



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-34888-2023

Este certificado se emite en conformidad con las disposiciones de la regla I/9 del Convenio STCW, 1978, enmendado, y la norma A-1/2 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-1/2 of the MLC, 2006, as amended, and certifies that seafarers are fit for sea service.

Apellido Surname: PABUBA	Nombre Given Name(s): ALBERTUS	Cédula / Pasaporte No. Id. Number/Passport No. E 5092175
Fecha de Nacimiento(dd/mm/aaaa): Date of Birth(dd/mm/yyyy) 23/09/1983	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		<input checked="" type="checkbox"/> <input type="checkbox"/>
¿La audición cumple con el estándar? Hearing meets standards?		<input checked="" type="checkbox"/> <input type="checkbox"/>
¿La audición es satisfactoria sin ayuda? Unaided hearing satisfactory?		<input checked="" type="checkbox"/> <input type="checkbox"/>
¿La agudeza visual cumple con el estándar? Visual acuity meets standards?		<input checked="" type="checkbox"/> <input type="checkbox"/>
¿La visión cromática cumple con el estándar? Colour vision meets standards?		<input checked="" type="checkbox"/> <input type="checkbox"/>
Fecha de la última prueba de visión cromática (Año/Mes/Día)? Date of last color vision test		2023-10-19
¿Apto para cometidos de vigía? Fit for look out duties?		<input checked="" type="checkbox"/> <input type="checkbox"/>
¿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?		<input type="checkbox"/> <input checked="" type="checkbox"/>
¿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?		<input checked="" type="checkbox"/> <input type="checkbox"/>
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

Date of Issue: 2023-10-20
Expiration Date: 2025-10-20
Name of the recognized medical practitioner: Pony Ndaruaaji



Firma y sello del médico reconocido/Signature and Stamp of the recognized medical practitioner
Dr. Pony Ndaruaaji
SIP No: 10/B.15A/31.72.04.1005.9.K-3/4-1.779.3/e/2023

Reg: 3111100317053064




- 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-00-07-31
NAME : ALBERTUS PABUBA
SEX : PRIA/MALE
DATE EXAMINE : 19 Oct 2023
PLACE & DATE OF BIRTH : MAKALE / 23 September 1983
NATIONALITY : INDONESIA
MAILING ADDRESS OF EXAMINEE : TONDOK TALLU RT 00 RW 00 MINANGA, NOSU
DUTY : ORDINARY SEAMAN
PASSPORT : E5092175



MEDICAL HISTORY (EXAMINEE PERSONAL DECLARATION)		PHYSICAL EXAMINATION					
	Yes / No	HEIGHT	WEIGHT	BMI	BLOOD PRESSURE	PULSE REGULAR	RESPIRATORY RATE
1. ALCOHOL HISTORY	No	172 cm	81 kg	27.00 kg/m ²	120/97 mmHg	64 X/min	19 X/min
2. ALLERGIC HISTORY	No	VISION	WITHOUT	WITH	COLOR VISION (ISIHARA'S METHOD)		
3. AMPUTATION	No	Right Eye	6/6		NORMAL		
4. BLOOD DISORDER	No	Left Eye	6/6				
5. BALANCE PROBLEM	No	Both Eye	6/6				
6. BACK OR JOINT PROBLEM	No	GENERAL APPEARANCE				LOOKING HEALTHY	
7. COLOUR BLINDNESS	No	LOOKING HEALTHY					
8. CANCER	No	NORMAL					
9. DIABETES	No	1. EYES	Yes				
10. DIGESTIVE DISORDER	No	2. EARS	Yes				
11. DEPRESSION	No	3. NOSE	Yes				
12. EPILEPSY	No	4. MOUTH	Yes				
13. EYE / VISION PROBLEM	No	5. THROAT	Yes				
14. EAR PROBLEM	No	6. NECK	Yes				
15. FRACTURE	No	7. THROID	Yes				
16. GENITAL DISORDER	No	8. LYMPH NODE	Yes				
17. HEART SURGERY	No	9. LUNGS	Yes				
18. HEART DISEASE	No	10. HEARTS	Yes				
19. HIGH BLOOD PRESSURE	No	11. ABDOMEN	Yes				
20. HERNIA	No	12. UROGENITAL SYSTEM	Yes				
21. INFECTIOUS DISEASE	No	13. UPPER EXTREMITIES	Yes				
22. KIDNEY PROBLEM	No	14. LOWER EXTREMITIES	Yes				
23. LUNG DISEASE	No	15. BACK ABNORMALITY	Yes				
24. LIVER PROBLEM	No	16. HERNIA	Yes				
25. LOST OF MEMORY	No	17. CENTRAL NERVOUS SYSTEM	Yes				
26. NARCOTIC HISTORY	No	18. SKIN & NAILS	Yes				
27. NEUROLOGICAL DISEASE	No	19. SPEECH	Yes				
28. OPERATION / SURGERY	No	20. OTHERS	Yes				
29. PSYCHIATRIC PROBLEM	No						
30. RESTRICTED MOBILITY	No						
31. SKIN PROBLEM	No						
32. SLEEP PROBLEM	No						
33. THYROID PROBLEM	No						
34. TUBERCULOSIS	No						
35. SMOKING	No						
DENTAL EXAMINATION		HEARING		If abnormal, give details			
8 7 6 5 4 3 2 1 1 2 3 4 5 6 7 8		NORMAL		TOTOT DUMEKSO			
8 7 6 5 4 3 2 1 1 2 3 4 5 6 7 8		Right Ear Yes		NR 0058 1392 5019			
• : Filling O : Caries ^ : Root Rest		Left Ear Yes					
x : Missing V : Prothesa							



