



REPÚBLICA DE PANAMÁ
REPUBLIC OF PANAMA
AUTORIDAD MARÍTIMA DE PANAMÁ
PANAMA MARITIME AUTHORITY
CERTIFICADO MÉDICO DE LA GENTE DE MAR
MEDICAL FITNESS STANDARDS CERTIFICATE FOR SEAFARERS



Certificate No.: ALCH-36516-2023

Este certificado se emite en conformidad con las disposiciones de la regla I/9 del Convenio STCW, 1978, enmendado, y la norma A-I/2 del CTM, 2006, enmendado, y certifica que la gente de mar es apta para el servicio en el mar.

This certificate is issued in accordance with the provisions of the regulation I/9 of the 1978 STCW Convention, as amended and the standard A-I/2 of the MLC, 2006, as amended, and certifies that seafarers are fit for sea service.

Apellido Surname: SUDIRWAN	Nombre Given Name(s): LUDI TITISIANO	Cédula / Pasaporte No. Id. Number/Passport No. C 6887561
Fecha de Nacimiento(dd/mm/aaaa): Date of Birth(dd/mm/yyyy) 09/08/1980	Nacionalidad: Nationality Indonesia	Sexo: Sex Male

Yes No

¿Confirmación de que se examinaron los documentos de identidad en el lugar del examen?
Confirmation that identification documents were checked at the point of examination

¿La audición cumple con el estándar?
Hearing meets standards?

¿La audición es satisfactoria sin ayuda?
Unaided hearing satisfactory?

¿La agudeza visual cumple con el estándar?
Visual acuity meets standards?

¿La visión cromática cumple con el estándar?
Colour vision meets standards?

Fecha de la última prueba de visión cromática (Año/Mes/Día)?
Date of last color vision test

2023-11-17

¿Apto para cometidos de vigía?
Fit for look out duties?

¿Existen limitaciones o restricciones respecto de la aptitud física? Si la respuesta es "sí", dar detalles de las limitaciones o restricciones:
Limitations or restrictions on fitness?

¿Está el marino libre de cualquier condición médica que pueda verse agravada por el servicio en el mar o discapacitarle para el desempeño de tal servicio o poner en peligro la salud de otras personas a bordo?
Is the seafarer free from any medical condition likely to be aggravated by service at sea or to render the seafarers unfit for such service or to endanger the health of other persons on board?

Confirmo que he sido informado sobre el contenido del presente certificado y sobre el derecho a solicitar una revisión del dictamen, con arreglo a lo dispuesto en el párrafo 6 de la Sección A-I/9.

I hereby, confirm that I have been informed about the content of this certificate and of the right to a review in accordance with the paragraph 6 of Section A-I/9.

Firma de la Gente de Mar Seafarer
's Signature



Firma y sello del medico
reconocido/Signature and Stamp of
the recognized medical practitioner

dr. Pony Ndaruaji

SIP No : 10/B.15A/31.72.04.1005 9.K-3/4-1.779.3/e/2022

Reg: 3111100317053064

Date of Issue 2023-11-18
Expiration Date: 2025-11-18
Name of the recognized medical
practitioner: Pony Ndaruaji



- El original de este certificado deberá estar disponible durante el servicio a bordo./The original of this certificate must be kept available while serving on board ship.
- En caso de pérdida de este certificado, el titular deberá notificar a los puertos y a la Autoridad Marítima de Panamá./In case of loss of this certificate, the holder should notify ports and the Panama Maritime Authority.
- La autenticidad de este certificado puede ser verificada contactando a la Autoridad Marítima de Panamá./The authenticity of this certificate can be verified contacting the Panama Maritime Authority.



