

D. PEMERIKSAAN FISIK (PHYSICAL EXAMINATION)
1. KEADAAN UMUM (GENERAL SURVEY)

SADAR / COMPOS MENTIS

2. TANDA-TANDA VITAL (VITAL SIGNS)

TEKANAN DARAH (BLOOD PRESSURE)	NADI (PULSE)	RESPIRASI (RESPIRATION)	Suhu (TEMPERATURE)
150/93 mmHg	79 X / MENIT	18 X / MENIT	36.8 °C

BERAT BADAN (WEIGHT)	TINGGI BADAN (HEIGHT)	INDEKS MASSA TUBUH (IMT) BODY MASS INDEX (BMI)
92 Kg	176 cm	30.04 Kg/cm

3. KATEGORI INDEKS MASSA TUBUH / BODY MASS INDEX CATEGORY

LAKI-LAKI (MALE)		PEREMPUAN (FEMALE)	
NILAI (VALUE)	KATEGORI (CATEGORY)	NILAI (VALUE)	KATEGORI (CATEGORY)
< 17	KURUS (THIN)	< 18	KURUS (THIN)
17 - 23	NORMAL	18 - 25	NORMAL
23 - 27	KEGEMUKAN (FATNESS)	25 - 27	KEGEMUKAN (FATNESS)
>27	OBESITAS (OBESITY)	> 27	OBESITAS (OBESITY)

E. PEMERIKSAAN DOKTER UMUM (GENERAL PHYSICIAN'S EXAMINATION)

BAGIAN TUBUH (PART OF THE BODY)	NORMAL	ABNORMAL
KEPALA (HEAD)		
MATA (EYE)	✓	
TELINGA (EAR)	✓	
HIDUNG (NOSE)	✓	
MULUT (MOUTH)	✓	
LEHER (NECK)		
PALPASI (PALPATION)	✓	
KELENJAR GETAH BENING (LYMPH GLAND)	✓	
TEKANAN VENA JUGULARIS (JUGULARIS VENOUS PRESSURE / JVP)	✓	
THORAX		
BENTUK (FORM)	✓	
PALPASI (PALPATION)	✓	
AUSKULTASI (AUSCULTATION)	✓	
ABDOMEN		
BENTUK (FORM)	✓	
PALPASI (PALPATION)	✓	
AUSKULTASI (AUSCULTATION)	✓	
EKSTREMITAS (EXTREMITY OF THE BODY)		
TANGAN KANAN (RIGHT HAND)		
BENTUK (FORM)	✓	
PERGERAKAN (MOVEMENT)	✓	
TANGAN KIRI (LEFT HAND)		
BENTUK (FORM)	✓	



BAGIAN TUBUH (PART OF THE BODY)	NORMAL	ABNORMAL
PERGERAKAN (MOVEMENT)	√	
KAKI KANAN (RIGHT FOOT)		
BENTUK (FORM)	√	
PERGERAKAN (MOVEMENT)	√	
KAKI KIRI (LEFT FOOT)		
BENTUK (FORM)	√	
PERGERAKAN (MOVEMENT)	√	

F. HASIL PEMERIKSAAN PENUNJANG (SUPPORTING EXAMINATION RESULTS)

1. TEST FISIK : Dalam batas normal
2. MMPI : Konsisten
3. NARKOBA : Negatif

G. KESIMPULAN (CONCLUSION)

DOKTER UMUM (GENERAL PHYSICIAN) : **SEHAT JASMANI**
Untuk pengajuan fungsional Dosen dan
pengajuan persyaratan NIDN

H. SARAN (SUGGESSTION)

1. Diet Seimbang (*Balance Diet*)
2. Olahraga teratur (*Regular Exercise*)
3. Lakukan pemeriksaan rutin Medical Check Up setiap satu tahun sekali (*Do Medical Check Up every once year regulary*)