/Above Optimal: 100-129 Borderline High: 130-159 High: 160-189 Very High: >=190
T.Cholesterol/HDL Ratio	3.72	Low risk : < 3.5 Medium risk : 3.5 - 5.0 High risk : > 5.0

**LABORATORY RESULT**

Name : ALIMUSA SIAGIAN MR : 01015394 Visit : 26/01/2017 #Lab : IN587032088009

Comp.: INSPEKTINDO SINERGI PERSADA Sex : Male DOB : 15 October 1976

EXAMINATION	RESULT	NORMAL RANGE
Tryglicerides	98	Normal : <150 Borderline High: 150-199 High : 200-499 Very High : >=500

**BLD CHEMISTRY/KIDNEY FUNCTION**

Ureum	12.9	10.0 - 50.0
Creatinine	0.9	0.6- 1.3
Uric Acid	7.4 *	3.5 - 7.2

**BLD CHEMISTRY/LIVER FUNCTION**

Total Bilirubin	0.7	0.1 - 1.0
SGOT(AST)	24	13 - 45
SGPT (ALT)	36	13 - 50
Alkaline Phosphatase	50	30 - 120
Gamma GT	38	0 - 50
Albumin	4.9	3.5 - 5.5
Albumin/Globulin Ratio	1.89	1.20 - 2.20
Globulin	2.60	2.3 - 3.5
Total Protein	7.5	6.6 - 8.7

**BLD CHEMISTRY/DIABETES****Fasting Glucose**

Glucose Fasting	101 *	< 100
Glucose Urine	Negative	Negative
Keton Urine	Negative	Negative

**Blood Glucose 2 PP**

Blood Sugar 2 Hours PP	111	< 140
Glucose Urine	Negative	Negative
Keton Urine	Negative	Negative

**SEROLOGI / IMUNOLOGI**

HBsAg	Non Reactive	Non Reactive
Anti HBs	Non Reactive	
VDRL	Negative	Negative

**TOXICOLOGY - DRUGS SCREENING**

THC/Marijuana	Negative	Negative
MDMA	Negative	Negative
Amphetamine	Negative	Negative
Opiat	Negative	Negative
Cocain	Negative	Negative

**LABORATORY RESULT**

Name : ALIMUSA SIAGIAN MR : 01015394 Visit : 26/01/2017 #Lab : IN587032088009

Comp.: INSPEKTINDO SINERGI PERSADA Sex : Male DOB : 15 October 1976

EXAMINATION	RESULT	NORMAL RANGE
Alcohol	Negative	Negative

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

Color	Light Yellow	
Turbidity	Clear	Clear
Specific Gravity	1.013	1.000 - 1.030
pH	6.5	4.5 - 8.0
Leucocyte	Negative	Negative
Glucose	Negative	Negative
Nitrit	Negative	Negative
Bilirubin	Negative	Negative
Blood	Negative	Negative
Urobilinogen	Normal	Negative
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	



## SPIROMETRY DIAGNOSTIC

Name : ALIMUSA SIAGIAN	Sex : Male	MR : 01015394	Visit : 26/01/2017
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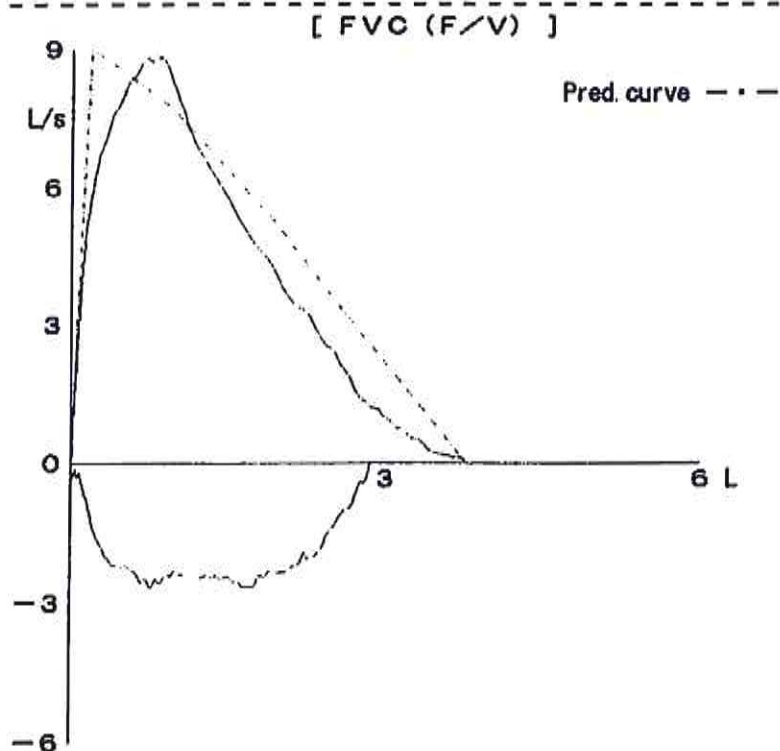
Comp.: INSPEKTINDO SINERGI PERSADA	DOB : 15 October 1976
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EXAMINATION	RESULT
FVC Result	: 3.76 L---> 99.7 %
FEV1 Result	: 3.16 L---> 96.0 %
FEV1/FVC Result	: 84.04 %---> 109.3 %
PEF Result	: 8.82 L/S---> 85.8 %
Indonesian Standart Result	:
Index	:
Spirometry Result	: Normal

