



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-44788-2024

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.

<b>Apellido</b> Surname: RUKKA	<b>Nombre</b> Given Name(s): CHAKRA	<b>Cédula / Pasaporte No.</b> Id. Number/Passport No. X 1354424
<b>Fecha de Nacimiento(dd/mm/aaaa):</b> Date of Birth(dd/mm/yyyy) 06/11/1996	<b>Nacionalidad:</b> Nationality Indonesia	<b>Sexo:</b> Sex Male
		<b>Yes</b> <b>No</b>
¿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		2024-05-06
¿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 2024-05-07  
Expiration Date: 2026-05-07  
Name of the recognized medical practitioner: Pony Ndaruaji



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


- 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 debería 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

<b>COMPANY</b>	: PT. ANDHINI EKAKARYA SEJAHTERA		
<b>MCU NO.</b>	: CLC-00-45-81		
<b>NAME</b>	: CHAKRA RUKKA		
<b>SEX</b>	: PRIA/MALE		<b>DATE EXAMINE</b> : 06 May 2024
<b>PLACE &amp; DATE OF BIRTH</b>	: UJUNG PANDANG / 06 November 1996		<b>NATIONALITY</b> : INDONESIA
<b>MAILING ADDRESS OF EXAMINEE</b>	: JL. LANRAKI NO. 79A RT. 002/004 KEL. BERUA KEC. BIRINGKANAYA		<b>PASSPORT</b> : X1354424
<b>DUTY</b>	: THIRD OFFICER		

MEDICAL HISTORY (EXAMINE PERSONAL DECLARATION)		PHYSICAL EXAMINATION						
	Yes / No	<b>HEIGHT</b>	<b>WEIGHT</b>	<b>BMI</b>	<b>BLOOD PRESSURE</b>	<b>PULSE REGULAR</b>	<b>RESPIRATORY RATE</b>	
1. ALCOHOL HISTORY	No	170 cm	73 kg	25.30 kg/m <sup>2</sup>	118/83 mmHg	84 X/min	18 X/min	
2. ALLERGIC HISTORY	No							
3. AMPUTATION	No	<b>VISION</b>	<b>WITHOUT</b>	<b>WITH</b>	<b>COLOR VISION (ISHIHARA'S METHOD)</b>			
4. BLOOD DISORDER	No	Right Eye	6/6		NORMAL			
5. BALANCE PROBLEM	No	Left Eye	6/6					
6. BACK OR JOINT PROBLEM	No	Both Eye	6/6					
7. COLOUR BLINDNESS	No	<b>GENERAL APPEARANCE</b>						
8. CANCER	No	LOOKING HEALTHY						
9. DIABETES	No	NORMAL						
10. DIGESTIVE DISORDER	No	1. EYES	Yes					
11. DEPRESSION	No	2. EARS	Yes					
12. EPILEPSY	No	3. NOSE	Yes					
13. EYE / VISION PROBLEM	No	4. MOUTH	Yes					
14. EAR PROBLEM	No	5. THROAT	Yes					
15. FRACTURE	No	6. NECK	Yes					
16. GENITAL DISORDER	No	7. THROID	Yes					
17. HEART SURGERY	No	8. LYMP NODE	Yes					
18. HEART DISEASE	No	9. LUNGS	Yes					
19. HIGH BLOOD PRESSURE	No	10. HEARTS	Yes					
20. HERNIA	No	11. ABDOMEN	Yes					
21. INFECTIOUS DISEASE	No	12. UROGENITAL SYSTEM	Yes					
22. KIDNEY PROBLEM	No	13. UPPER EXTREMITIES	Yes					
23. LUNG DISEASE	No	14. LOWER EXTREMITIES	Yes					
24. LIVER PROBLEM	No	15. BACK ABNORMALITY	Yes					
25. LOST OF MEMORY	No	16. HERNIA	Yes					
26. NARCOTIC HISTORY	No	17. CENTRAL NERVOUS SYSTEM	Yes					
27. NEUROLOGICAL DISEASE	No	18. SKIN & NAILS	Yes					
28. OPERATION / SURGERY	No	19. SPEECH	Yes					
29. PSYCHIATRIC PROBLEM	No	20. OTHERS	Yes					
30. RESTRICTED MOBILITY	No							
31. SKIN PROBLEM	No							
32. SLEEP PROBLEM	No							
33. THYROID PROBLEM	No							
34. TUBERCULOSIS	No							
35. SMOKING	No							
<b>DENTAL EXAMINATION</b>		<b>HEARING</b>		If abnormal, give details				
8 7 6 5 4 3 2 1   1 2 3 4 5 6 7 8		NORMAL						
8 7 6 5 4 3 2 1   1 2 3 4 5 6 7 8		Right Ear Yes						
• : Filling O : Caries ^ : Root Rest x : Missing V : Prothesa		Left Ear Yes						