INDOSEHAT 2003
CLINIC & MEDICAL CHECK-UP



SURAT KETERANGAN **TO WHOM IT MAY CONCERN**

Dengan ini kami menerangkan bahwa :
Here with acknowledge that :

Nama
Name : ALBERTUS PABUBA
Jenis Kelamin
Gender/Sex : PRIA/MALE
Tempat / Tanggal Lahir
Place / Date Of Birth : MAKALE / SEPTEMBER 23, 1983
Perusahaan
Company : PT. ANDHINI EKAKARYA SEJAHTERA
Jabatan
Occupation : ORDINARY SEAMAN



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

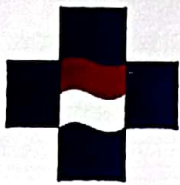


ALBERTUS PABUBA



dr. Pony Ndaruaji
Examination

Date Of Examination, October 19, 2023
Expiration Of Validity, October 18, 2025



REPORT LABORATORY RESULT

Company	: PT. ANDHINI EKAKARYA SEJAHTERA	Sex	: Male
Name	: MR. ALBERTUS PABUBA	No. MR	: 000731
MCU No.	: 018/MCUIIS/AES/X/23	Age	: 40 Years Old
Date Examination	: OCTOBER 19, 2023		

Laboratory Test	Reference Ranges	Result
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HAEMATOLOGY

Haemoglobin	13.0 – 18.0	gr / dl	14
White Blood Cell Count	5.0 – 10.0	/ ul	5
ESR	0 - 15	mm / hour	5
DIFFERENTIAL COUNT			
Eosinophil	0 - 1	%	1
Basophil	1 - 3	%	3
Stab	2 - 6	%	3
Segment	50 - 70	%	47
Lymphocyte	20 - 40	%	38
Monocyt	2 - 8	%	16
Platelet/ Trombosit	150.000-440 .000		268

BLOOD CHEMISTRY

Fasting Blood Sugar	60-110	mg / dl	98
Blood Sugar 2 PP	60-140	mg/ dl	115
Random Glucose	60 - 180	mg / dl	
Cholesterol	< 200	mg / dl	197
Triglyseride	< 200	mg / dl	199
SGOT	< 35	U / L	21
SGPT	< 45	U / L	36
Creatinin	0,7 - 1,4	mg / dl	1
Ureum	15 - 45	mg / dl	45
Fosfatase Alkali	30-120	mg/ dl	97
GGT	< 49	g/ml	37
BIL TOTAL	0,2-1,0	mg/dl	1
BIL DIRECT	0,1-1,2	mg/dl	



REPORT LABORATORY RESULT

Company	: PT. ANDHINI EKAKARYA SEJAHTERA	Sex	: Male
Name	: MR. ALBERTUS PABUBA	No. MR	: 000731
MCU No.	: 018/MCUIIS/AES/X/23	Age	: 40 Years Old
Date Examination	: OCTOBER 19, 2023		

Laboratory Test	Reference Ranges	Result
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URINALYSIS

Macroscopic

Specific Gravity	1,010 – 1,030	1015
Albumin	Negative	Negative
Glucose	Negative	Negative
PH		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 Reaktif	Non Reaktif
Hbs Ag	Non Reaktif	Non reaktif
HIV	Non Reaktif	



dr. Gunawan Eka Putra, Sp.PK
Chief Laboratory



INDOSEHAT 2003
CLINIC & MEDICAL CHECK-UP



LABORATORY FINDING

BLOOD TEST

URINALYSIS

HEMATOLOGY

HB : 14 gr/dl
WBC : 6
DIFF COUNT : 1/2/3/47/38/16

SPECIFIC GRAVITY : 1015
PROTEIN : Negative
GLUCOSE : Negative

BLOOD CHEMISTRY

CHOLESTEROL : 197 mg / dl
TRYGLISERIDES : 199 mg / dl

MICROSCOPIC :

WBC : 0-2 / hpt
RBC : 0-1 / hpt
CAST : Negative
CRYSTALS : Negative
BACTERIA : Negative

GDS : mg / dl
SGOT : 21 U/L
SGPT : 36 U/L
Creatinin : 1 mg / dl

SEROLOGY / IMUNOLOGI

Hbs Ag : Non reaktive
HIV :
VDRL : Non Reaktive

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 MAYOR PHYSICAL DEFECT ; FIT WITH RESTRICTION OF SELECTED ASSIGNMENT**
☐ **UNFIT TEMPORARY**

For duties on board ship
Doctor's Advice

HEALTH CERTIFICATE

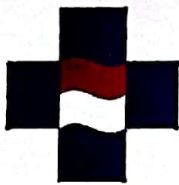
No. : 018/MCUI/AES/X/23

THIS TO CERTIFICATE THAT A MEDICAL EXAMINATION WAS GIVEN TO:
MR. ALBERTUS PABUBA AGE 40 YEARS

HE IS FOUND TO BE FIT FOR DUTY AS : OS
ISSUED AT JAKARTA
DATE OCTOBER 19, 2023
VALID UNTIL OCTOBER 19, 2025



dr. PONY NDARUAJI
Chief Physician



CERTIFICATION DRUGS AND ALCOHOL

MCU. No : 018/MCUI/AES/X/23
Company : PT. ANDHINI EKAKARYA SEJAHTERA
Date : OCTOBER 19, 2023

This is to certify that

Name : MR. ALBERTUS PABUBA
Sex : Male
Place/Date Of Birth : MAKALE/ SEPTEMBER 13, 1983
Age : 40 Years Old
Rank : OS

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, OCTOBER 19, 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. ALBERTUS PABUBA
Age : 40 Years Old

And was found him / her dentally FIT.

Jakarta, OCTOBER 19, 2023



Dentist



INDOSEHAT 2003
CLINIC & MEDICAL CHECK-UP



DENTAL CHECK UP REPORT

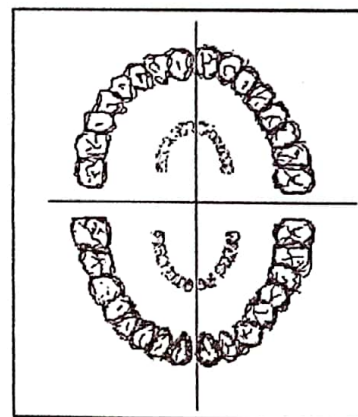
MCU No. : 018/MCUIIS/AES/X/23
Date : OCTOBER 19, 2023
Name of Crew : MR. ALBERTUS PABUBA
Age : 40 Years Old

Company/Shipping Co.:

CHIEF COMPLAINT :

FINDINGS :

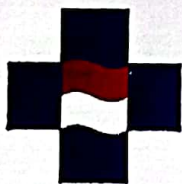
1. Teeth Missing :
2. Carious Teeth :
3. Periodontally involved teeth :
4. Others :



ADVISED :

Jakarta, OCTOBER 19, 2023

()
Drg. Triana



INDOSEHAT 2003
CLINIC & MEDICAL CHECK-UP



Declaration of Anti HIV Test Result

I Declara that Anti HIV Test Result From :

Name : MR. ALBERTUS PABUBA
No Client : 000731
MCU No. : 018/MCUIIS/AES/X/23
Sex : Male
Age : 40 Years Old

HIV	Negative
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Jakarta, OCTOBER 19, 2023

Examiner



dr. PONY NDARUAJI
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. ALBERTUS PABUBA** Pengirim : **PT. ANDHINI EKAKARYA SEJAHTER**

Umur / No. Foto : **40 TH / 000731** Rontgen : **THORAX AP**

Tanggal Rontgen : **OCTOBER 19, 2023**

Yth. Ts.

CHEST C-RAY POSTEROANTERIOR PROJECTION :

No sign of heart enlargement
Normal bronchovascular pattern
No sign of infiltrate of 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

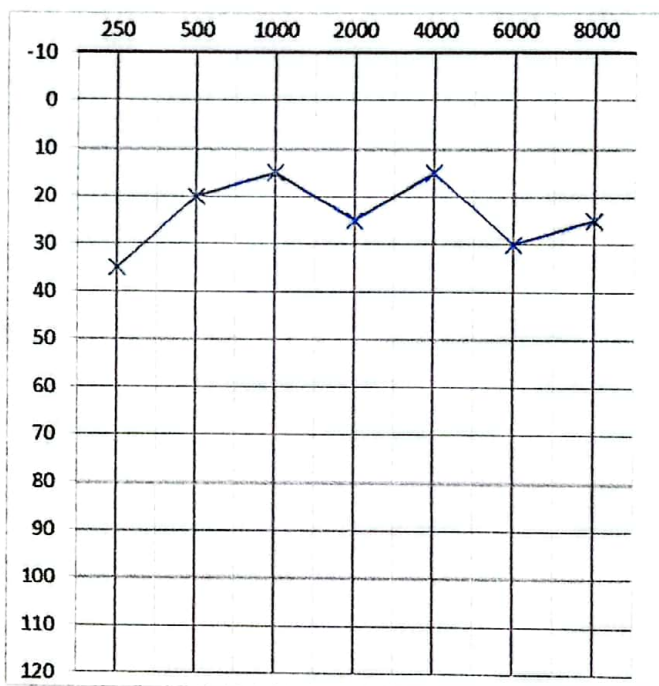
dr. ROSALINA, Sp. Rad.
21/B.15b/31.72.04.1005.05.005.C.1/3/-1.779.3/e/2020.
Tanda tangan :

