

ROUTINE/PERIODIC EXAMINATION REPORT (MEDICAL- CONFIDENTIAL)



RUSAYL HEALTH CENTRE
ISO 9001- 2015 Certified Co.

PLEASE COMPLETE YOUR PERSONAL DETAILS IN BLOCK CAPITALS

Surname/Forenames *Sajid Hussain*

Nationality *Pakistan*

Company Number: *1726* Reference Indicator: *Jurkowm*

Mobile No. <i>90502335</i>	Home/Leave Address: <i>Pakistan</i>	
Personal Details <i>34y</i> DOB - <i>01/01/1989</i> ITD - <i>105432319</i> A <input checked="" type="checkbox"/> Male <input type="checkbox"/> Female <input type="checkbox"/> Married <input type="checkbox"/> Single <input type="checkbox"/> Separated /Divorced /Widow(er)		
Home/Leave Address:	Relationship to employee <input type="checkbox"/> Wife <input type="checkbox"/> Son <input type="checkbox"/> Daughter	No of Children:
Reason for Examination (tick as appropriate) <input type="checkbox"/> Periodic Medical Examination <input checked="" type="checkbox"/> Final / Retirement <input type="checkbox"/> Other Reason: <input type="checkbox"/>		

Employee only

B Present Job and Location: <i>ITD</i>	Next Job and Location: <i>NIMR</i>
Are you a registered person with special needs? <input type="checkbox"/>	Do you belong to any Medical Insurance Scheme? <input type="checkbox"/>

Previous Medical History: All important medical events should be listed and dated at every medical examination. To be completed together with the interviewing Nurses or Doctor who will be able to help by referring to your notes.

Please answer the following questions and tick 'N' (no) or 'Y' (yes) in the column. If 'Y' Please describe

	N	Y	Description
Have you, since your last medical been treated by your family doctor or specialist for significant (major) ailments?			
1 Ear, nose, eye or throat problems			
2 Chest problems like asthma, bronchitis, other bad cough			
3 Heart abnormality, chest pains			
4 Abdominal pains, abnormal bowel motions			
5 Urogenital problems (kidney disease, menstrual disorder)			
6 Skin trouble or allergies			
7 Epileptic fits, dizzy spells or migraine			
8 History of mental illness, depression anxiety			
9 Diabetes, thyroid disease			
10 Blood disorder e.g. anaemia, blood cancer e.g. leukaemia			
11 Any history of accidents or fractures			
12 Have you had any serious allergies			
13 Do any dependants have a significant ongoing illness?			
14 Any family history of cancers			
Do you take any regular medicines, or have you taken in the past?			
Do you smoke? If yes, what and how much each day?			
Do you drink alcohol? If yes, what is your average weekly intake?			
Have you ever taken elicited/recreational drugs?			
Are you doing regular sports or physical activities?			

STATEMENT: I have read the above questions and the above answers are correct and no information concerning my present or past state of health has been withheld. I understand and agree that this form will be held as a confidential record by PDO Medical Department, and may be copied (by paper or secure electronic transmission) to the Occupational Health Services for the purpose of Health Surveillance and other Occupational Health review.

Date: <i>18/03/2013</i>	Signature of Applicant: <i>Sajid</i>
-------------------------	--------------------------------------

FOR COMPLETION BY EXAMINING DOCTOR OR NURSE

Further details of medical history and recreational activities

N = Normal A = Abnormal (please describe)		PHYSICAL EXAMINATION						
N	A							
	1. Eyes & Pupils							
	2. E.N.T.							
	3. Teeth & Mouth							
	4. Lungs & Chest							
	5. Cardiovascular System							
	6. Abdo. Viscera							
	7. Hernial Orifices							
	8. Anus & Rectum							
	9. Genito-urinary							
	10. Extremities							
	11. Musculo-skeletal							
	12. Skin & Varicose Vns.							
	13. C.N.S.							
HEIGHT cm 171	WEIGHT kg 95	BMI 32	B.P. 122/84	PULSE 76/mins.	HEARING L R	VISION DISTANT R 6/6	VISION NEAR R 6/6	
N	A	LABORATORY AND OTHER SPECIAL INVESTIGATIONS			N	A		
<input checked="" type="checkbox"/>	1. Urinalysis	90-207			<input checked="" type="checkbox"/>	7. Audiogram		
<input checked="" type="checkbox"/>	2. Hb, Bloodcount, ESR				<input type="checkbox"/>	8. Lung Function		
<input checked="" type="checkbox"/>	3. LFT, RFT, RBS				<input type="checkbox"/>	9. Chest X-Ray		
<input checked="" type="checkbox"/>	4. Drug Screen				<input type="checkbox"/>	10. ECG		
<input checked="" type="checkbox"/>	5. Lipids (40 years +)				<input type="checkbox"/>	11. CVS risk for 40 yrs. & above		
<input checked="" type="checkbox"/>	6. Sickle Cell test				<input type="checkbox"/>	12. HIV, Hepatitis screening		

OTHER FINDINGS (Physique, scars, disabilities, mental stability including behaviour, etc.)