**INDOSEHAT 2003**  
**CLINIC & MEDICAL CHECK-UP**



**SURAT KETERANGAN**  
**TO WHOM IT MAY CONCERN**

**Dengan ini kami menerangkan bahwa :**  
*Here with acknowledge that :*

**Nama** : CHAKRA RUKKA  
*Name*  
**Jenis Kelamin** : PRIA/MALE  
*Gender/Sex*  
**Tempat / Tanggal Lahir** : UJUNG PANDANG / NOVEMBER 06, 1996  
*Place / Date Of Birth*  
**Perusahaan** : PT. ANDHINI EKAKARYA SEJAHTERA  
*Company*  
**Jabatan** : THIRD OFFICER  
*Occupation*



**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 ness.*



CHAKRA RUKKA

Jakarta, 06 May 2024

  
**dr. Pony Noaruaji**  
Examination

**Date Of Examination, May 06, 2024**  
**Expiration Of Validity, May 06, 2026**



## REPORT LABORATORY RESULT

<b>Company</b>	: PT. ANDHINI EKAKARYA SEJAHTERA	<b>Sex</b>	: Male
<b>Name</b>	: MR.CHAKRA RUKKA	<b>No. MR</b>	: 004581
<b>MCU No.</b>	: 003/MCUIA/V/24	<b>Age</b>	: 27 Years Old
<b>Date Examination</b>	: MAY 06, 2024		

Laboratory Test	Reference Ranges	Result
-----------------	------------------	--------

### HAEMATOLOGY

Haemoglobin	13.0 – 18.0	gr / dl	17,3
White Blood Cell Count	5.0 – 10.0	/ ul	8
ESR	0 - 15	mm / hour	8
<b>DIFFERENTIAL COUNT</b>			
Eosinophil	0 – 1	%	0,59
Basophil	1 – 3	%	3
Stab	2 – 6	%	3
Segment	50 – 70	%	55
Lymphocyte	20 – 40	%	34,5
Monocyt	2 – 8	%	11
Platelet/ Trombosit	150.000-440 .000		246

### BLOOD CHEMISTRY

Fasting Blood Sugar	60-110	mg / dl	89
Blood Sugar 2 PP	60-140	mg/ dl	123
Random Glucose	60 – 180	mg / dl	
Cholesterol	< 200	mg / dl	152
Triglyceride	< 200	mg / dl	125
SGOT	< 35	U / L	24
SGPT	< 45	U / L	27
Creatinin	0,7 – 1,4	mg / dl	0,81
Ureum	15 – 45	mg / dl	23
Fosfatase Alkali	30-120	mg/ dl	51
GGT	< 49	g/ml	45
BIL TOTAL	0,2-1,0	mg/dl	0,7
BIL DIRECT	0,1-1,2	mg/dl	



## REPORT LABORATORY RESULT

<b>Company</b>	: PT. ANDHINI EKAKARYA SEJAHTERA	<b>Sex</b>	: Male
<b>Name</b>	: MR.CHAKRA RUKKA	<b>No. MR</b>	: 004581
<b>MCU No.</b>	: 003/MCUIA/A/V/24	<b>Age</b>	: 27 Years Old
<b>Date Examination</b>	: MAY 06, 2024		

Laboratory Test	Reference Ranges	Result
-----------------	------------------	--------

### URINALYSIS

Macroscopic		
Specific 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	0-1
RBC / hpf	1 – 4	0-2
Cast	Negative	Negative
Crystal	Negative	Negative
Bacteria	Negative	Negative
Others	Negative	Negative

### SEROLOGY / IMMUNOLOGY

VDRL	Non Reactive	Non Reactive
Hbs Ag	Non Reactive	Non reactive
HIV	Non Reactive	Non reactive