Radiolog / Assisten :

<u>Company</u>	:	ANDHINI EKAKARYA SEJAHTERA
<u>Name</u>	:	ALBERTUS PABUBA
<u>Age</u>	:	40 YO
<u>No</u>	:	00-731

Tone Audiogram

LEFT - FF1



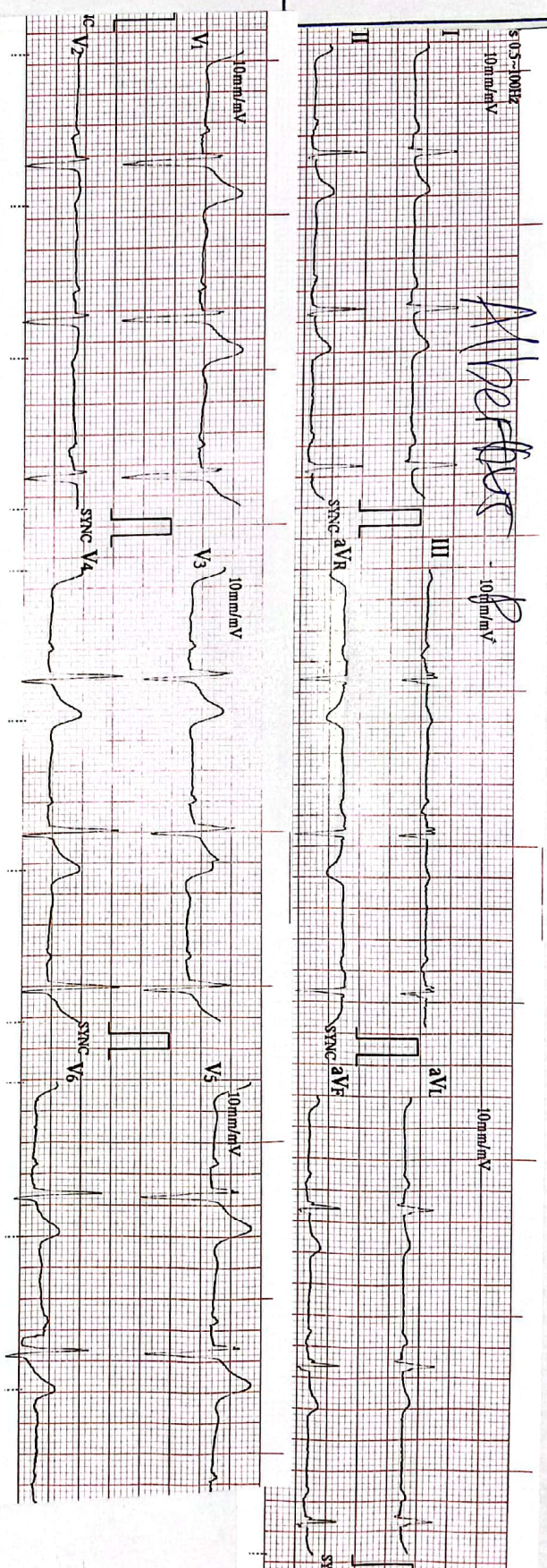
Left Ear Air Conduction							Left Ear (dB)
250	500	1000	2000	4000	6000	8000	
35	20	15	25	15	30	25	18,75

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

Conclusion : Pendengaran kedua telinga dalam batas normal

dr. Karisma Prameswari Sp.THT-KL

ELECTROKARDIOGRAM REPORT



**PEMERIKSAAN ELEKTROKARDIOGRAM
MEDICAL CHECK UP**

NO. MCU	:	000-931
TANGGAL PERIKSA	:	19 Oktober 2023
NAMA	:	Albertus P.
UMUR	:	40
PERUSAHAAN	:	Indo
KESIMPULAN	:	Sinus 60 x /mnt Normal

Dr. Ismugi, SpJP-FIH
Jawatan : Pembantu A
No. : 1111111111

dr. ISMUGI SpJP, FIHA
CARDIOLOGIST