MEDICAL EXAMINATION REPORT

COMPANY	: PT. ANDHINI EKAKARYA SEJAHTERA			
MCU NO.	: CLC-00-13-17			
NAME	: LUDI TITISIANO SUDIRWAN			
SEX	PRIA/MALE	DATE EXAMINE : 17 Nov 2023		
PLACE & DATE OF BIRTH	JAKARTA / 09 August 1980	NATIONALITY : INDONESIA		
MAILING ADDRESS OF EXAMINE	: LINGKUNGAN BERINGIN RT.-RW- KEL. HEPULAWA KEC. LIMBOTO			
DUTY	AB	PASSPORT : C6887561		

MEDICAL HISTORY (EXAMINE PERSONAL DECLARATION)		PHYSICAL EXAMINATION							
Yes / No	1. ALCOHOL HISTORY	HEIGHT	WEIGHT	BMI	BLOOD PRESSURE	PULSE	RESPIRATORY RATE		
	No	165 cm	78 kg	28.70 kg/m ²	136/89 mmHg	REGULAR 102 X/min	REGULAR 19 X/min		
	No	VISION	WITHOUT	WITH	COLOR VISION (ISIHARA'S METHOD)				
	No	Right Eye		6/6	NORMAL				
	No	Left Eye		6/6					
	No	Both Eye		6/6					
	No	GENERAL APPEARANCE							
	No	LOOKING HEALTHY							
	No	NORMAL							
	No	1. EYES	Yes						
	No	2. EARS	Yes						
	No	3. NOSE	Yes						
	No	4. MOUTH	Yes						
	No	5. THROAT	Yes						
	No	6. NECK	Yes						
	No	7. THROID	Yes						
	No	8. LYMP NODE	Yes						
	No	9. LUNGS	Yes						
	No	10. HEARTS	Yes						
	No	11. ABDOMEN	Yes						
	No	12. UROGENITAL SYSTEM	Yes						
	No	13. UPPER EXTREMITIES	Yes						
	No	14. LOWER EXTREMITIES	Yes						
	No	15. BACK ABNORMALITY	Yes						
	No	16. HERNIA	Yes						
	No	17. CENTRAL NERVOUS SYSTEM	Yes						
	No	18. SKIN & NAILS	Yes						
	No	19. SPEECH	Yes						
	No	20. OTHERS	Yes						
	DENTAL EXAMINATION		HEARING	If abnormal give details					
	8 7 6 5 4 3 2 1 1 2 3 4 5 6 7 8 8 7 6 5 4 3 2 1 1 2 3 4 5 6 7 8 • : Filling O : Caries ^ : Root Rest x : Missing V : Prothesia		NORMAL	KASUS DAN DOKUMEN INI HUBUNGI TOTOT RUMEKSO HP. 0858 1392 5019					
			Right Ear	Yes					
			Left Ear	Yes					
			NIL						





SURAT KETERANGAN
TO WHOM IT MAY CONCERN

Dengan ini kami menerangkan bahwa :
Here with acknowledge that :

Nama
Name : LUDI TITISIANO SUDIRWAN
Jenis Kelamin
Gender/Sex : PRIA/MALE
Tempat / Tanggal Lahir
Place / Date Of Birth : JAKARTA / AUGUST 09, 1980
Perusahaan
Company : PT. ANDHINI EKAKARYA SEJAHTERA
Jabatan
Occupation : AB



Benar telah melakukan Medical Check-Up di Indosehat 2003 Medical Centre.
Have truly complete Medical Standart Check-Up in Indosehat 2003 Medical Centre.

Dengan Hasil : Sehat untuk Bertugas.
With Final Result : FIT.

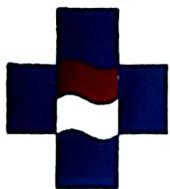
Demikian surat keterangan ini kami sampaikan untuk dapat dipergunakan sebagaimana mestinya.
I hope this letter will be found useful where necessary.