A 21 years old male with no significant past history, no family history of any chronic disease, no smoking or alcohol intake.

ASSESSMENT AND RECOMMENDATIONS:

FIT ALL AREAS FIT WITH RESTRICTION TEMPORARY UNFIT UNFIT

DR. SANATH BUDDHIKA PRIYADARSHAN

GENERAL PRACTITIONER
RUSAYL HEALTH CENTRE

Date:

Name (Block Capitals): Dr. / Nurse 16042

REVIEW/CONSULTATION

Date:

Name (Block Capitals): Dr. / Nurse

Signature:



Screening Quest. For Sleep Apnoea

Employee Data		Date: <u>18/03/2023</u>
Name: <u>Sajid Ittussain</u>		Department/Company: <u>Trulksman</u>
I. D No. <u>1054 32319</u>	Tel # <u>90502335</u>	Occupation: <u>ADD</u>

This questionnaire will help identify if you have any health condition which may need a more detailed medical assessment as part of your fitness to work determination. If you have any queries please contact your local Health Services staff. All information provided on this form and during consultations remains strictly confidential. When further clinical evaluation is required following completion of a screening questionnaire, the details should be recorded on Q1 and E1 forms.

How likely are you to fall asleep in the following situations? (use 0 to 3 score as shown below)

- 0 Would never doze
- 1 Slight chance of dozing
- 2 Moderate chance of dozing
- 3 High chance of dozing

- 0 sitting and reading
- 0 watching TV
- 0 sitting inactive in a public place (e.g. theatre or meeting)
- 0 as a passenger in the car for an hour without a break
- 0 Lying down to rest in the afternoon when circumstances permit
- 0 Sitting a talking with someone
- 0 Sitting quietly after lunch without alcohol
- 0 In a car, while stopped for a few minutes in traffic

Total 00

If you score a total of 15 or more you should seek advice from medical personnel on site before continuing to drive or operate machinery in the workplace.

Declaration: I, Sajid Ittussain (Print Name) certify that to the best of my knowledge the above information supplied by me is true and correct.

Signature: <u>DR. SANATH BUDDHINA PRIMADARSHAN</u>	Date: <u>18/03/2023</u>
GENERAL PRACTITIONER RUSAYL HEALTH CENTRE MOH LIC NO. 16042	مركز الرسيل الصحي RUSAYL HEALTH CENTRE C.R. No.: 1259954, س.ت.: 16042 P.O. Box : 18, P.C.: 124, Rusayl Sultanate of Oman SAHARA NIMR

Fitness to Work Certificate for drivers

Employee Data		Date: <u>18/03/2023</u>	
Name: <u>Gajid Itussain</u>		Department/Company: <u>Truckman</u>	
I.D. No: <u>1054 32319</u>	Age: <u>34y</u>	Occupation: <u>HDD</u>	
Type of Medical Evaluation		Mark those applying ✓	
<input checked="" type="checkbox"/> A5- HVD- Crane or forklift driving & all heavy vehicles		<input checked="" type="checkbox"/> A7- Professional driving-light vehicles	
<p>Health Advisor Statement: The above named person has been examined according to the statements laid down in "Protocols and Guidance Notes on the Medical Evaluation of Fitness to Work". At this time his/her fitness to work status for the above tasks is as follows.</p>			
Fit with no restrictions			✓
Fit with following restriction(s)			
<i>The employee is fit for above work but should avoid the following task(s)</i>		<i>Temporary restriction</i>	<i>Permanent restriction</i>
Work near moving machinery or sharp edges			
Operate Heavy motor vehicles, forklifts or heavy machinery			
Other (Specify)			
Temporary Unfit until			
Permanently Unfit			
Name of health advisor		Signature	
		Date: <u>18/03/2023</u>	

DR. SANATH BUDDHIKA PRIYADARSHAN
 GENERAL PRACTITIONER
 RUSAYL HEALTH CENTRE
 MOH LIC NO. 16042



Signature

Date:

