



Nomor Seri: BKKP 24022671
Serial Number

REPUBLIK INDONESIA
Republic of Indonesia
KEMENTERIAN PERHUBUNGAN
Ministry of Transportation
DIREKTORAT JENDERAL PERHUBUNGAN LAUT
Directorate General of Sea Transportation

SERTIFIKAT KESEHATAN PELAUT
Seafarer's Medical Certificate

Nomor Sertifikat
Certificate Number

6200017477MC1024

Nama Lengkap
Full Name

ILMA LUTFI

Tempat/Tgl Lahir
Place/Date of Birth

JEPARA/MARCH 15 , 1976

Jenis Kelamin
Gender

MALE

Kewarganegaraan
Nationality

INDONESIAN

Sertifikat ini diterbitkan oleh Administrator Maritim dan memenuhi persyaratan pemeriksaan kesehatan pelaut sesuai dengan ketentuan STCW 1978 beserta amandemennya dan MLC 2006, pelaut dinyatakan :

This certificate is issued by authority of Maritime Administrator and in compliance with the requirements of the medical examination for seafarers as the provision of International Convention on Standards of Training, Certification and Watchkeeping for Seafarers (STCW) 1978 as amended and Maritime Labour Convention (MLC) 2006, the seafarer has been declared :

SEHAT untuk bekerja di atas kapal
FIT to work on board

SEHAT dengan pembatasan untuk bekerja di atas kapal
FIT with restriction to work on board

Untuk Jabatan
Position On Board

CHIEF OFFICER

Tempat Pemeriksaan
Approved Place of Examination by Authority

KLINIK INDOSEHAT 2003 JAKARTA

Tanggal Pemeriksaan
Date of Examination

OCTOBER 10 , 2024

Masa Berlaku
Expiration of Validity

OCTOBER 9 , 2026

Dokter Pemeriksa
Name of Physician

dr. PONY NDARUAJI

Alamat Praktik
Address of Physician

JL. CILINCING RAYA NO. 74 SEMPER TIMUR JAKARTA UTARA



ILMA LUTFI

Tanda Tangan Yang Diperiksa
Applicant Signature

Sertifikat Kesehatan ini berlaku maksimal 24 bulan sejak tanggal periksa bagi pelaut berusia lebih dari 18 tahun dan maksimal 12 bulan bagi usia kurang dari 18 tahun.

The Medical Certificate shall be valid for no more than 24 months from the date of the Examination for those over 18 years of age and for no more than 12 months for those under 18 years of age.

dr. PONY NDARUAJI

19771216202212013

Cap RS/Klinik & Tanda Tangan Dokter Pemeriksa
Stamp and Medical Practitioner Signature Approved



NOMOR NUMBER	PERNYATAAN PRAKTIKI MEDIS DECLARATION OF MEDICAL PRACTITIONER	YA YES	TIDAK NO	CATATAN REMARK
1	Dokumen Identitas telah diperiksa <i>Identification document has been confirmed</i>	V		
2	Kemampuan pendengaran memenuhi standar STCW A-1/9 <i>Hearing meets the standards in STCW A-1/9</i>	V		
3	Pendengaran tanpa alat bantu memuaskan <i>Unaided hearing satisfactory</i>	V		
4	Kemampuan penglihatan memenuhi Standar STCW A-1/9 <i>Visual Acuity meets the standards in STCW A-1/9</i>	V		
5	Kemampuan melihat warna memenuhi Standar STCW A-1/9 <i>Colour Vision meets the standards in STCW A-1/9</i> Tanggal terakhir diperiksa <i>Last date checked</i>	V		ISHIHARA BOOK 38 PLATE 2024-10-10
6	Sehat untuk melaksanakan tugas jaga <i>Fit for look out duty</i>	V		
7	Tidak memiliki keterbatasan dan masalah kesehatan <i>No limitation or restriction on fitness</i>	V		
8	Bebas dari kemungkinan terjangkit penyakit akibat pekerjaan di laut atau dari kemungkinan menjadi tidak sehat untuk melaksanakan tugasnya atau membahayakan orang lain di kapal <i>Free from any medical condition that likely to be aggravated by service at sea or to be rendered unfit for such service or to endanger the health of other on board</i>	V		

MEDICAL REQUIREMENTS

This physical examination must be carried out not more than 24 months prior next medical check for a seafarer older than 18 years old and considered to be fit for duty without any restrictions. In case of any restriction found not preventing seafarer to fulfill his duties this physical examination should be carried out not more than 12 months prior next medical check. The examination shall be conducted in accordance with the International Labor Organization World Health Organization, Guidelines for Conducting Proces and Periodic Medical Fitness Examinations for Seafarers (ILO 73/WHO/D.2/1997, STCW Convention, 1978 as amended and the Maritime Labor Convention, 2006. Such proof of examination must establish that the applicant is in satisfactory physical and mental condition for the specific duty assignment undertaken and is generally in possession of all body faculties necessary in fulfilling the requirements of the seafaring profession.

In conducting the examination, the certified physician should, where appropriate, examine the seafarer's previous medical records (including vaccinations) and information on occupational history, noting any diseases, including alcohol or drug-related problems and/or injuries. In addition, the following minimum requirements shall apply:

- a) Hearing
 - All applicants must have hearing unimpaired for normal sounds and be capable of hearing a whispered voice in better ear at 15 feet (4.57 m) and in poorer ear at 5 feet (1.52 m).
- b) Eyesight
 - Deck officer applicants must have (either with or without glasses) at least 20/20 (1.00) vision in one eye and at least 20/40 (0.50) in the other. If the applicant wears glasses, he must have vision without glasses of at least 20/160 (0.13) in both eyes. Deck officer applicants must also have normal color perception and be capable of distinguishing the colors red, green, blue and yellow.
 - Engineer and radio officer applicants must have (either with or without glasses) at least 20/30 (0.63) vision in one eye and at least 20/50 (0.40) in the other. If the applicant wears glasses, he must have vision without glasses of at least 20/200 (0.10) in both eyes. Engineer and radio officer applicants must also be able to perceive the colors red, yellow and green.
- c) Dental
 - Seafarers must be free from infections of the mouth cavity or gums.
- d) Blood Pressure
 - An applicant's blood pressure must fall within an average range, taking age into consideration.
- e) Voice
 - Deck/Navigational officer applicants and Radio officer applicants must have speech which is unimpaired for normal voice communication.
- f) Vaccinations
 - All applicants shall be vaccinated according to the requirements indicated in the WHO publication, International Travel and Health, Vaccination Requirements and Health Advice, and shall be given advice by the certified physician on immunizations. If new vaccinations are given, these shall be recorded.
- g) Diseases or Conditions
 - Applicants afflicted with any of the following diseases or conditions shall be disqualified: epilepsy, insanity, senility, alcoholism, tuberculosis, acerebral disease or neurosyphilis, AIDS, and/or the use of narcotics. Applicants diagnosed with, suspected of, or exposed to any communicable disease transmittable by food shall be restricted from working with food or in food-related areas until symptom-free for at least 48 hours.
- h) Physical Requirements
 - Applicants for able seaman, bosun, GP-1, ordinary seaman and junior ordinary seaman must meet the physical requirements for a deck/navigational officer's certificate.
 - Applicants for fireman/water tender, oiler/motorman, pumpman, electrician, wiper, tankerman and survival craft/rescue boat crewman must meet the physical requirements for an engineer officer's certificate.