Impression : Normal Spirometric Functions

### [ COPD CLASSIFICATION ]

FEV1/FVC : 84.04 %  
 %FEV1.0 : 96.00 %  
 Stage : Normal  
 Recommended treatment by GOLD:



Alimusa Siagian - InspektIndo



## AUDIOMETRY DIAGNOSTIC

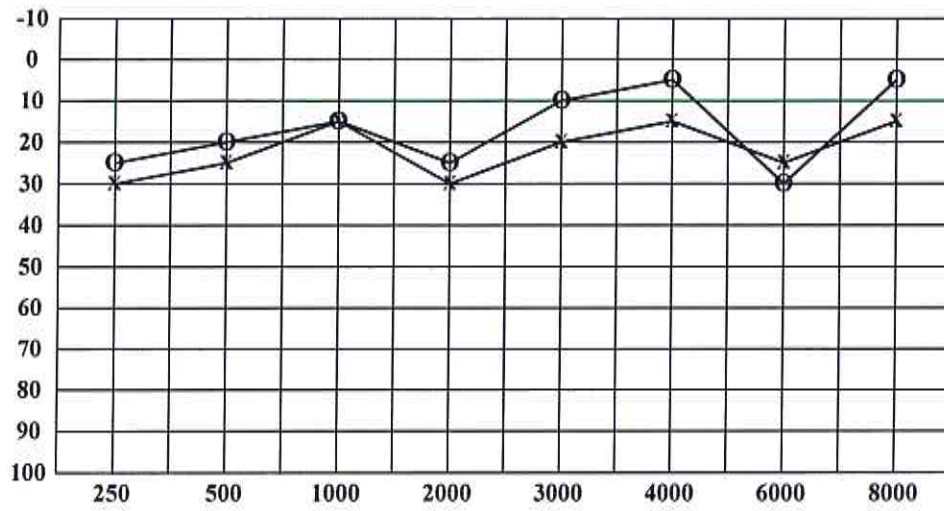
Name : ALIMUSA SIAGIAN      Sex : Male      MR : 01015394      Visit : 26/01/2017

Comp.: INSPEKTINDO SINERGI PERSADA      DOB : 15 October 1976

### RESULT

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

Right Ear	250	500	1000	2000	3000	4000	6000	8000
AC	25	20	15	25	10	5	30	5
BC	-	-	-	-	-	-	-	-



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

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

Conclusion Right Ear : Hearing threshold = 16.25 dB  
(Within normal limit)  
With decreasing on frequency 6000Hz

