

LAMPIRAN

Lampiran 1. Logbook bimbingan skripsi



Prodi Sarjana Kedokteran
Fakultas Kedokteran Militer
Universitas Pertahanan RI
2024

LEMBAR KONSULTASI BIMBINGAN SKRIPSI

Nama : Aries Firmansyah.
NIM : 3204101013
Judul Skripsi : Hubungan Gedy Fast terhadap Bone Mineral Density sebagai Penilaian Risiko Osteoporosis (Percepatan Speed of Sound (SOS) Pada personil militer
Nama Pembimbing : 1. Batalyon Infanteri Mekanis 203/Arja Kemuning, Jaya Sekeloa.
2. dr. Alfa Januar Krista, Sp.OT., M.Kes., FICS.
2. dr. Nunuk Sri Redjeki, Sp.RM.

No.	Tanggal	Kegiatan	Nama Pembimbing	Paraf
1	17-Mei-2024	Konsultasi Judul	dr. Nunuk, Sp.RM.	[Signature]
2	16-Mei-2024	Konsultasi Judul	dr. Alfa, Sp.OT.	online
3	27-Mei-2024	Konsultasi Judul Skripsi	1. dr. Alfa, Sp.OT 2. dr. Nunuk, Sp.RM.	online
4	07-Juni-2024	Survey Data Lapangan	dr. Nunuk, Sp.RM.	[Signature]
5	11-Juni-2024	Penyusunan Data Lapangan	1. dr. Alfa, Sp.OT 2. dr. Nunuk, Sp.RM.	online
6	02-Juli-2024	Revisi Proposal	1. dr. Alfa, Sp.OT 2. dr. Nunuk, Sp.RM.	[Signature]
7	10-Agustus-2024	Pengambilan data	1. dr. Alfa, Sp.OT 2. dr. Nunuk, Sp.RM.	[Signature]
8	15-September-2024	Konversi data	1. dr. Alfa, Sp.OT 2. dr. Nunuk, Sp.RM.	[Signature]
9	11-Oktober-2024	Master data	1. dr. Alfa, Sp.OT 2. dr. Nunuk, Sp.RM.	[Signature]
10	21-November-2024	Pembuatan bab 4	1. dr. Alfa, Sp.OT 2. dr. Nunuk, Sp.RM.	[Signature]
11	05-Desember-2024	Pembuatan bab 5	1. dr. Alfa, Sp.OT 2. dr. Nunuk, Sp.RM.	[Signature]
12	02-Januari-2025	Revisi keseluruhan	1. dr. Alfa, Sp.OT 2. dr. Nunuk, Sp.RM.	[Signature]

Lampiran 2. Lembar *Informed Consent*

LEMBAR PERSETUJUAN KEIKUTSERTAAN DALAM PENELITIAN

Saya telah membaca semua penjelasan tentang penelitian ini. Saya telah diberikan kesempatan untuk bertanya dan semua pertanyaan saya telah dijawab dengan jelas. Saya bersedia untuk berpartisipasi pada studi penelitian ini dengan sukarela.	Saya mengkonfirmasi bahwa peserta telah diberikan kesempatan untuk bertanya mengenai penelitian ini, dan semua pertanyaan telah dijawab dengan benar. Saya mengkonfirmasi bahwa persetujuan telah diberikan dengan sukarela.
(.....)	Arief Firmansyah
Tanggal :	Tanggal :

Informasi Komisi Etik Penelitian Kesehatan FKIK Unhan RI:

Alamat : Fakultas Kedokteran dan Ilmu Kesehatan, Universitas Pertahanan Republik Indonesia, Kawasan IPSC, Sukahati, Kec. Citeureup, Sentul Kab. Bogor, Jawa Barat, Indonesia. Kode Pos: 16810.

Lampiran 3. Lembar Penilaian SOS

OM-200 light

Bone Density Measurement Result

Date measured 7/18/2013

Name	Mary FURUNO	Sex	Female	Age	50
ID	F0001	Height	165.0cm	Weight	65.0kg
Tag	FURUNO Clinic	Foot	Right	Menopause	--

<Measurement result> Young adult mean: 1528m/s

Speed of Sound in your heel bone is **1520 m/s**.
 Your bone age equivalency is **46 years old**.

* SOS value equivalent to DXA lumbar bone density.

Equivalent to **90%** of young adult mean. * (T-SCORE: -0.55)

Equivalent to **104%** of age-matched. * (Z-SCORE: 0.22)

Foot size	20 cm	Unit temp.	28.2°C
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E0708.303

The circle indicates your measurement value.

Within dotted lines: +/-1SD Value
(the age-matched zone)

Normal zone
(1505m/s or more)

Osteopenia zone
(1456m/s or more
less than 1505m/s)

Osteoporosis zone
(less than 1456m/s)

<Comments>

The SOS value shows your bone density seems equivalent to the standard value of young normal controls. However, it is known that bone mass starts decreasing from age of forties, especially after menopause. It is advisable to have proper amount of exercise and calcium intake to maintain your bone mass. Further periodical checkups are recommended.