Sertifikat Kesehatan Pelaut yang asli harus berada di atas kapal selama yang bersangkutan berdinias di kapal, sesuai peraturan 1/2 ayat 11 dari konvensi STCW 1978 beserta amandemennya

The original of Medical Certificate of Endorsement must be kept available in accordance with Regulation 1/2 paragraph 11 of the STCW Convention 1978 as amended while serving on a ship



REPUBLIC OF INDONESIA
MINISTRY OF TRANSPORTATION
DIRECTORATE GENERAL OF SEA TRANSPORTATION

SEAFARER'S MEDICAL EXAMINATION REPORT

MEDICAL RECORD NUMBER: 001867	FULL NAME: ILMA LUTFI	
NATIONALITY: INDONESIAN	ID DOCUMENT NUMBER: 3320041503760002	
DATE OF BIRTH: MARCH 15, 1976	PLACE OF BIRTH: JEPARA	SEX: MALE
EXAMINATION FOR DUTY AS: DUTY DECK DEPARTMENT	APPLICANT'S MAILING ADDRESS: RANDUBANGO RT. 008/002 KEL PANCUR KEC. MAYONG	

MEDICAL EXAMINATION

HEIGHT 1.63 m	WEIGHT 73 kg	BLOOD PRESSURE 139/88 mmHg	PULSE 76 bpm	RESPIRATION 18 x/min	GENERAL APPEARANCE NORMAL
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VISION

HEARING

WITHOUT GLASSES	RIGHT EYE 6/6	LEFT EYE 6/6	NORMAL COLOUR TEST ISHIHARA BOOK 38 PLATE LANTERN FARNSWORTH D15 LAST TEST: 10-10-2024	RIGHT EAR NORMAL	LEFT EAR NORMAL
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ARE GLASSES OR CONTACT LENSES REQUIRED TO MEET THE REQUIRED VISION STANDARD?

YES NO

HEAD AND NECK NORMAL	ECG -	CHEST X-RAY NORMAL
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DENTAL
THE APPLICANT IS FREE FROM VISUAL INFECTIONS OF
THE MOUTH CAVITY OR GUMS.

YES NO

UPPER AND LOWER EXTREMITIES
NORMAL

LABORATORY FINDINGS: NORMAL ABNORMAL
DESCRIBE ABNORMALITIES:

SPEECH (DECK/NAVIGATIONAL OFFICER AND RADIO OFFICER)
IS SPEECH UNIMPAIRED FOR NORMAL VOICE COMMUNICATION?

YES NO

IS APPLICANT SUFFERING FROM ANY DISEASE LIKELY TO BE AGGRAVATED BY
WORKING ABOARD A VESSEL, OR TO RENDER HIM/HER UNFIT FOR SERVICE AT SEA OR LIKELY TO
ENDANGER THE HEALTH OF OTHER PERSONS ON BOARD?

YES NO

IS APPLICANT TAKING ANY NON-PRESCRIPTION OR PRESCRIPTION MEDICATIONS?
DESCRIPTION:

YES NO

NAME OF PHYSICIAN'S CERTIFYING AUTHORITY: dr. PONY NDARUAJI

ADDRESS OF MEDICAL CENTER: JL. CLINCING RAYA NO. 74 SEMPER TIMUR JAKARTA UTARA

SIGNATURE OF PHYSICIAN

DATE OF EXAMINATION: 10-10-2024

SEAFARER ACKNOWLEDGEMENT: I, ILMA LUTFI, CONFIRM THAT I HAVE BEEN INFORMED OF
THE CONTENT OF CERTIFICATE AND THE RIGHT TO GET A REVIEW.

REMARKS: SEHAT, TIDAK ADA BATASAN PEKERJAAN (FIT FOR UNRESTRICTED SEA SERVICE)

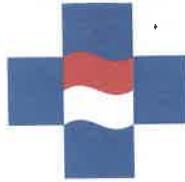


MEDICAL EXAMINATION REPORT

COMPANY	: PT. ADNYANA	 	
MCU NO.	: CLC-00-18-67		
NAME	: ILMA LUTFI		
SEX	: PRIA/MALE		DATE EXAMINE : 10 Oct 2024
PLACE & DATE OF BIRTH	: JEPARA / 15 March 1976		NATIONALITY : INDONESIA
MAILING ADDRESS OF EXAMINE	: RANDUBANGO RT. 008/002 KEL PANCUR KEC. MAYONG		
DUTY	: CHIEF OFFICER	PASSPORT : -	

MEDICAL HISTORY (EXAMINE PERSONAL DECLARATION)		PHYSICAL EXAMINATION																																																													
1. ALCOHOL HISTORY 2. ALLERGIC HISTORY 3. AMPUTATION 4. BLOOD DISORDER 5. BALANCE PROBLEM	Yes / No	HEIGHT	WEIGHT	BMI	BLOOD PRESSURE	PULSE REGULAR	RESPIRATORY RATE																																																								
	No	163 cm	73 kg	24.50 kg/m ²	139/88 mmHg	76 X/min	18 X/min																																																								
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Nama : 001067 Tanggal Lahir : Ilma Lutfi Tanggal Periksa : 15.03.1974 Alamat : (+) (Handwritten)		GENERAL APPEARANCE		NORMAL																																																											
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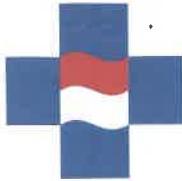


REPORT LABORATORY RESULT

Company : PT. ADNYANA
Name : MR. ILMA LUTFI
MCU No. : 013/MCUIS/A/X/24
Date Examination : OCTOBER 10, 2024

Sex : Male
No. MR : 001867
Age : 48 Years Old

Laboratory Test	Reference Ranges	Result	
HAEMATOLOGY			
Haemoglobin	13.0 – 17.3	gr / dl	15,6
White Blood Cell Count	5.0 – 10.0	/ ul	7,3
ESR	< 15	mm / hour	8
DIFFERENTIAL COUNT			
Basophil	0 – 1	%	0
Eosinophil	1 – 3	%	2
Stab	2 – 6	%	3
Segment	50 – 70	%	60
Lymphocyte	20 – 40	%	30
Monocyt	2 – 8	%	5
Trombosit	150-400	ul	237
BLOOD CHEMISTRY			
Fasting Blood Sugar	70-110	mg/dl	75
Blood Sugar 2 PP	70-140	mg/ dl	100
Random Glucose	70 – 180	mg / dl	
Cholesterol	< 200	mg / dl	168
Triglyceride	< 200	mg / dl	150
SGOT	< 42	U / L	27
SGPT	< 47	U / L	32
Creatinin	0,7 – 1,4	mg / dl	0,8
Asam Urat	2,3 – 8,2	mg / dl	6
Ureum	10 – 50	mg / dl	25



REPORT LABORATORY RESULT

COMPANY	: PT. ADNYANA	
Name	: MR. ILMA LUTFI	Sex : Male
MCU No.	: 013/MCUIS/A/X/24	No. MR : 001867
Date Examination	: OCTOBER 10, 2024	Age : 48 Years Old