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

## CARDIOLOGY DIAGNOSTIC

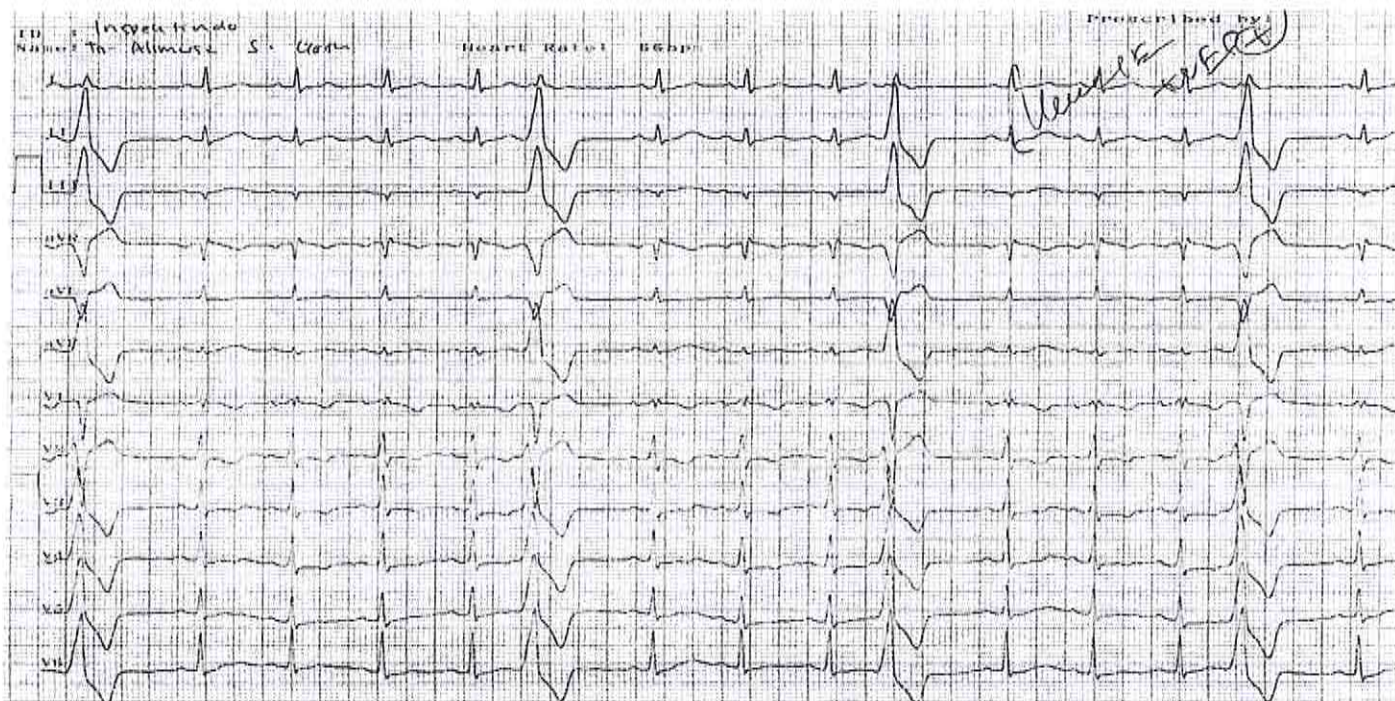
Name : ALIMUSA SIAGIAN	Sex : Male	MR : 01015394	Visit : 26/01/2017
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Comp.: INSPEKTINDO SINERGI PERSADA	DOB : 15 October 1976
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EXAMINATION	RESULT	Comments :
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TREADMILL	Sinus Rythm axis ( N ), P wave ( N ), PR int 0.16" ST - T segment ( N ), aritmia (-)	Treadmill Exercise Test : Negative Cardiopulmonary Fitness Classification : Good METs : 13.4
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ELECTROCARDIOGRAPHY	Sinus Rythm axis ( N ), P wave ( N ), PR int 0.16" ST - T segment ( N ), aritmia (-)	Normal ECG
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**Ali Musa, Mr**

ID 01015394, Born: 15/10/1976(Male 40), 72 kg, 163 cm  
Test Date: 26/01/2017 9:34:42

MEDIKA PLAZA



**Patient info**

Born: 15/10/1976  
Age: 40  
Sex: Male  
Weight: 72 kg  
Height: 163 cm  
Smoker:  
Pacemaker:

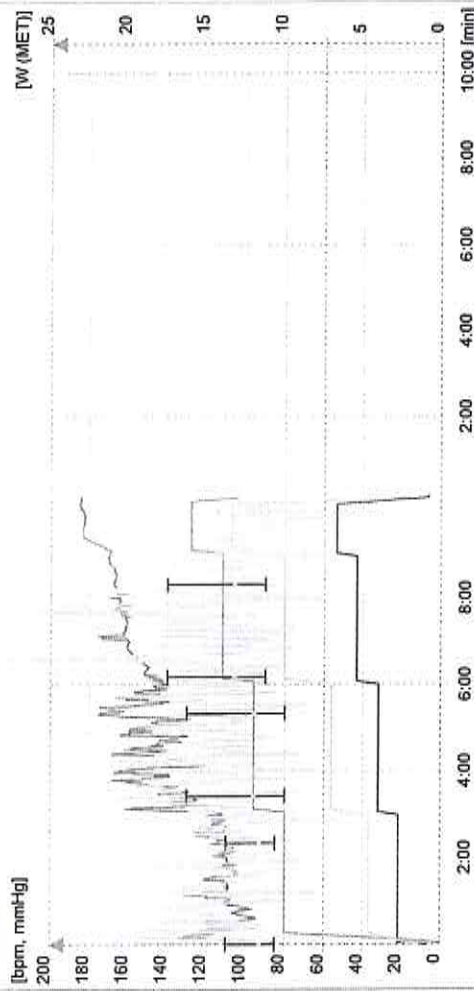
**Medical history**

**Medications**

**Reason for Admission**

**Reason for Stop**

**Trends**



**Conclusion**

*[Handwritten signature]*  
 -- *[Handwritten signature]* **MP+**  
 PT. KARTIKA BINA MEDIKATAMIA

**Staff**

Attending doctor:  
Technician:

Adolf Amahorseya , SpJP  
Jeni , NR

**Test info**

Test date: 26/01/2017  
 Test time: 9:34  
 Stress device: BTL Treadmill  
 Protocol: ~~Brake~~  
 Total duration: 10:11  
 Stress achieved: 6.7kpmh, 16.0% (~13.4MET) = 114% predicted (~12.8MET) - for 72 sec  
 HR rest: 165 = 103% predicted (179) —  
 HR peak: 10:12 Exercise (13.4MET)  
 Handgrip test: —  
 BP rest: 110/85  
 BP peak: —  
 BP recovery: —  
 DP rest: ?  
 DP peak: 23398 = 7x DP at rest  
 ST depression max: V6 -1.31mV 04:49 Exercise 7.0MET  
 ST elevation max: V4 1.90mV 07:04 Exercise 10.1MET  
 ST/HR index: ?  $\mu\text{V}/\text{bpm}$