LUDI TITISIANO SUDIRWAN



Date Of Examination, November 17, 2023
Expiration Of Validity, November 16, 2025



REPORT LABORATORY RESULT

Company	: PT. ANDHINI EKAKARYA SEJAHTERA		
Name	: MR.LUDI TITISIANO SUDIRWAN	Sex	: Male
MCU No.	: 012/MCUIS/AES/XI/23	No. MR	: 001317
Date Examination	: NOVEMBER 17, 2023	Age	: 43 Years Old

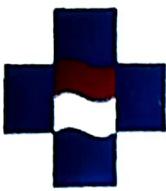
Laboratory Test	Reference Ranges	Result
HAEMATOLOGY		
Haemoglobin	13.0 – 18.0	gr / dl
White Blood Cell Count	5.0 – 10.0	/ ul
ESR	0 - 15	mm / hour
DIFFERENTIAL COUNT		
Eosinophil	0 – 1	%
Basophil	1 – 3	%
Stab	2 – 6	%
Segment	50 – 70	%
Lymphocyte	20 – 40	%
Monocyt	2 – 8	%
Platelet/ Trombosit	150.000-440 .000	
BLOOD CHEMISTRY		
Fasting Blood Sugar	60-110	mg / dl
Blood Sugar 2 PP	60-140	mg/ dl
Random Glucose	60 – 180	mg / dl
Cholesterol	< 200	mg / dl
Triglyceride	< 200	mg / dl
SGOT	< 35	U / L
SGPT	< 45	U / L
Creatinin	0,7 – 1,4	mg / dl
Ureum	15 – 45	mg / dl
Fosfatase Alkali	30-120	mg/ dl
GGT	< 49	g/ml
BIL TOTAL	0,2-1,0	mg/dl
BIL DIRECT	0,1-1,2	mg/dl



REPORT LABORATORY RESULT

Company	: PT. ANDHINI EKAKARYA SEJAHTERA		
Name	: MR.LUDI TITISIANO SUDIRWAN		
MCU No.	: 012/MCUIS/AES/XI/23		
Date Examination	: NOVEMBER 17, 2023		
	Sex	: Male	
	No. MR	: 001317	
	Age	: 43 Years Old	

Laboratory Test	Reference Ranges	Result
URINALYSIS		
Macroscopic		
Spesific Gravity	1,010 – 1,030	1015
Albumin	Negative	Negative
Glucose	Negative	Negative
PH	5	5
Microscopic		
Sediment		
Epithels / hpf	Positive	Positive
WBC / hpf	1 – 4	0-2
RBC / hpf	1 – 4	0-1
Cast	Negative	Negative
Crystal	Negative	Negative
Bacteria	Negative	Negative
Others	Negative	Negative
SEROLOGY / IMMUNOLOGY		
VDRL	Non Reaktive	Non Reactive
Hbs Ag	Non Reaktive	Non Reactive
HIV	Non Reaktive	Non Reactive
 <u>dr. Gunawan Eka Putra, Sp.PK</u> Chief Laboratory		



LABORATORY FINDING		
BLOOD TEST	URINALYSIS	
HEMATOLOGY		
HB : 16 gr/dl	SPECIFIC GRAFTY : 1015	
WBC : 5	PROTEIN : Negative	
DIFF COUNT : 1/1/2/54/29/18	GLUCOSE : Negative	
BLOOD CHEMISTRY		
CHOLESTEROL : 162 mg / dl	MICROSCOPIC :	
TRYGLISERIDES : 113 mg / dl	WBC : 0-2 / hpt	
GDS : mg / dl	RBC : 0-1 / hpt	
SGOT : 26 U/L	CAST : Negative	
SGPT : 30 U/L	CRYSTALS : Negative	
Creatinin : 1 mg / dl	BACTERIA : Negative	
SEROLOGY / IMUNOLOGI		
Hbs Ag : Non Reaktive		
HIV : Non Reaktive		
VDRL : Non Reaktive		
CHEST X-RAY	Report	NORMAL
OTHER DIAGNOSTIC TEST		
ECG : NORMAL		
COMMENT ON MEDICAL HISTORY AND CLINICAL EVALUATION		
The abovenamed person physically :		
<input checked="" type="checkbox"/> FIT <input type="checkbox"/> FIT WITH MINOR CORRECTABLE DEFECT <input type="checkbox"/> HAS MAYOR PHYSICAL DEFECT ; FIT WITH RESTRICTION OF SELECTED ASSIGNMENT <input type="checkbox"/> UNFIT TEMPORARY For duties on board ship Doctor's Advice		
HEALTH CERTIFICATE No. : 012/MCUIS/AES/XI/23		
THIS TO CERTIFICATE THAT A MEDICAL EXAMINATION WAS GIVEN TO : MR. LUDI TITISIANO SUDIRWAN AGE 43 YEARS		
HE IS FOUND TO BE FIT FOR DUTY AS : AB ISSUED AT JAKARTA DATE NOVEMBER 17, 2023 VALID UNTIL NOVEMBER 17, 2025		
 dr. PONY NDARUAJI Chief Physician		