Laboratory Test	Reference Ranges	Result
URINALYSIS		
Macroscopic		
Spesific Gravity	1,000 – 1,030	1030
Albumin	Negative	Negative
Glucose	Negative	Negative
PH		5
Microscopic		
Sediment		
Epithels / hpf	Positive	Positive
WBC / hpf	0 – 5	0-2
RBC / hpf	0 – 5	0-2
Cast	Negative	Negative
Crystal	Negative	Negative
Bacteria	Negative	Negative
Others	Negative	Negative
SEROLOGY / IMMUNOLOGY		
VDRL	Non Reaktive	Non Reaktiv
Hbs Ag	Non Reaktive	Non reaktiv


dr. Gunawan Eka Putra, Sp.PK
 Chief Laboratory



KLINIK UTAMA INDOSEHAT 2003 MEDICAL CENTRE

Ex. Komp. Gaya Motor
Jl. Isuzu No. 32 Semer Timur, Cilincing, Jakarta Utara 14130
Telp. (021) 4411281 Fax. (021) 4411281 Email : indosehat2003@hotmail.com

Nama Pasien	: MR. ILMA LUTFI	Pengirim	: PT. ADNYANA
Umur / No. Foto	: 48 TH / 001867	Rontgen	: THORAX AP
Tanggal Rontgen	: OCTOBER 10, 2024		

Yth. Ts.

CHEST C-RAY POSTEROANTERIOR PROJECTION :

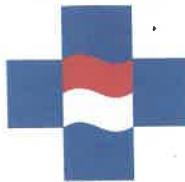
No sign of heart enlargement
Normal bronchovascular pattern
No sign of infiltrate or nodul in both lungs
Diaphragms are smooth, costophrenic sinuses are sharp
Bone of costae within normal limit

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

Radiolog / Assisten :

Tanda tangan :



LABORATORY FINDING

BLOOD TEST

URINALYSIS

HEMATOLOGY

HB : 15,6 gr/dl
WBC : 7,3 / ul
ESR : 8 mm/hour
PLATELET : 237 thsn/ul
DIFF COUNT : 0/2/3/60/30/5

SPECIFIC GRAFITY : 1030
PROTEIN : Negative
GLUCOSE : Negative
PH : 5

BLOOD CHEMISTRY

CHOLESTEROL : 168 mg / dl
TRYGLISERIDES : 150 mg / dl
GDS : mg / dl
SGOT : 27 U/L
SGPT : 32 U/L
Creatinin : 0,8 mg / dl
Asam Urat : 6 mg / dl

MICROSCOPIC :

WBC : 0-2 / hpt
RBC : 0-2 / hpt
CAST : Negative
CRYSTALS : Negative
BACTERIA : Negative

SEROLOGY / IMUNOLOGI

Hbs Ag : Non reaktive
VDRL : Non Reaktive
HIV : :

CHEST X-RAY

Report

NORMAL

OTHER DIAGNOSTIC TEST

ECG : NORMAL

COMMENT ON MEDICAL HISTORY AND CLINICAL EVALUATION

The abovenamed person physically :

- FIT
 FIT WITH MINOR CORRECTABLE DEFECT
 HAS MAJOR PHYSICAL DEFECT ; FIT WITH RESTRICTION OF SELECTED ASSIGNMENT

- UNFIT TEMPORARY

For duties on board ship

Doctor's Advice

FIT TO BE DUTY ON BOARD SHIP

HEALTH CERTIFICATE

No. : 013/MCUIS/A/X/24

THIS TO CERTIFICATE THAT A MEDICAL EXAMINATION WAS GIVEN TO :
MR. ILMA LUTFI
AGE 48 YEARS

HE IS FOUND TO BE **FIT** FOR DUTY AS : CHIEF OFFICER

ISSUED AT JAKARTA

DATE OCTOBER 10, 2024

VALID UNTIL OCTOBER 09, 2026



dr. PONY NDARUAJI
Chief Physician



SURAT KETERANGAN

TO WHOM IT MAY CONCERN

Dengan ini kami menerangkan bahwa

Here with acknowledge that :

Nama : MR. ILMA LUTFI

Name

Jenis Kelamin : Male

Sex

Tempat/tanggal lahir : JEPARA/ MARCH 15, 1976

Place & Date of Birth

Perusahaan : PT. ADNYANA

Company

Jabatan : CHIEF OFFICER

Occupation

Benar telah melakukan Medical Check-Up di Indosehat 2003 Medical Centre.

Have truly complete Medical Standard Check-Up in Indosehat 2003 Medical Centre.

Berdasarkan hasil pemeriksaan sebagaimana tersebut pada resume hasil pemeriksaan kesehatan RM No.001867 Tanggal OCTOBER 10, 2024 yang merupakan bagian dari surat keterangan ini, sesuai standart / tatacara pengujian dan penilaian tingkat kesehatan bagi pelaut sesuai dengan ketentuan peraturan I / 9 STCW 2010,maka yang bersangkutan saat ini kami nyatakan :

Based on the results of the examination as mentioned in the resume of medical examination RM NO. 001867 Dated OCTOBER 10, 2024 which is part of this certificate, in accordance with the medical standards for seafarers as the provisions of regulation : I / 9 STCW 2010, it is concerned at this time we stated :

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 necess

JAKARTA / OCTOBER 10, 2024



Date Of Examination, OCTOBER 10, 2024
Expiration Of Validity,OCTOBER 09, 2026



dr. PONY NDARUAJI
Examination

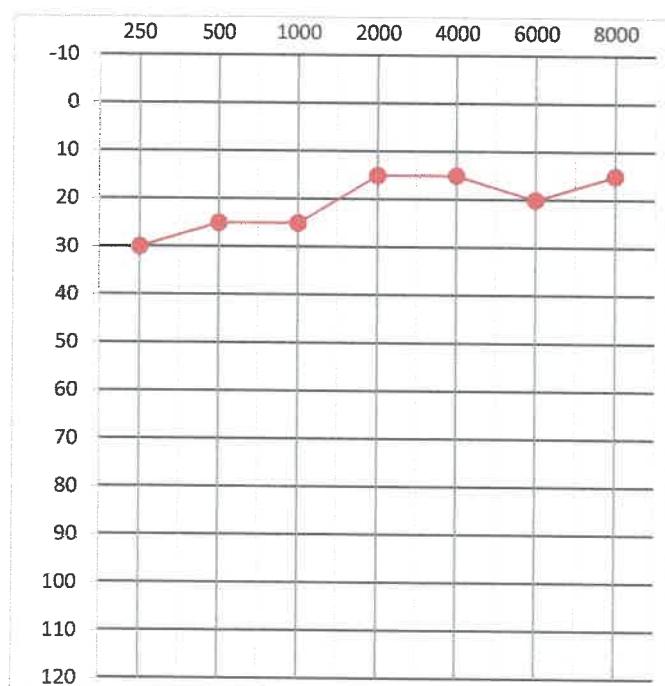
PATIENT DATA

<u>Company</u>	:	ADNYANA
<u>Name</u>	:	ILMA LUTFI
<u>Age</u>	:	48 YO
<u>No</u>	:	00-18-67