**dr. Gunawan Eka Putra, Sp.PK**  
Chief Laboratory







LABORATORY FINDING	
<b>BLOOD TEST</b>	<b>URINALYSYS</b>
<b>HEMATOLOGY</b>	<b>SPECIFIC GRAVITY : 1015</b>
HB : 17,3 gr/dl	<b>PROTEIN : Negative</b>
WBC : 7,83	<b>GLUCOSE : Negative</b>
DIFF COUNT : 0,59/1,78/3/55/34,5/11	
<b>BLOOD CHEMISTRY</b>	<b>MICROSCOPIC :</b>
CHOLESTEROL : 152 mg / dl	WBC : 0-1 / hpt
TRYGLISERIDES : 125 mg / dl	RBC : 0-2 / hpt
	CAST : Negative
	CRYSTALS : Negative
	BACTERIA : Negative
GDS : mg / dl	
SGOT : 24 U/L	
SGPT : 27 U/L	
Creatinin : 0,81 mg / dl	
<b>SEROLOGY / IMUNOLOGI</b>	
Hbs Ag : Non reaktive	
HIV : Non reaktive	
VDRL : Non Reaktive	
<b>CHEST X-RAY</b>	<b>Report</b>
	<b>NORMAL</b>
<b>OTHER DIAGNOSTIC TEST</b>	
ECG : NORMAL	
<b>COMMENT ON MEDICAL HISTORY AND CLINICAL EVALUATION</b>	
The abovenamed person physically :	
<div style="border: 2px solid blue; padding: 5px; display: inline-block;"><b>FIT TO BE DUTY ON BOARD SHIP</b></div>	
<input checked="" type="checkbox"/> <b>FIT</b>	
<input type="checkbox"/> <b>FIT WITH MINOR CORRECTABLE DEFECT</b>	
<input type="checkbox"/> <b>HAS MAYOR PHYSICAL DEFECT ; FIT WITH RESTRICTION OF SELECTED ASSIGNMENT</b>	
<input type="checkbox"/> <b>UNFIT TEMPORARY</b>	
For duties on board ship	
Doctor's Advice	
<b>HEALTH CERTIFICATE</b>	
No. : 003/MCUIS/A/V/24	
THIS TO CERTIFICATE THAT A MEDICAL EXAMINATION WAS GIVEN TO :	
MR. CHAKRA RUKKA AGE 27 YEARS	
<b>HE IS FOUND TO BE FIT FOR DUTY AS : THIRD OFFICER</b>	
ISSUED AT JAKARTA	
DATE MAY 06, 2024	
VALID UNTIL MAY 06, 2026	
<div style="text-align: right;"> <b>dr. PONY NDARUAJI</b> Chief Physician</div>	



**INDOSEHAT 2003**  
**CLINIC & MEDICAL CHECK-UP**



## CERTIFICATION DRUGS AND ALCOHOL

MCU. No : 003/MCUIIS/AN/24  
Company : PT. ANDHINI EKAKARYA SEJAHTERA  
Date : MAY 06, 2024

### This is to certify that

Name : MR. CHAKRA RUKKA  
Sex : Male  
Place/Date Of Birth : UJUNG PANDANG/ NOVEMBER 06, 1996  
Age : 27 Years Old  
Rank : THIRD OFFICER

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, MAY 06, 2024



dr. PONY NDARUAJI  
Medical Review Officer

Eks. Komp. Gaya Motor  
Jl. Isuzu No. 32 RT. 04 RW. 08 Semper Timur,  
Cilincing, Jakarta Utara 14130  
Telp. (021) 4411281



**INDOSEHAT 2003**  
**CLINIC & MEDICAL CHECK-UP**



## DENTAL HEALTH CERTIFICATE

This is to certify that today I have examined :

Name : MR. CHAKRA RUKKA  
Age : 27 Years Old

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

Jakarta, MAY 06, 2024



( Drg. Triana )

Dentist





## DENTAL CHECK UP REPORT

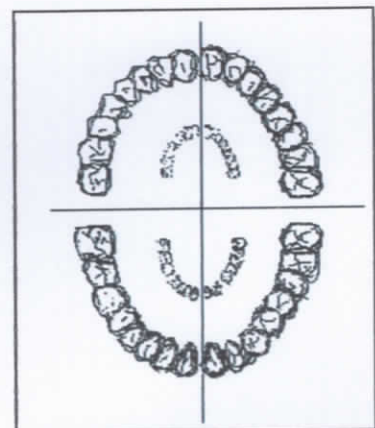
MCU No. : 003/MCUIA/V/24  
Date : MAY 06, 2024  
Name of Crew : MR. CHAKRA RUKKA  
Age : 27Years Old

