

ROUTINE/PERIODIC EXAMINATION REPORT (MEDICAL- CONFIDENTIAL)



RUSAYL HEALTH CENTRE

ISO 9001- 2015 Certified Co.

PLEASE COMPLETE YOUR PERSONAL DETAILS IN BLOCK CAPITALS

Surname/
Forenames

MUHAMMED BABAR SHAZAD

Nationality

PAKISTAN

Mobile No. 92501865

Home/Leave Address:

Company Number:

Reference Indicator:

Personal Details

29 year

CIVIL ID - 105404183

A Male Female

Married Single Separated /Divorced /Widow(er)

Home/Leave Address:

Relationship to employee

Wife Son Daughter

No of Children: NONE

Reason for Examination (tick as appropriate)

Periodic Medical Examination

Final / Retirement

Other Reason:

Employee only

B Present Job and Location:

HELPER, TRUCK OWNER

Next Job and Location:

Are you a registered person with special needs?

Do you belong to any Medical Insurance Scheme?

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

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: 12/06/2020

Signature of Applicant:

DR. CHIEMALI MUSAKEFGHE

GENERAL PRACTITIONER

RUSAYL HEALTH CENTRE

NOM LUC NO. 10798

1/10/2014: ٢٠١٤/١٠/١

C.R. No.: 17255931

P.O. Box : 10

P.C.: 124, Rusa

Sultanate of Oman

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.
✓		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	WEIGHT kg	BMI	B.P.	PULSE /mins.	HEARING L R	Uncorrected Corrected	DISTANT R L	VISION NEAR R L
170	77	26	132/92	79	W		6/6	5/5

N	A	LABORATORY AND OTHER SPECIAL INVESTIGATIONS	N	A
✓		1. Urinalysis		7. Audiogram
✓		2. Hb, Bloodcount, ESR		8. Lung Function
✓		3. LFT, RFT (RBS)		9. Chest X-Ray
		4. Drug Screen		10. ECG
		5. Lipids (40 years +)		11. CVS risk for 40 yrs. & above
		6. Sickle Cell test		12. HIV, Hepatitis screening

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

High Blood sugar
High Triglycerides
High Cholesterol.

ASSESSMENT AND RECOMMENDATIONS:

FIT ALL AREAS FIT WITH RESTRICTION TEMPORARY UNFIT UNFIT

FIT

glu medicine feetness to work request.
Hawya hospital prescribed Metformin.
Diabetic follow up required.

Date: 4/7/22 Name (Block Capitals): Dr. / Nurse

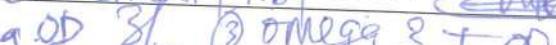
Signature: 

REVIEW/CONSULTATION

Do FLP in 3 months. ① Torvast 20mg OD 3/12 ③ Omega 3 + OD 3/12
Low fat diet. Repeat FLP in 3 months. Monthly FBS, Diabetic Clinic. Low fat diet.

Date: 4/7/22 Name (Block Capitals): Dr. / Nurse

DR. CHIEMEKA NDUKA EKEGHE
GENERAL PRACTITIONER
RUSAYL HEALTH CENTRE

Signature: 

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RUSAYL