Ali Musa, Mr

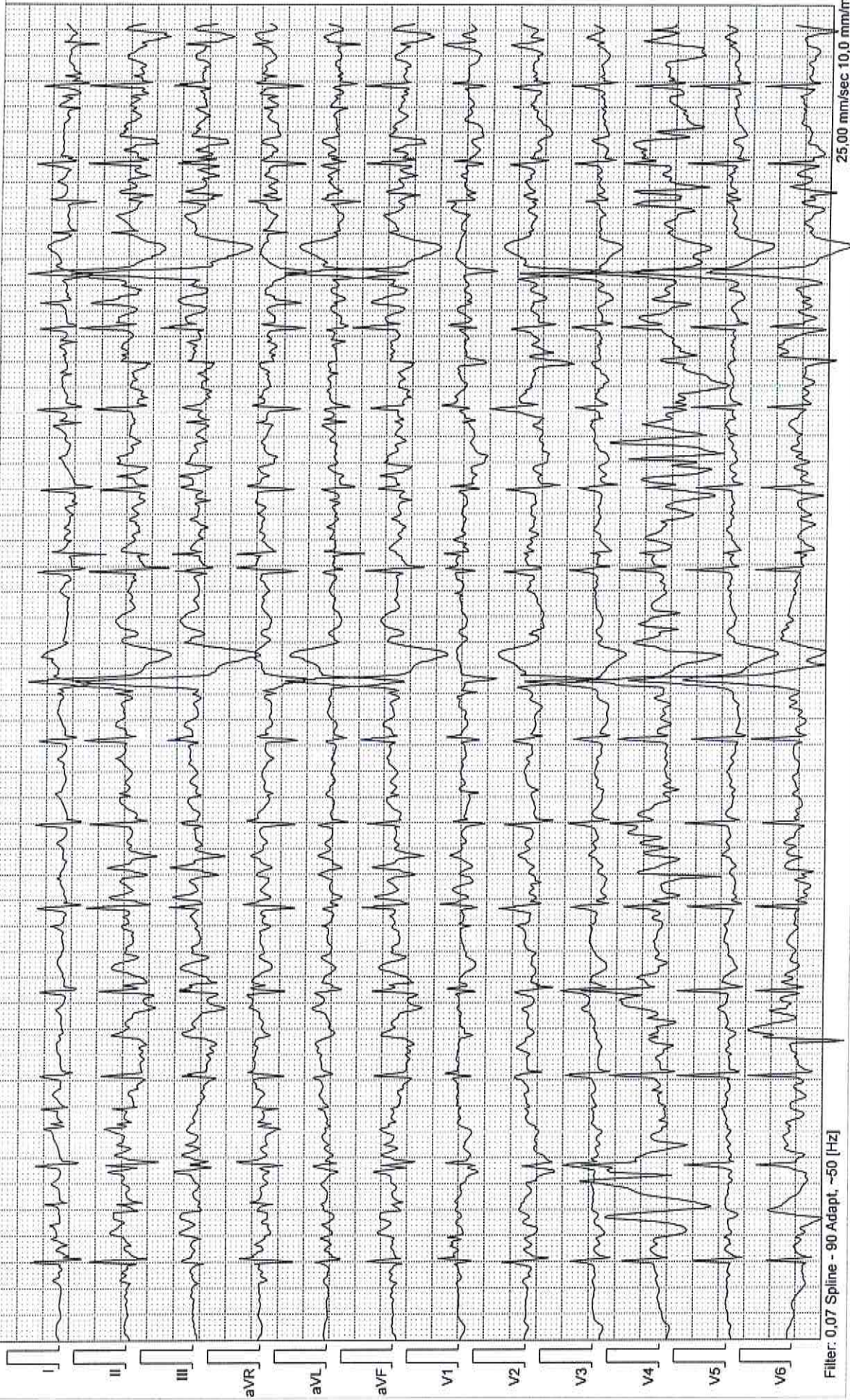
ID: 01015394, Born: 15/10/1976 (Male 40), 72 kg, 163 cm  
Test Date: 26/01/2017 9:34:42

MEDIKA PLAZA



Time: P 00:07 - Reference

Load: 1,4MET, HR: -bpm, BP: 110/85



Filter: 0,07 Spline - 90 Adapt. -50 [Hz]

25,00 mm/sec 10,0 mm/mV





Ali Musa, Mr

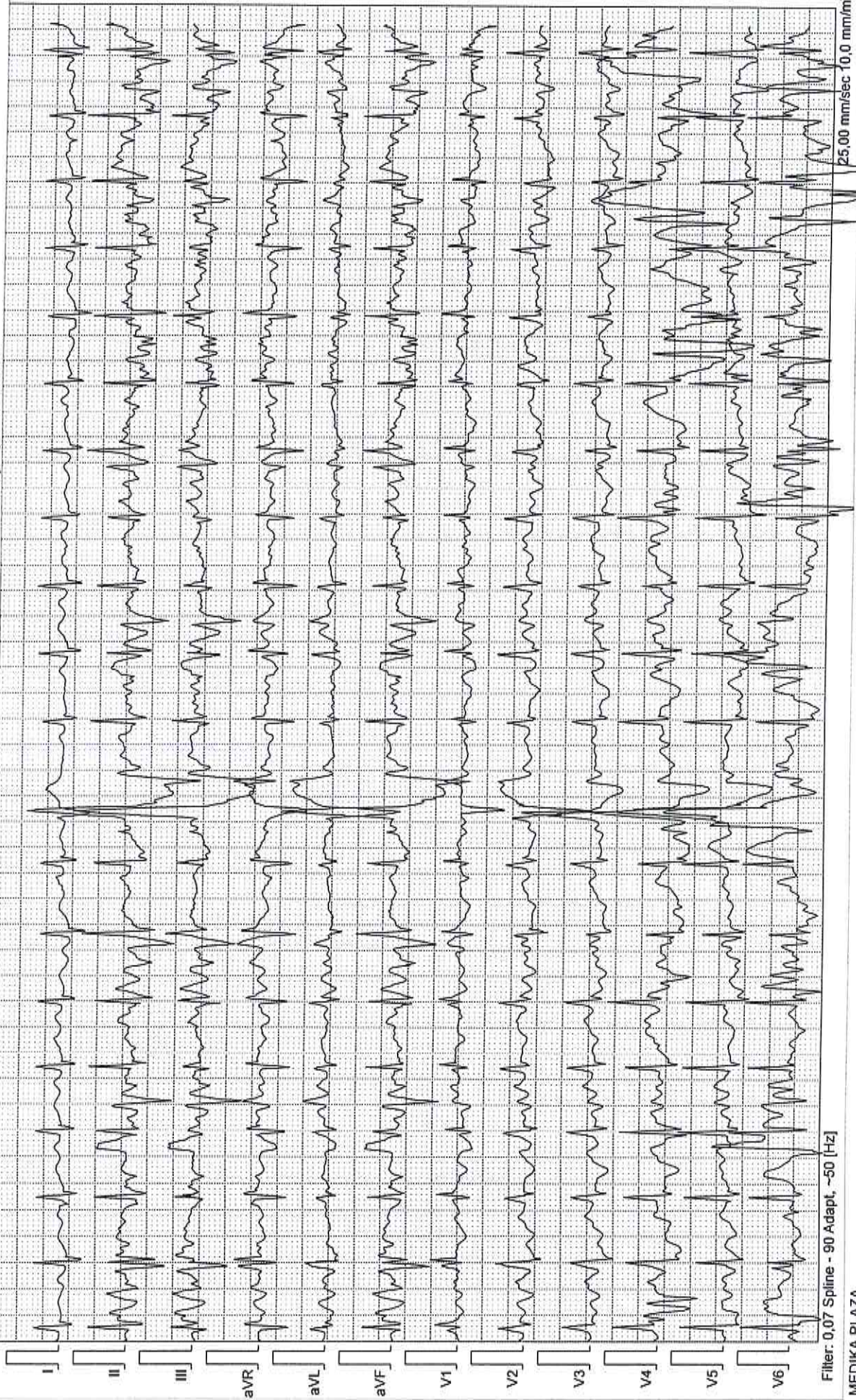
ID 01015394, Born: 15/10/1976(Male 40), 72 kg, 163 cm  
Test Date: 26/01/2017 9:34:42

MEDIKA PLAZA

MP<sup>+</sup>  
MEDIKA PLAZA

Time: E 02:56 - E1

Load: 4,6MET, HR: 114bpm, BP: 110/85



Filter: 0.07 Spine - 90 Adapt, -50 [Hz]

MEDIKA PLAZA

CardioPoint 2.23.18524.0, DIAG 1.7.17214.0, ECG:071D-B-05775

CardioPoint - Stress Test

Page: 3

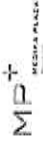




Ali Musa, Mr

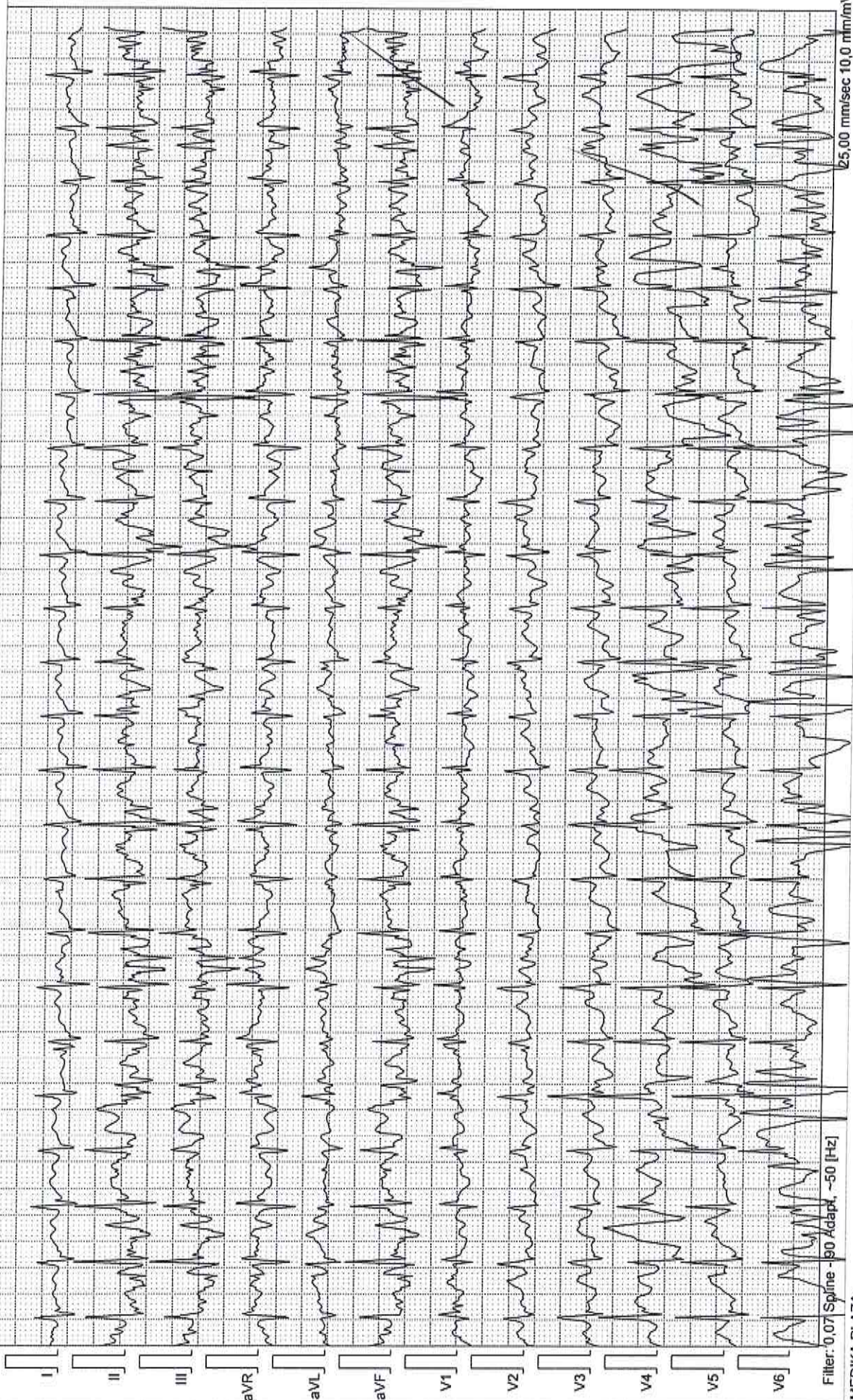
ID: 01015394, Born: 15/10/1976 (Male 40), 72 kg, 163 cm  
Test Date: 26/01/2017 9:34:42

MEDIKA PLAZA



Time: E 05:56 - E2

Load: 7,0MET, HR: 138bpm, BP: 140/90



Filter: 0.07 Spine -50 Adapt. -50 [Hz]

MEDIKA PLAZA





Ali Musa, Mr

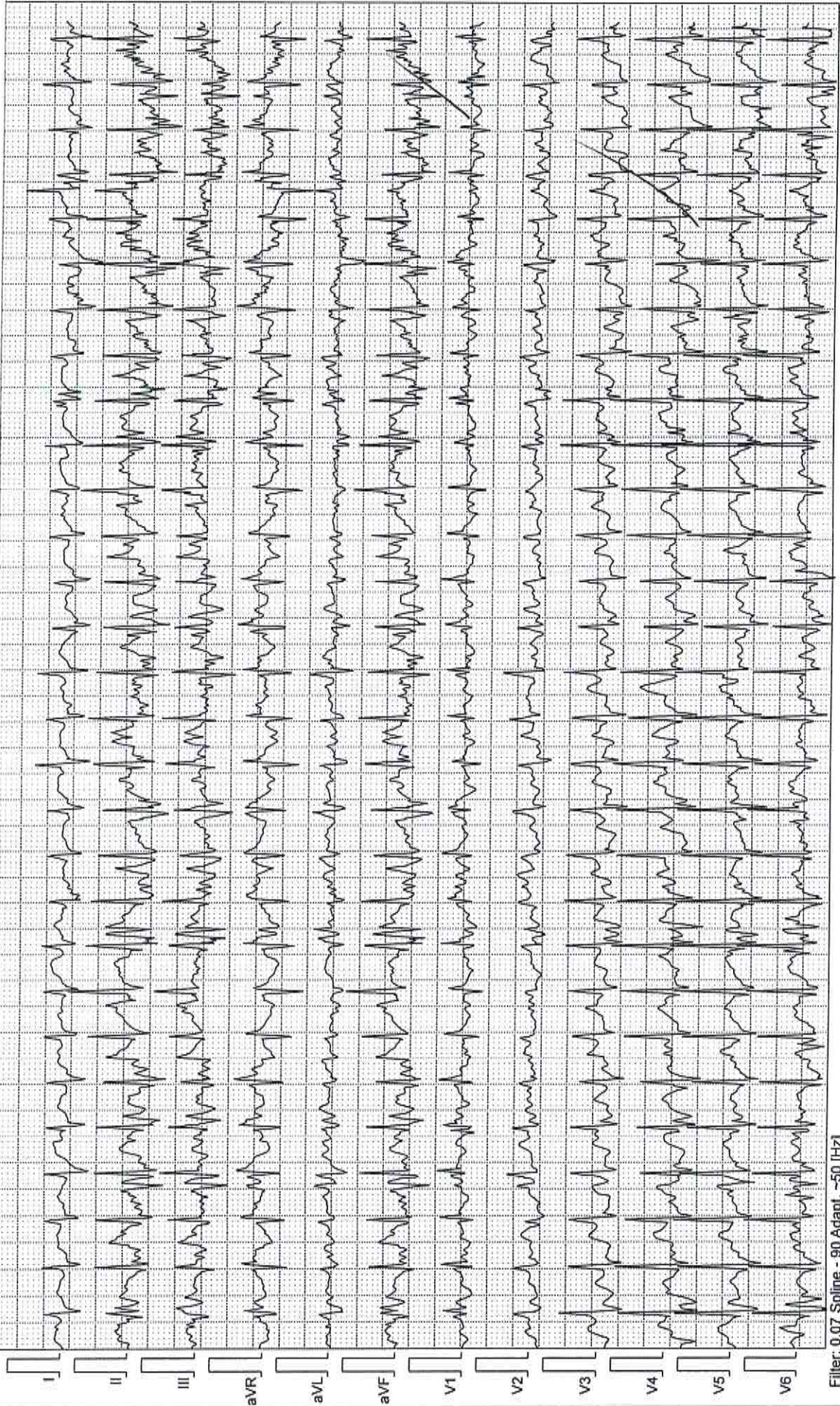
ID: 01015394, Born: 15/10/1976(Male 40), 72 kg, 163 cm  
Test Date: 26/01/2017 9:34:42

MEDIKA PLAZA



Time: E 08:55 - E3

Load: 10,1MET, HR: 170bpm, BP: 140/90



Filter: 0.07 Spline - 90 Adapt, -50 [Hz]

25,00 mm/Sec 10,0 mm/mV

MEDIKA PLAZA

CardioPoint 2.23.18524.0, DIAG 1.7.17214.0, ECG:071D-B-05775

CardioPoint - Stress Test

Page: 5

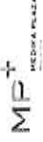




**Ali Musa, Mr**

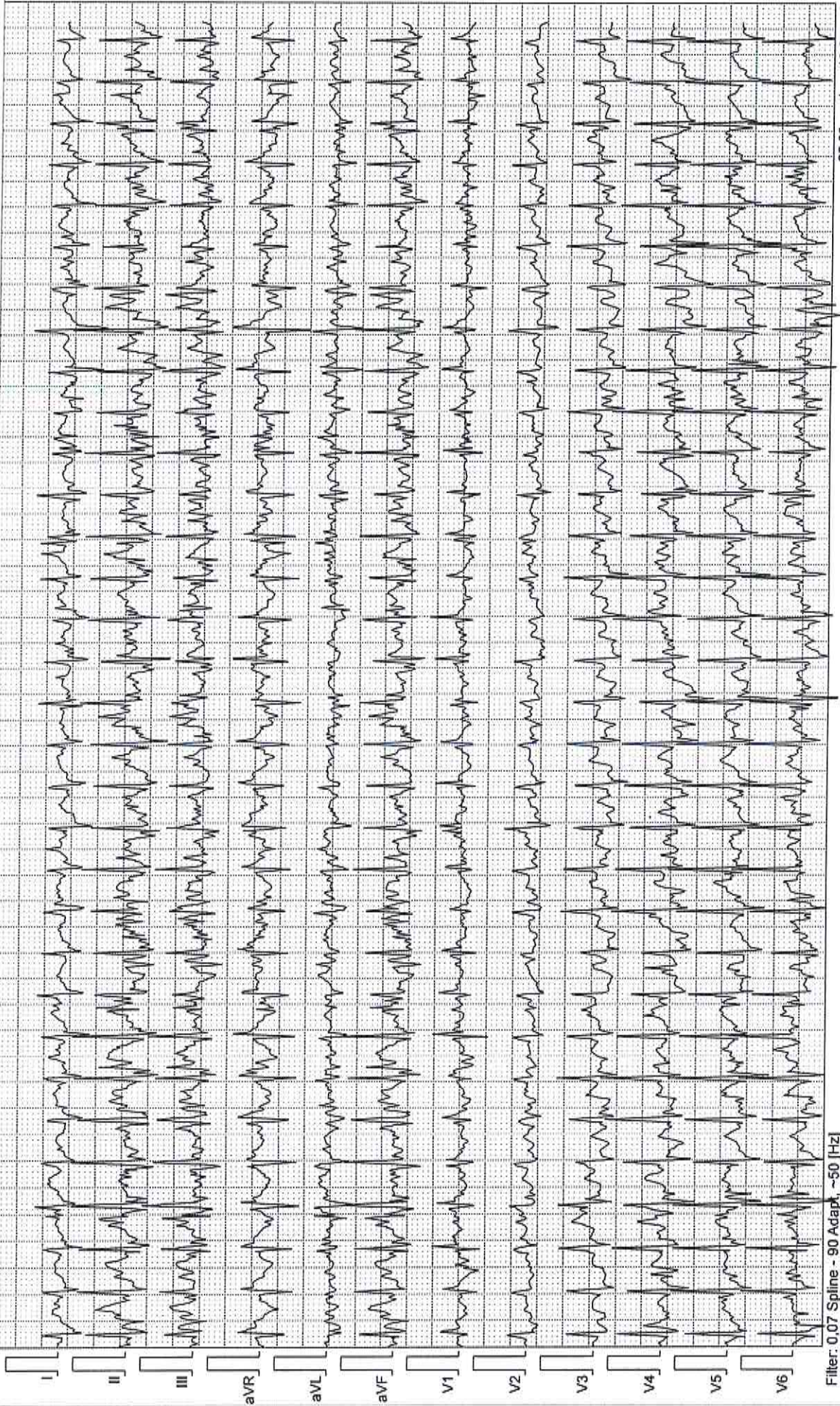
ID: 01015394, Born: 15/10/1976 (Male 40), 72 kg, 163 cm  
Test Date: 26/01/2017 9:34:42

MEDIKA PLAZA



Time: E 10:07 - Peak

Load: 13.4MET, HR: 185bpm, BP: -



Filter: 0.07 Spline - 90 Adapt, -50 [Hz]

25,00 mm/Sec 10,0 mm/mV

MEDIKA PLAZA

CardioPoint 2.23.18524.0, DIAG 1.7.17214.0, ECG-071D-B-05775

CardioPoint - Stress Test

Page: 6

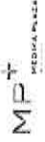




**Ali Musa, Mr**

ID: 01015394, Born: 15/10/1976 (Male 40), 72 kg, 163 cm  
Test Date: 26/01/2017 9:34:42

MEDIKA PLAZA



Stage	Time	Load		HR bpm	BP mmhg	SpO2 %	ST Level [ mV ], J+: 100ms User edited J position											
		km/h	%				I	II	III	aVR	aVL	aVF	V1	V2	V3	V4	V5	V6
Reference	P 00:17	0,8	0,0	1,4	110/85	-	-0,14	0,18	0,17	0,03	-0,18	0,11	0,05	0,02	-0,04	0,14	-0,02	-0,15
E 1 step	E 03:01	2,7	10,0	4,6	110/85	-	0,01	-0,01	-0,01	0,00	0,01	-0,01	-0,01	0,01	-0,07	-0,08	-0,03	0,19
E 2 step	E 06:01	4,0	12,0	7,0	140/90	-	-0,03	-0,10	-0,08	0,06	0,02	-0,09	0,05	0,03	-0,11	-0,12	-0,07	-1,31
E 3 step	E 09:00	5,4	14,0	10,1	140/90	-	-0,07	0,02	0,14	0,02	-0,10	0,09	-0,07	-0,11	-0,13	-0,01	-0,29	-0,02
E 4 peak	E 10:12	6,7	16,0	13,4	-	-	-0,08	-0,26	-0,06	0,11	-0,01	-0,09	0,00	-0,05	-0,12	-0,17	-0,09	-0,04



# CONSULTATION SHEET

PATIENT NAME : Alimusa Sragian  
 No. RM : 01015394  
 Klinik/MCU/HCU : CO'E.W.T

To, Dokter :  
 (Counsel)

Kindly please counsel for patient who has take cares of

Diagnose :  
 Klinik Summary :

Counsel Request :

### COUNSEL ADVISE

Eac throat > within normal limit

Finding :

Nose : Septum deviated Spina to the Right & left

Audiometry : Hearing threshold within normal limit.  
 Decreasy in freze 6000 Hz Right ear, 2500 Hz & 2000 left ear.

Diagnosis :

Septum deviated

Recomendation :

Date

26 / 01 / 2017

Time

- Using Eac protection  
 when working in noisy area

EP

Signataure

  
 dr. Meristiana, Sp THT-HL  
 PT. KARTIKA BINA MEDIKATAMA