Company/Shipping Co.:

### CHIEF COMPLAINT :

### FINDINGS :

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



### ADVISED :

Jakarta, MAY 06, 2024

(  )  
**Drg. Triana**



**INDOSEHAT 2003**  
**CLINIC & MEDICAL CHECK-UP**



### Declaration of Anti HIV Test Result

I Declara that Anti HIV Test Result From :

**Name** : MR. CHAKRA RUKKA  
**No Client** : 004581  
**MCU No.** : 003/MCUIIS/A/V/24  
**Sex** : Male  
**Age** : 27 Years Old

HIV	Negative
-----	----------

Jakarta, MAY 06, 2024



**dr. PONY NDARUAJI**  
Medical Review Officer

Examiner

Laboratory Analyst



# KLINIK UTAMA INDOSEHAT 2003 MEDICAL CENTRE

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

Nama Pasien : **MR. CHAKRA RUKKA** Pengirim : PT. ANDHINI EKAKARYA SEJAHTER  
Umur / No. Foto : 27 TH / 004581 Rontgen : THORAX AP  
Tanggal Rontgen : MAY 06, 2024

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.**  
150311.72.04.1005.05.005.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 :



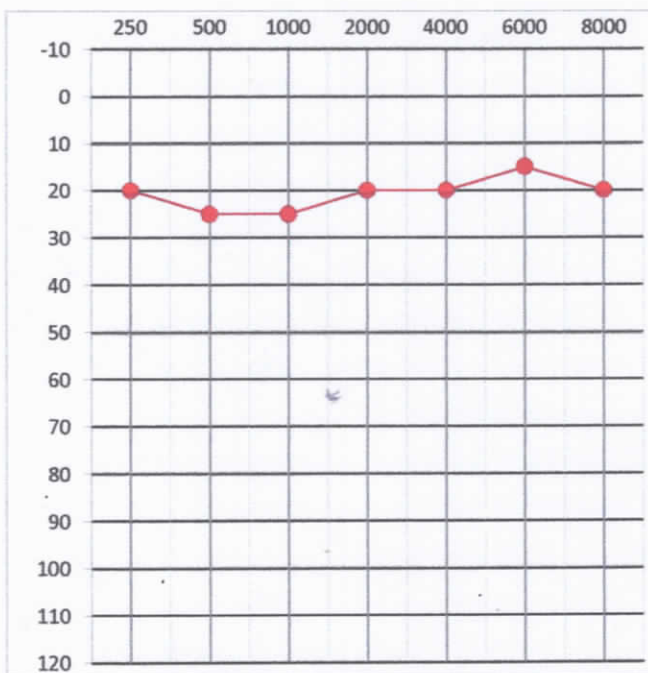
PATIENT DATA

Company : PT. ANDHINI  
 Name : CHAKRA RUKKA  
 Age : 27 YO  
 No : 00-45-81

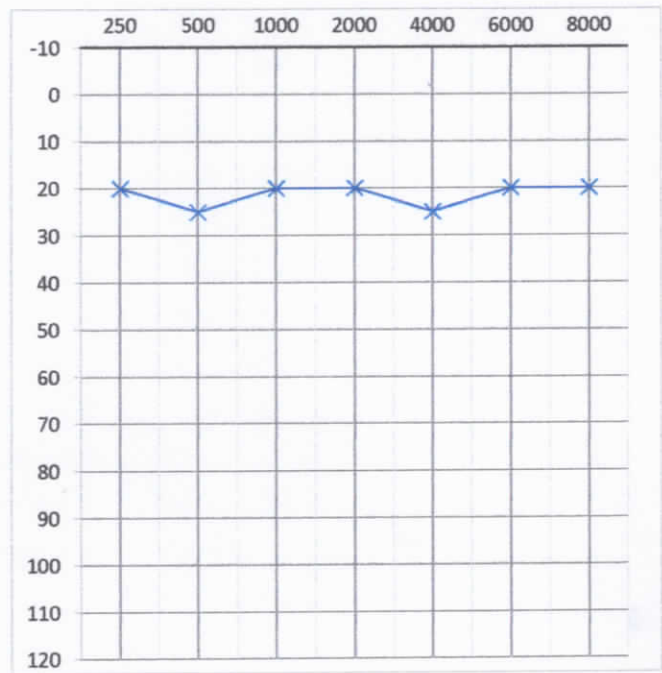
Instrument : Audiometer audiometri

Tone Audiogram

RIGHT - FF1



LEFT - FF1



Right Ear Air Conduction							Right Ear (dB)
250	500	1000	2000	4000	6000	8000	
20	25	25	20	20	15	20	22,5