CERTIFICATION DRUGS AND ALCOHOL

MCU. No : 012/MCUIS/AES/XI/23
Company : PT. ANDHINI EKAKARYA SEJAHTERA
Date : NOVEMBER 17, 2023

This is to certify that

Name : MR. LUDI TITISIANO SUDIRWAN
Sex : Male
Place/Date Of Birth : JAKARTA/ AUGUST 09, 1980
Age : 43 Years Old
Rank : AB

Was examined for the presence of the following drugs and alcohol in the urine using the competitive immunoassay / chromatographic Absorbent method and was found :

1. Amphetamine	:	Negative	6.Cocaine	:	Negative
2. Methamphetamine	:	Negative	7.Marijuana/Cannabinoids	:	Negative
3. Opiate/Morphine	:	Negative	8.Barbiturate	:	Negative
4. Phencyclidine	:	Negative	9.Benzodiazepine	:	Negative
5. Codeine	:	Negative	10.Alcohol	:	Negative

Note
N/E : Not Examine

JAKARTA NOVEMBER 17, 2023



dr. PONY NDARUAJI
Medical Review Officer



INDOSEHAT 2003
CLINIC & MEDICAL CHECK-UP



DENTAL HEALTH CERTIFICATE

This is to certify that today I have examined :

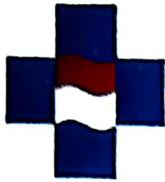
Name : MR. LUDI TITISIANO SUDIRWAN
Age : 43 Years Old

And was found him / her dentally **FIT**.

Jakarta, NOVEMBER 17, 2023

()

Dentist



DENTAL CHECK UP REPORT

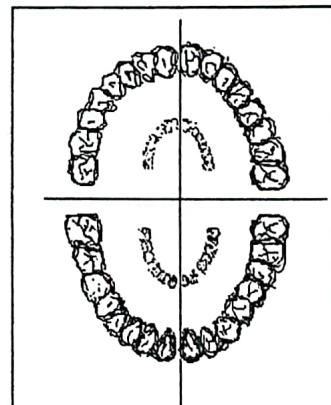
MCU No. : 012/MCUIS/AES/XI/23
Date : NOVEMBER 17, 2023
Name of Crew : MR. LUDI TITISIANO SUDIRWAN
Age : 43 Years Old

Company/Shiping Co.:

CHIEF COMPLAINT :

FINDINGS :

1. Teeth Missing :
2. Carious Teeth :
3. Periodontally involved teeth :
4. Others :



ADVISED :

Jakarta, NOVEMBER 17, 2023



(Drg. Triana)



Declaration of Anti HIV Test Result

I Declara that Anti HIV Test Result From :

Name : MR. LUDI TITISIANO SUDIRWAN
No Client : 001317
MCU No. : 012/MCUIS/AES/XI/23
Sex : Male
Age : 43 Years Old

HIV	Negative
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Jakarta, NOVEMBER 17, 2023

Examiner



dr. PONY NDARAJI
Medical Review Officer

Laboratory Analyst



KLINIK UTAMA INDOSEHAT 2003 MEDICAL CENTRE

Ex. Komp. Gaya Motor

Jl. Isuzu No. 32 Semper Timur, Cilincing, Jakarta Utara 14130
Telp. (021) 4411281 Fax. (021) 4411281 Email : indosehat2003@hotmail.com

Nama Pasien : MR. LUDI TITISIANO SUDIRWAN Pengirim : PT. ANDHINI EKAKARYA SEJAHTERA

Umur / No. Foto : 43 TH / 001317 Rontgen : THORAX AP

Tanggal Rontgen : NOVEMBER 17, 2023

Yth. Ts.