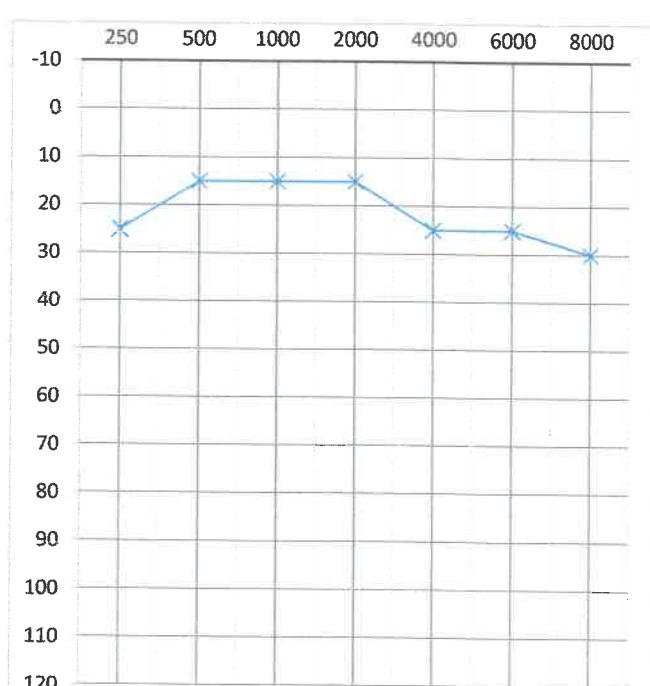
Instrument : Audiometer audiometri

Tone Audiogram

RIGHT - FFI



LEFT - FFI



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

Left Ear Air Conduction								Left Ear (dB)
250	500	1000	2000	4000	6000	8000		
25	15	15	15	25	25	30	17,5	

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 20 dB

Left Ear : Ambang dengar normal 17,5 dB

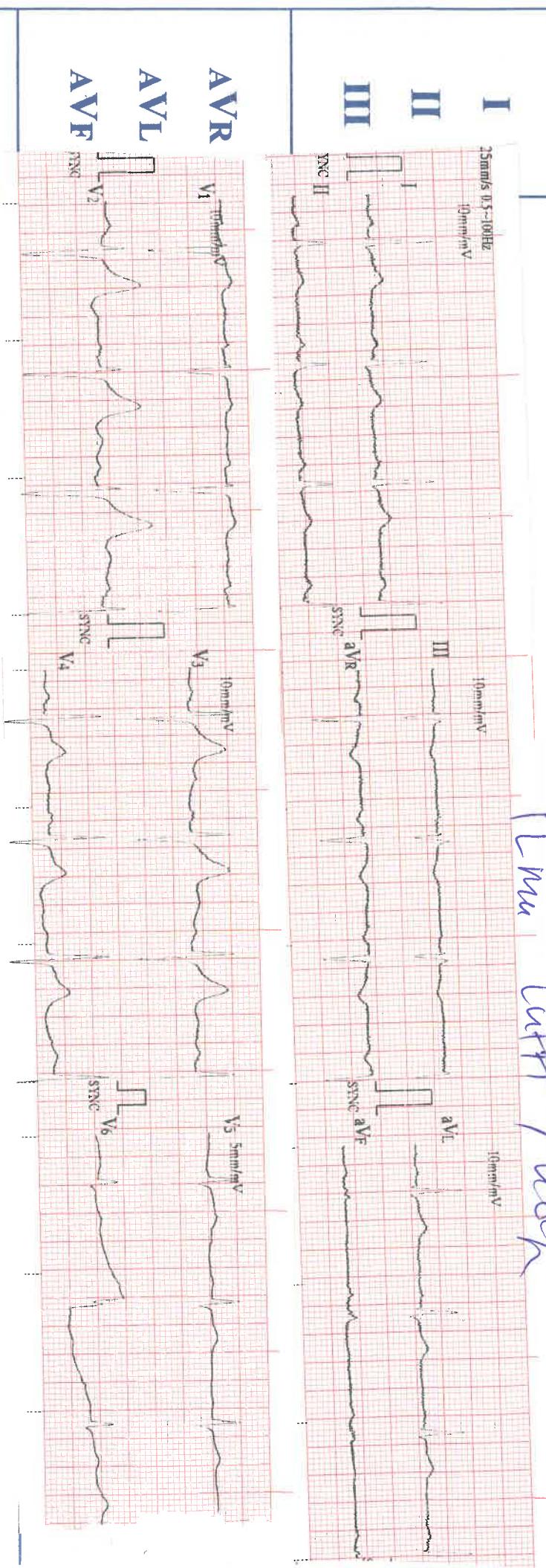
Conclusion : Pendengaran kedua telinga dalam batas normal

dr. KARISMA PRAMESWARI PM, Sp. THT-KL
14/B.15B/31.72.04.1005.05.005.C.1/3/-1.779.3/e/2021

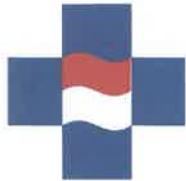
Examining Phycisian
dr Karisma Prameswari Sp.THT-KL

ELECTROKARDIOGRAM REPORT

LL Mu Cuff Rush



V1	V2	V3
V4	V5	V6



HASIL PEMERIKSAAN TREADMILL

PERUSAHAAN | ADNYANA
NAMA | ILMA LUTFI
UMUR | 48 TAHUN

EKG Pretest : Normal
Treadmill Test : Medical Check - Up
Protokol : Bruce Stage : 3
Lama Test : 9'00"
Indikasi Berhenti : Target HR tercapai
Denyut Jantung Tercapai : 85% Dari Dugaan Max : 172 x/mnt
Tekanan Darah Awal : 130/80 mmHg Tertinggi : 160/80 mmHg
Perubahan EKG :
 Gelombang R : Konstan
 Segment ST : Normal
 Gelombang T : Normal
 Aritmia : (-)
Kesimpulan :
 Fungsional Klas : 1
 Tingkat kesegaran Jasmani : Cukup
 Kapasitas Kerja Fisik : 9,8 METS
 Hasil Treadmill : Normal

Saran :

Pemeriksa

JAKARTA, 11 OKTOBER 2024

Dr. Ismugi, SpJP-FIHA
Spesialis Jantung & Penumbuh Darah
dr ISMUGI SpJP, FIHA

KLINIK INDOSEHAT 2003 Stress Exercise Report

ID:

Section: Name: ILMALUTFI Sex: Male

Age: 48

Exam Time: 2024-10-11 14:10

DOB: 1976-03-15
Height: 163.00 cm Smoking Hypertension

Address: ADNYANA

Telephone:

Race: Oriental Race
Weight: 73.00 kg Diabetic
 History of MI
 Hyperlipidemia
 Family HistoryInformation
Indications:

Medications:

Stage Name	HR(bpm)	BP(mmHg)	Summary	Result	Max Values	ST Segment
BERDIRI	85	130/80	Protocol Name: Klinik IndoSehat 2003	HR: 150 bpm	13.00 Max Elevation: 0.41 mV	08:20 V2
BERDIRI BERJALAN	91	130/80	Target HR: 172 bpm	Target HR: 87.2 %	0.41 mV	08:20 V2
EXE1	103	135/80	Exercise Time: 15:20 mm:ss	METs: 13.6 METs	Max Depression: -0.21 mV	III
EXE2	107	140/80	Max Speed: 6.8 km/h	HR*BP: 18000.0 bpm*mmHg	Max Elevation Change: 0.24 mV	V2
EXE3	101	145/80	Max Grade: 16.0 %	SYS: 160.0 mmHg	0.24 mV	08:20 V2
EXE4	149	150/80	Exceed +/-100mV Leads: I III aVR aVL V2 V3	DI: 80.0 mmHg	Max Depression Change: -0.19 mV	08:20 V2
REC1	136	160/80	V4		0.19 mV	07:40 V2
REC2	124	160/80				
REC3	122	160/80	DUKE Score: ---			

Arrhythmia

Reason for End : HR TERCAPAI

Total Beats:	1644	Abnormal Beats:	22	Symptoms:
Total V:	9	Total S:	13	
V Pairs:	0	S Pairs:	0	
V Run:	1	S Run:	1	
V bigeminal:	0	S bigeminal:	0	
V trigeminal:	0	S trigeminal:	0	
Total Long:	0			

Conclusions:				
	Total Beats:	1644	Abnormal Beats:	22


Dr. Ismugji, SpJP-FHA
 Spesialis Jantung & Pembuluh Darah
 Telinga Gigi dan Rongga Mulut

Operator:

Reviewing Physician:

KLINIK INDOSEHAT 2003 Stress Exercise Report

ID:

Section:

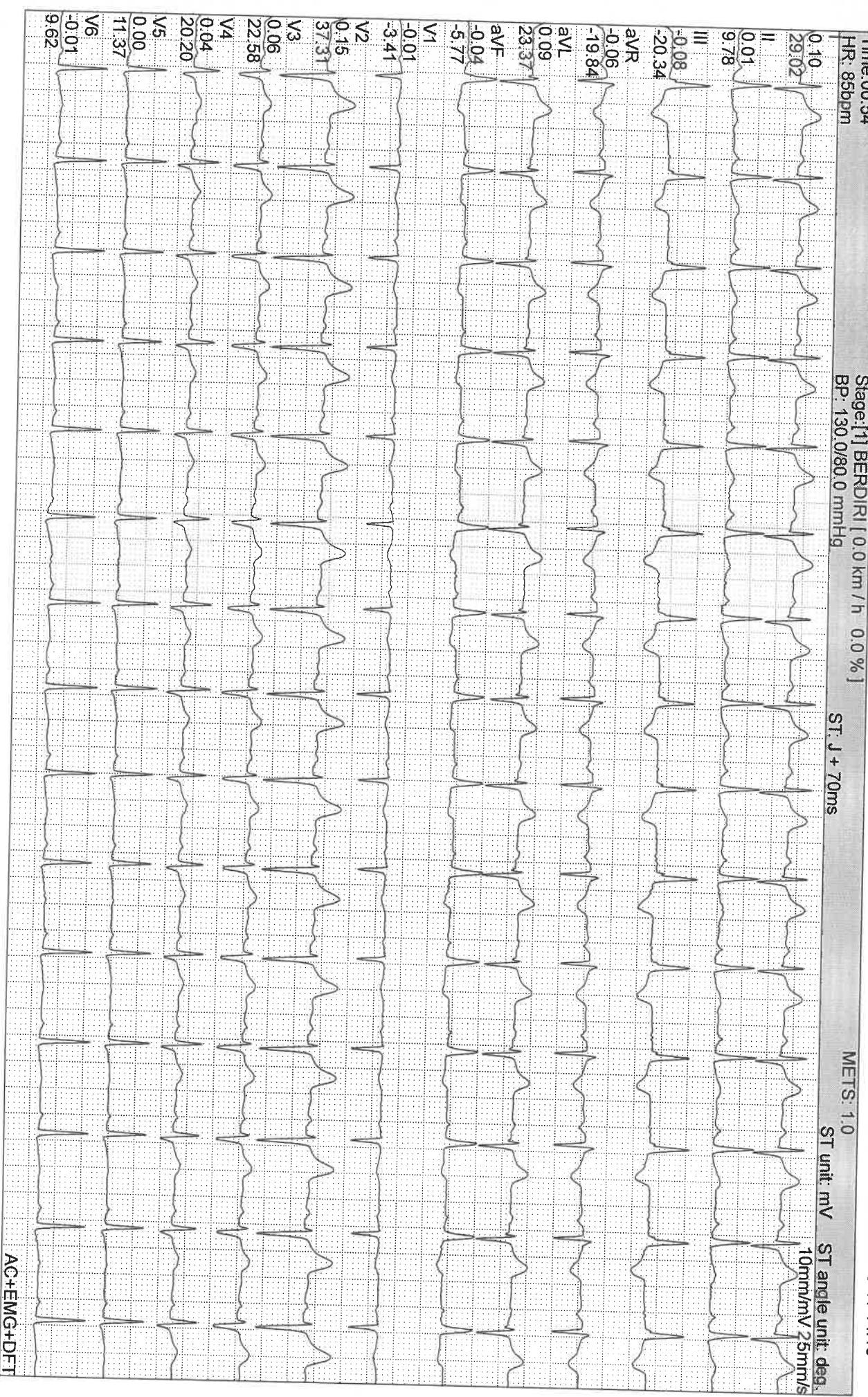
Name: ILMA LUTFI

Sex: Male

Age: 48

Exam Time: 2024-10-11 14:10

ECG Strips



KLINIK INDOSEHAT 2003 Stress Exercise Report

ID:

Section:

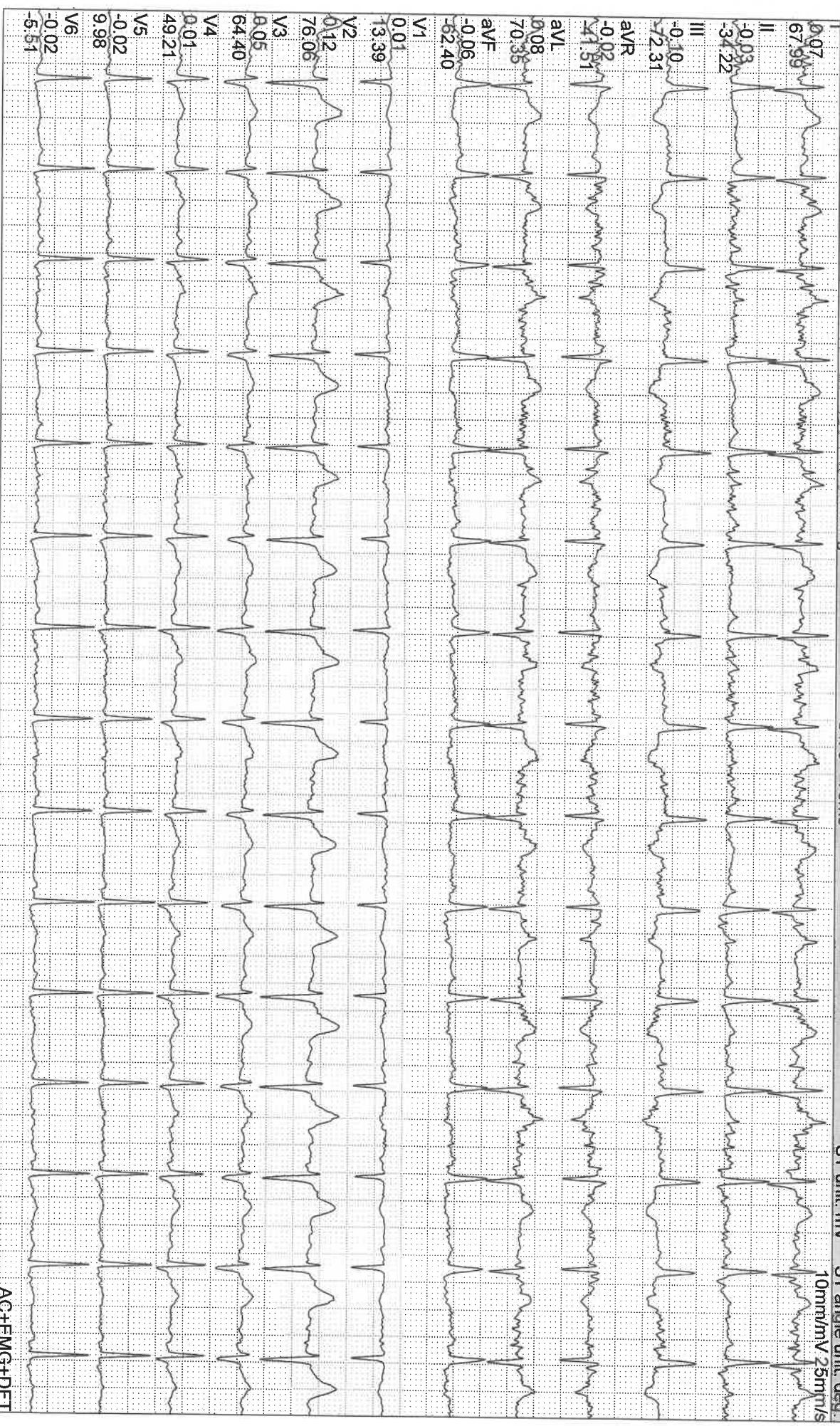
Name: ILMA LUTFI

Sex: Male

Age: 48

Exam Time: 2024-10-11 14:10

ECG Strips

Time: 01:54
HR: 93 bpmStage [2] BERDIRI BERJALAN [1.0 km/h 0.0 %]
BP: 130.0/80.0 mmHgMETS: 1.5
ST unit: mVST angle unit: deg.
10mm/mV 25mm/s

KLINIK INDOSEHAT 2003 Stress Exercise Report

ID:

Section:

Name: ILMA LUTFI

Sex: Male

Age: 48

Exam Time: 2024-10-11 14:10

ECG Strips

Time: 04:54	Stage: [3] EXE1 [2.7 km/h 10.0 %]	METs: 4.6
HR: 104 bpm	BP: 135.0/80.0 mmHg	ST: J + 60ms
0.98	10mml/mV 25mm/s	ST angle unit: deg.
0.45		10mm/mV 25mm/s
0.00		
8.52		
III		
0.08		
-6.89		
aVR		
-0.04		
-1.27		
aVL		
0.08		
0.13		
aVF		
0.04		
0.36		

V1
-0.00
-7.40V2
0.13
0.40
11.47V3
0.06
13.00V4
0.04
13.00V5
0.00
6.74V6
-0.02
5.05

AC+EMG+DFT

KLINIK INDOSEHAT 2003 Stress Exercise Report

ID:

Section:

Name: ILMA LUTFI

ECG Strips

Exam Time: 2024-10-11 14:10

Time: 07:54

HR: 127 bpm

Stage: [4] EXE2 [4.0 km / h 12.0 %]

BP: 140.0/80.0 mmHg

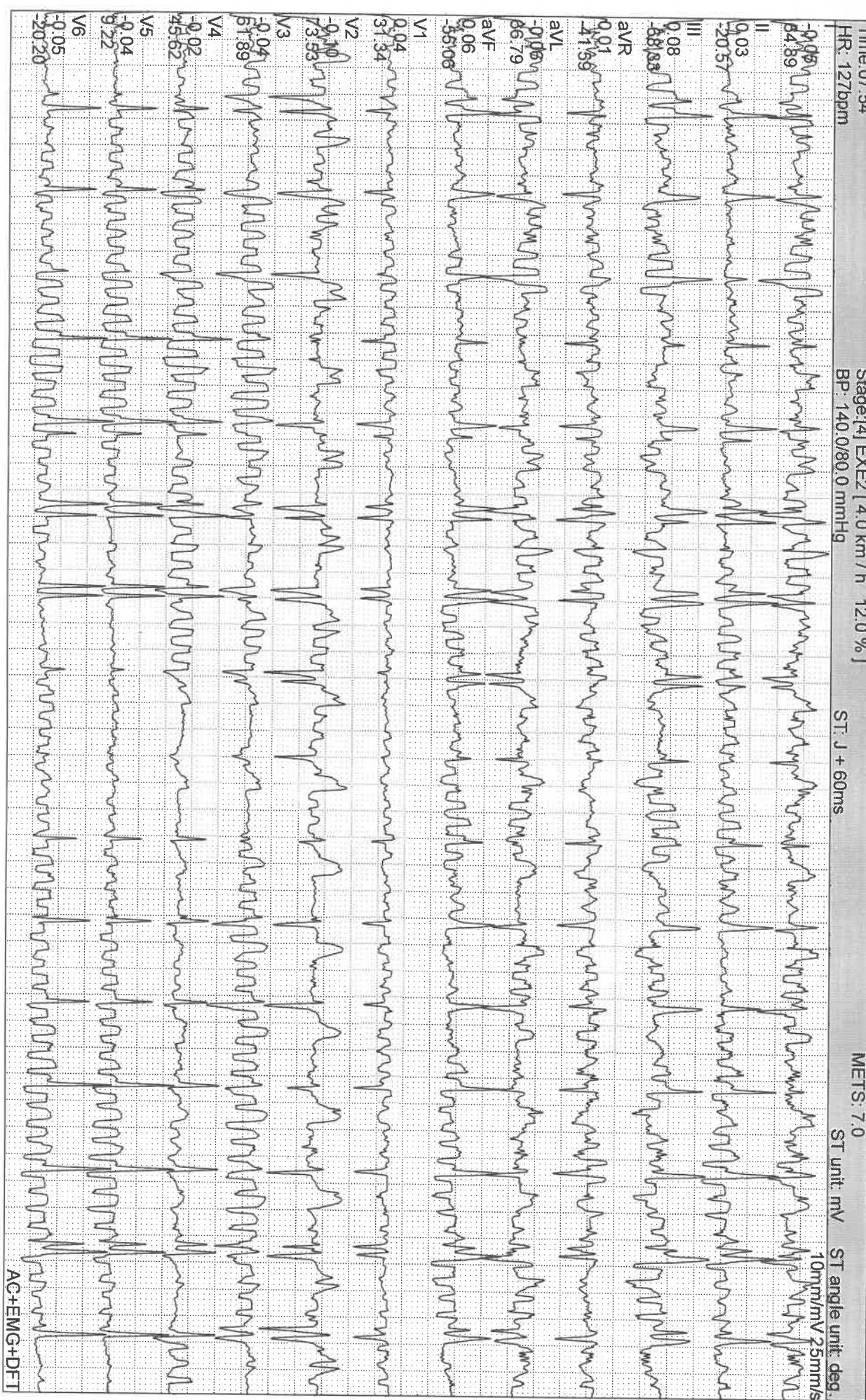
ST: J + 60ms

Age: 48

Sex: Male

METS: 7.0

ST unit: mV

ST angle unit: deg.
10mm/mV 25mm/s

KLINIK INDOSEHAT 2003 Stress Exercise Report

ECG Strips

ID: **ILMA LUTFI**

Section:

Name: **ILMA LUTFI**

Age: **48**

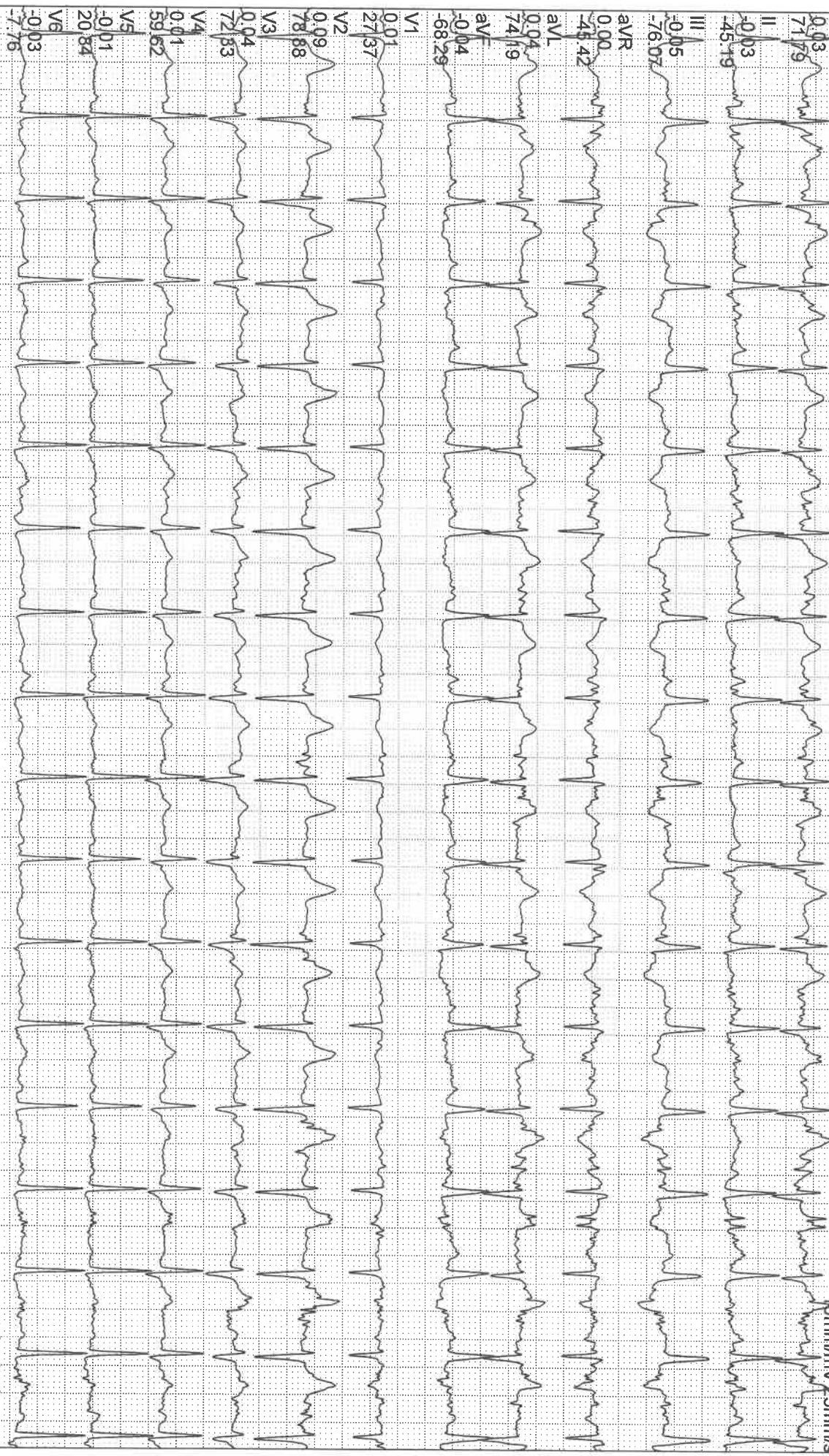
Exam Time: **2024-10-11 14:10**

Time: **10:54**
HR: **102 bpm**

Stage: **[5] EXE3 [5.5 km / h 14.0 %]**
BP: **145.0/80.0 mmHg**

METS: **10.2**
ST unit: **mV**

ST angle unit: **deg.**
10mm/mV 25mm/s



KLINIK INDOSEHAT 2003 Stress Exercise Report

ECG Strips

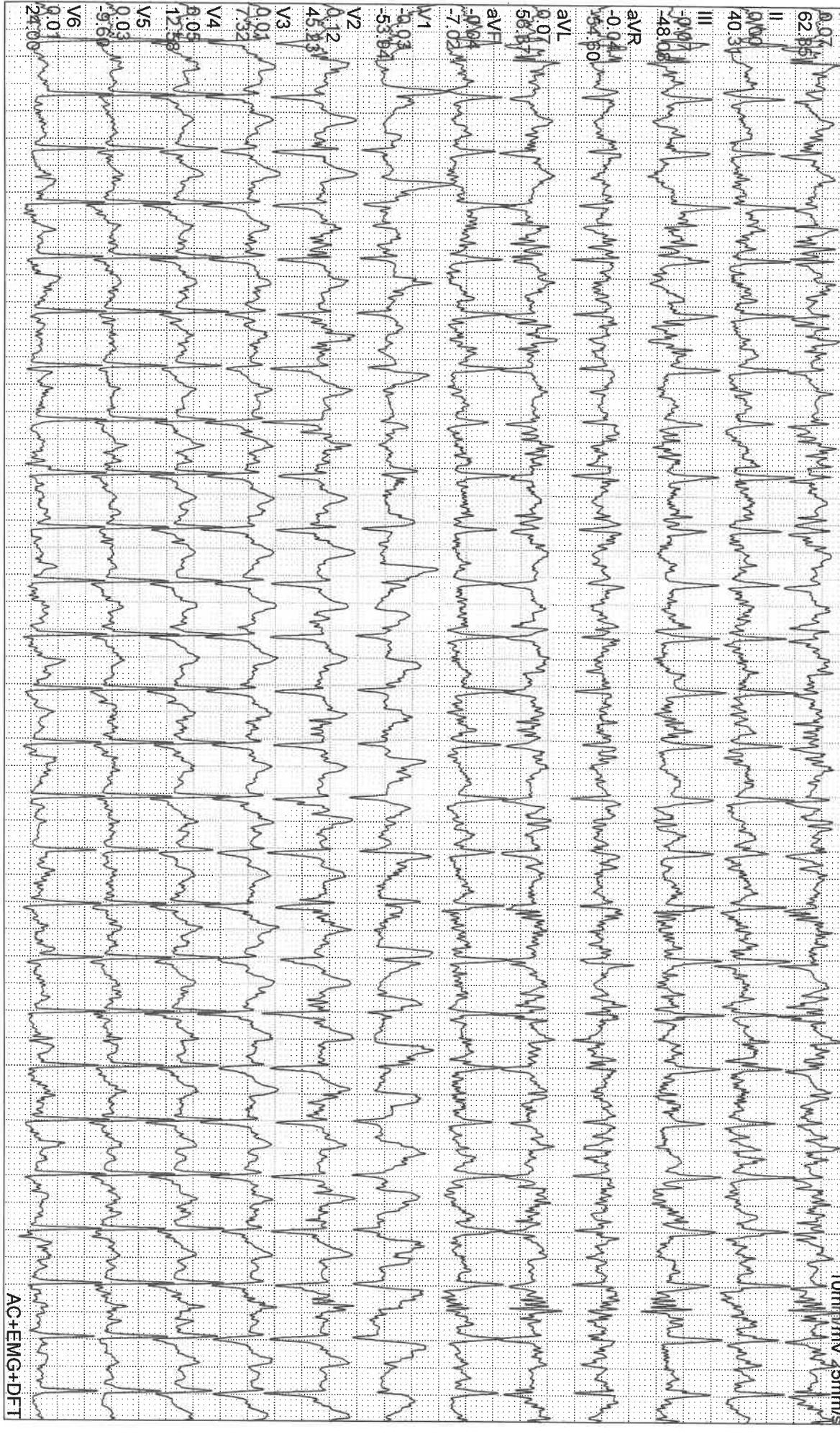
ID: Section:

Name: ILMA LUTFI Sex: Male

Age: 48

METs: 13.6 Exam Time: 2024-10-11 14:10

Time: 13:03 Stage: [6] EXE4 [6.8 km / h 16.0 %] ST: J + 55ms METS: 13.6
HR: 149 bpm BP: 150.0/80.0 mmHg ST unit: mV ST angle unit: deg.