Left Ear Air Conduction							Left Ear (dB)
250	500	1000	2000	4000	6000	8000	
20	25	20	20	25	20	20	22,5

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 22,5 dB

Left Ear : Ambang dengar normal 22,5 dB

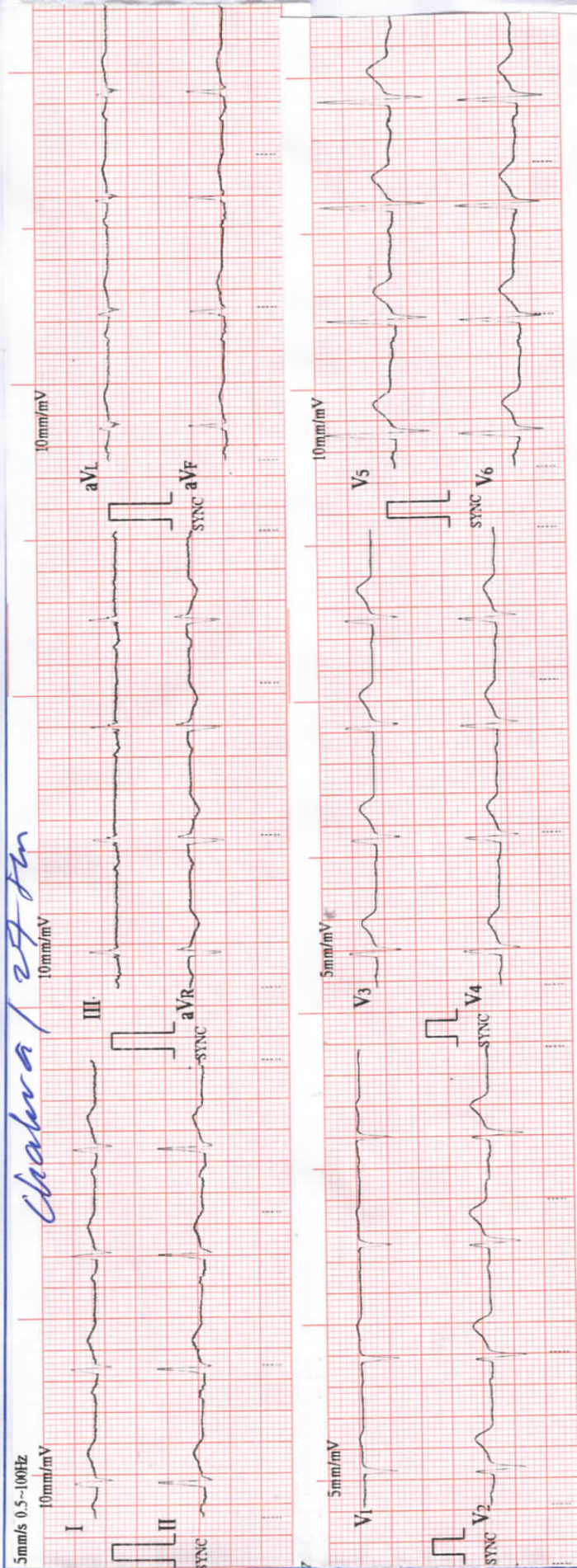
Conclusion : Pendengaran kedua telinga dalam batas normal

dr. KARISMA PRAMESWARI P.N. Sp. THT-KL  
 14/B.15B/31.72.04.1005.05.005 C 13-1779 3e7521

Examining Physician  
 dr Karisma Prameswari Sp.THT-KL

# ELECTROKARDIOGRAM REPORT

Charana / 29 Jan



I  
II  
III

aVR  
aVL  
aVF

V1  
V2  
V3

V4  
V5  
V6

**PEMERIKSAAN ELECTROKARDIOGRAM  
MEDICAL CHECK UP**

NO. MCU	:	004581
TANGGAL PERIKSA	:	06 Mei 2024
NAMA	:	chaera Rutka
UMUR	:	27. h
PERUSAHAAN	:	Andhri Elcatara Samudra
KESIMPULAN	:	sinus 84 x /mnt Normal



**dr. ISMUGI SpJP, FIHA**  
CARDIOLOGIST