<Remarks>

Lampiran 4. Lembar Penilaian BIA

Name

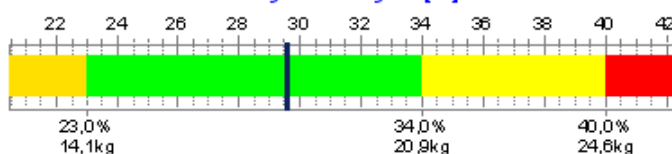
(Gender) Age

Current Check

Date: 01.11.2010

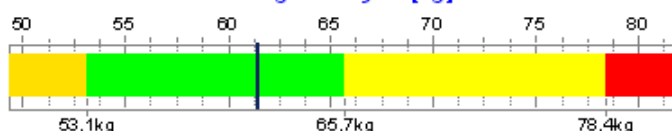
Body Fat: 29,6 %
=18,2 kg

Body Fat Analysis [%]



Weight: 61,5 kg

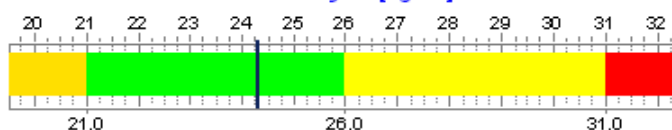
Weight Analysis [kg]



Height: 159 cm

BMI: 24,3 kg/m²

BMI Analysis [kg/m²]



Body Water: 50,1 %
=30,8 kg

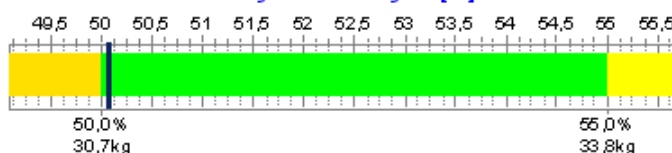
ECW: 13,5 kg

ECW/TBW: 43,8 %

ICW: 17,3 kg

ICW/TBW: 56,2 %

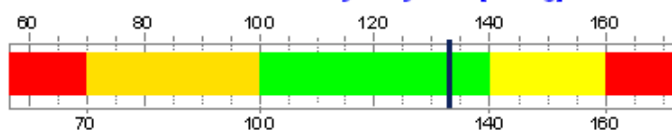
Body Water Analysis [%]



Date: 20.10.2010

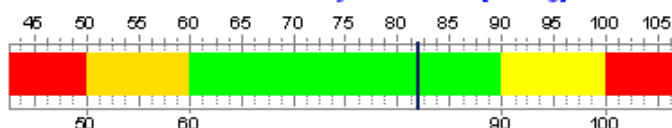
Blood Pressure systolic: 133 mmHg

Blood Pressure Analysis systolic [mmHg]



Blood Pressure diastolic: 82 mmHg

Blood Pressure Analysis diastolic [mmHg]



Legend:



Low



Decreased



Good



Increased



High

Lampiran 5. Surat Etik Penelitian

Komite Etik Penelitian Kesehatan
Fakultas Kedokteran dan Ilmu Kesehatan
Universitas Pertahanan Republik Indonesia

ETHICS COMMITTEE APPROVAL

Ref. No. 24-08-069

Title of the Research Protocol : Hubungan *Body Fat* Dengan *Bone Mineral Density* Berdasarkan *Speed Of Sound* (SOS) Pada Personel Militer Batalyon Infanteri Mekanis 203/Arya Kemuning, Jaya Sakti

Document(s) Approval and revision : Protocol, Informed Consent

Principle Investigator (PI) : Arief Firmansyah

Participating Investigator : 1. dr. Alfa Januar Krista, Sp.OT., M.Kes., FICS
2. dr. Nunuk Sri Redjeki, Sp.RM.
3. Dr. dr. Amin Ibrizaton, S.H., M.A.R.S., M.H.
4. Khoirul Ima, S.Ft., M.Biomed

Date of Approval : 6 September 2024

Valid for : 1 year from the date of approval

Institution(s)/place(s) of research : Batalyon Infanteri Mekanis 203/Arya Kemuning, Jaya Sakti

The Medical Research Ethics Committee of Indonesian Defence University (MREC Unhan RI) states that the document above meets the ethical principle outlined in the International and National Guidelines on ethical standards and procedures for researches in human being.

The MREC Unhan RI has the right to monitor the research activities at any time.

The PI is obliged to submit the final report upon the complementary of study.

Panel's Vicè Chairperson



Dr. Arief Budi Witarto, B.Eng., M.Eng.

Panel's Secretary



Zahwa Arsy Az Zahra, M.Sc(Bioethics).

Lampiran 6. Master Data Penelitian

Kategori										Sub-kategori										Detail										Catatan									
A										B										C										D									
1										2										3										4									
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Lampiran 7. Dokumentasi Pengambilan Data Penelitian