CHEST C-RAY POSTEROANTERIOR PROJECTION :

No sign of heart enlargement
Normal bronchovascular pattern
No sign of infiltrate or nodul in both lungs
Diaphragms are smooth, costophrenic sinuses are sharp
Bone of costae within normal limit

Conclusion : No sign of abnormality in chest X-ray

dr. ROSALINA, Sp. Rad
21/B.15b/31.72.04.1005.05.005.C.1/3/-1.779.3/e/2020

dr. ROSALINA, Sp. Rad.

21/B.15b/31.72.04.1005.05.005.C.1/3/-1.779.3/e/2020.

Radiolog / Assisten : Tanda tangan :

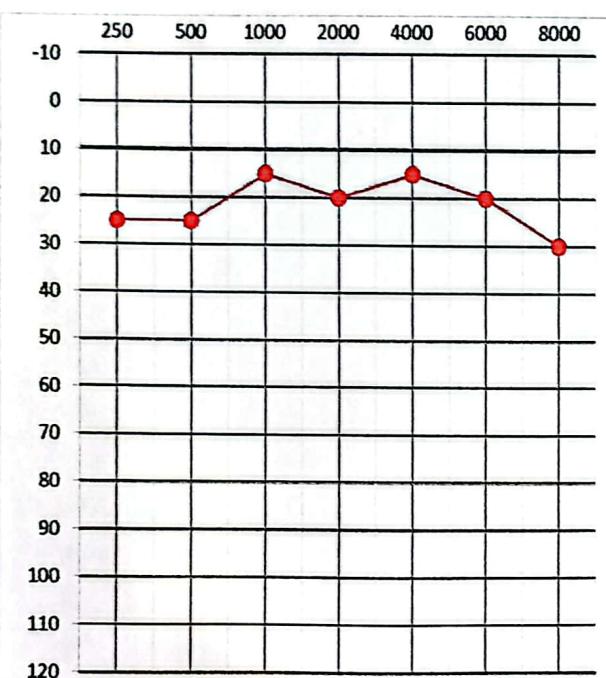
PATIENT DATA

<u>Company</u>	:	ANDHINI
<u>Name</u>	:	LUDI TITISIANO SUDIRW/
<u>Age</u>	:	43 YO
<u>No</u>	:	00-13-17

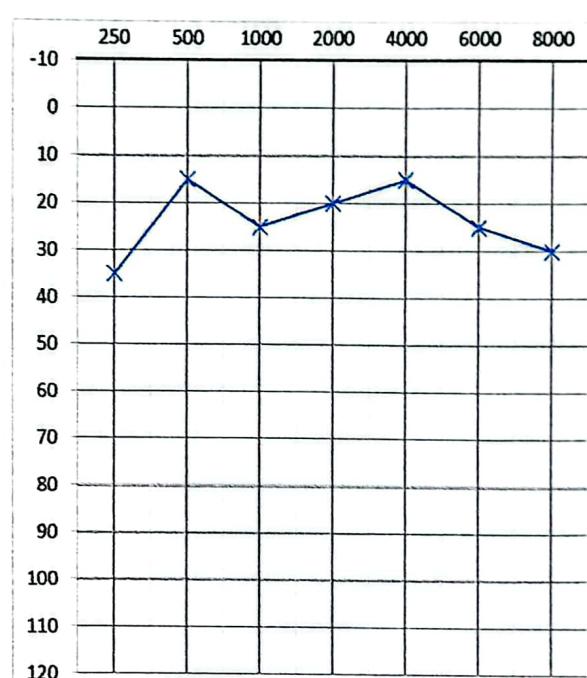
Instrument : Audiometer audiometri

Tone Audiogram

RIGHT - FF1



LEFT - FF1



Right Ear Air Conduction							Right Ear (dB)
250	500	1000	2000	4000	6000	8000	
25	25	15	20	15	20	30	18,75

Left Ear Air Conduction							Left Ear (dB)
250	500	1000	2000	4000	6000	8000	
35	15	25	20	15	25	30	18,75

Right Ear Bone Conduction							Right Ear (dB)
250	500	1000	2000	4000	6000	8000	
							0

Left Ear Bone Conduction							Left Ear (dB)
250	500	1000	2000	4000	6000	8000	
							0

Right Ear : Ambang dengar normal 18,75 dB

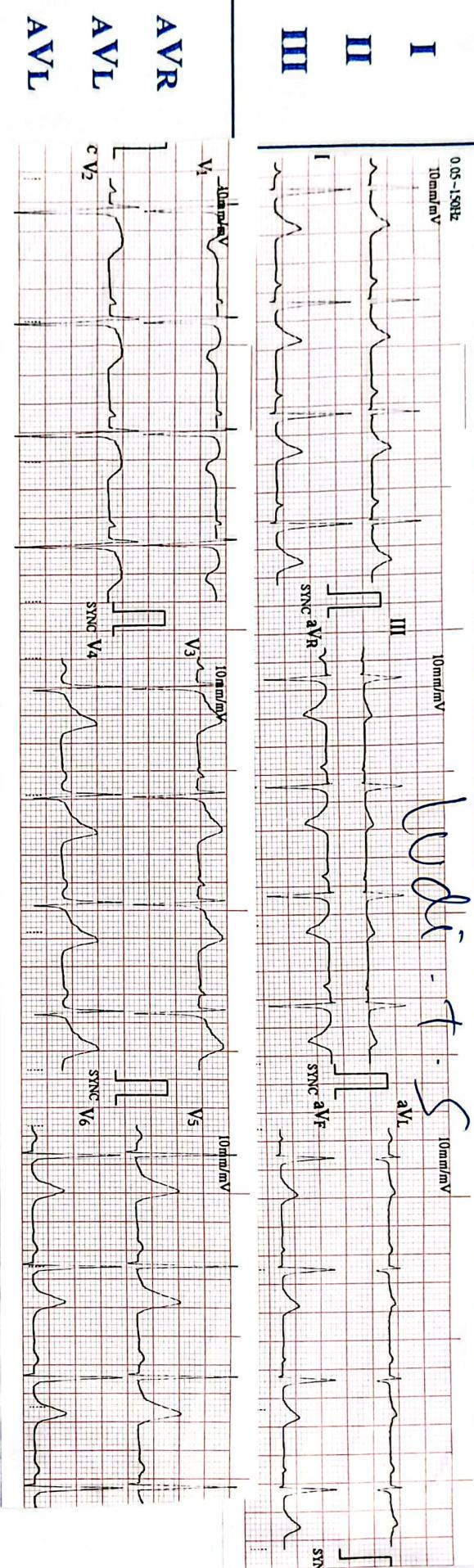
Left Ear : Ambang dengar normal 18,75 dB

Conclusion : Pendengaran kedua telinga dalam batas normal

dr. KARISMA PRAMESWARI PM, Sp. THT-KL
14/B 15B/31.72 04.1005 05.005 C 1/3-1 779 3/e/2021

Examining Physician
dr Karisma Prameswari Sp.THT-KL

ELECTROKARDIOGRAM REPORT



I
II
III
AVR
AVL
AVL

V1
V2
V3

V4
V5
V6

**PEMERIKSAAN ELECTROKARDIOGRAM
MEDICAL CHECK UP**

NO. MCU	:	00.13.17.
TANGGAL PERIKSA	:	19 November
NAMA	:	Udi - T. S.
UMUR	:	43
PERUSAHAAN	:	PT Admira
KESIMPULAN	:	Normal / Normal

Dr. Ismugi, SpJP-FIHA
Spesialis Jantung & Pembuluh Darah
Cardiologist

dr. ISMUGI SpJP, FIHA
CARDIOLOGIST