KLINIK INDOSEHAT 2003 Stress Exercise Report

ECG Strips

ID:

Section:

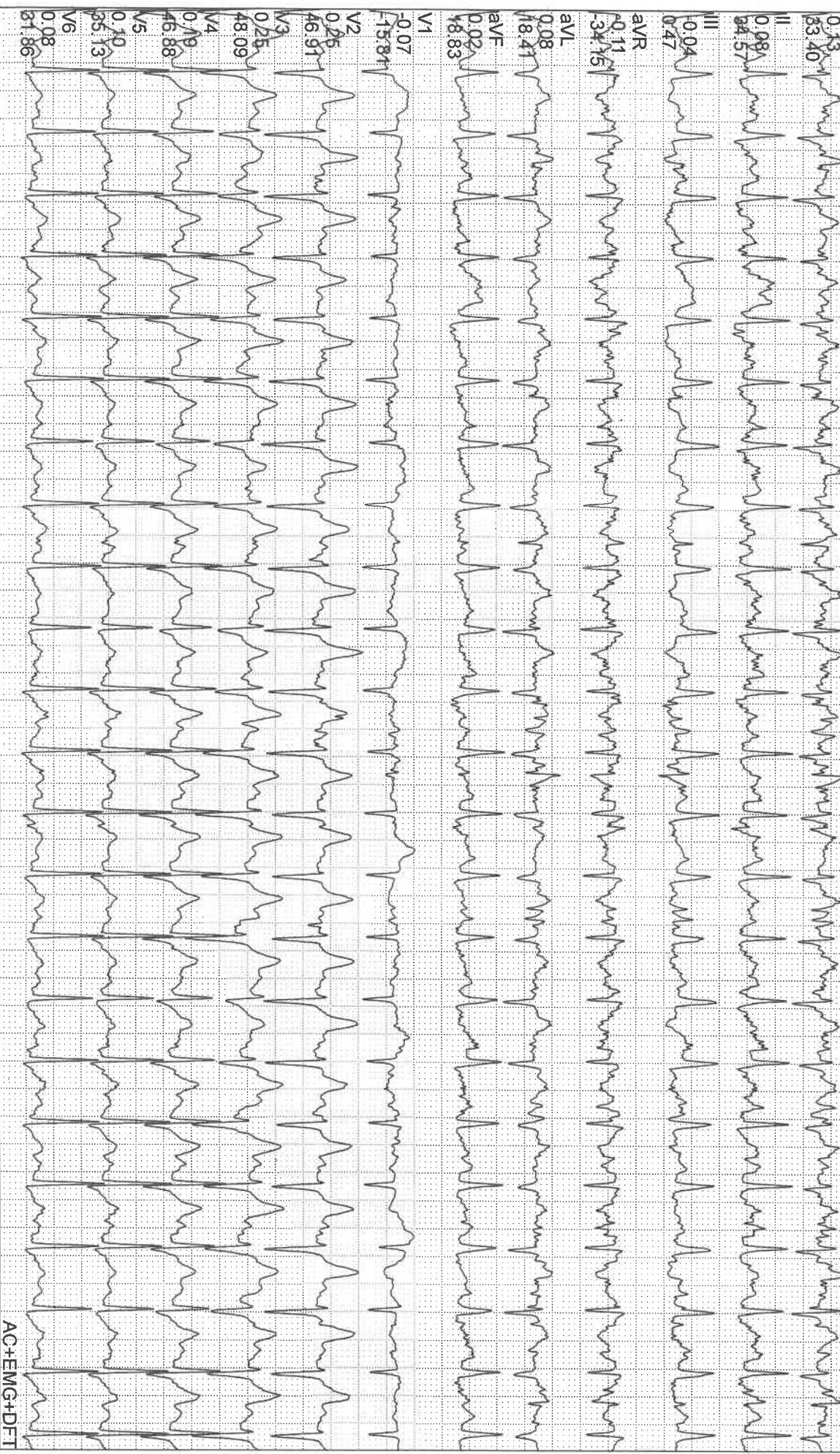
Name: ILMA LUTFI

Sex: Male

Age: 48

Exam Time: 2024-10-11 14:10

Time: 14:03	Stage: [7] REC1 [2.7 km/h 00 %]	METS: 2.3
HR: 136 bpm	BP: 160.0/80.0 mmHg	ST: J + 60ms
		ST unit: mV ST angle unit: deg 10mm/mV / 25mm/s



KLINIK INDOSEHAT 2003 Stress Exercise Report

ID:

Time: 15:03

HR: 125bpm

BP: 160.0/80.0 mmHg

ST: J + 60ms

METS: 1.5

ST unit: mV

ST angle unit: deg.

10mm/mV 25mm/s

Name: ILMA LUTFI

Sex: Male

Age: 48

Exam Time: 2024-10-11 14:10

ECG Strips

Section:

