



مركز الرسيل الصحي RUSAYL HEALTH CENTRE

ISO 9001 - 2015 Certified Co.

No. B18319

ROUTINE/PERIODIC EXAMINATION REPORT (MEDICAL- CONFIDENTIAL)



RUSAYL HEALTH CENTRE
ISO 9001 - 2015 Certified Co.

PLEASE COMPLETE YOUR PERSONAL
DETAILS IN BLOCK CAPITALS

Surname/Forenames **Narrees Jareed Nasir**

Nationality **Pakistani**

Mobile No. **91489890** Home/Leave Address: **Pakistan** Company Number: **6806** Reference Indicator: **Truck man**

Personal Details **27y** / DOB **07,11,1993** / ID **104902877**

A ☒ Male ☐ Female ☐ Married ☒ Single ☐ Separated /Divorced /Widow(er)

Home/Leave Address: Relationship to employee ☐ Wife ☐ Son ☐ Daughter No of Children:

Reason for Examination (tick as appropriate)

Periodic Medical Examination ☒ Final / Retirement ☐ Other Reason: ☐

Employee only

B Present Job and Location: **HDD** Next Job and Location: **N.M.R.**

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			
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 illicit/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: **25/01/2022** Signature of Applicant: **Narrees Jareed Nasir**





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.

NAD

HEIGHT

WEIGHT

BMI

B.P.

PULSE

HEARING

VISION

cm

kg

/mins.

L R

DISTANT

NEAR

186

86

25

108

82

Normal

Uncorrected

R L

80

Normal

Corrected

6/6

6/6

N

A

LABORATORY AND OTHER
SPECIAL INVESTIGATIONS

N

A

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

NAD

ASSESSMENT AND RECOMMENDATIONS:

☒ FIT ALL AREAS ☐ FIT WITH RESTRICTION ☐ TEMPORARY UNFIT ☐ UNFIT

DR. SARATH BUDDHIKA PRIYADARSHI

GENERAL PRACTITIONER

RUSAYL HEALTH CENTRE

Date:

Name (Block Capitals): Dr. / Nurse

Signature

REVIEW/CONSULTATION

Date:

Name (Block Capitals): Dr. / Nurse

Signature



LABORATORY INVESTIGATION

Name : <u>Alaies Javed</u>		Sex : <u>Male</u>	Age : <u>29</u>
Dr. : <u>Buddhika</u>		Company : <u>Toukeman</u>	

HAEMATOTOLOGY	URINE ANALYSIS
Total WBC..... <u>8.1</u> (4000-11000/mm ³)	Colour: <u>Normal</u>
DC - NEUTROPHIL..... <u>59.13</u> (40-75%)	Sp gravity: <u>1.020</u>
LYMPHOCYTE..... <u>35.61</u> (20-45%)	pH: <u>8.0</u>
EOSINOPHIL..... <u>3.1</u> (1-6%)	Albumin: <u>NIL</u>
MONOCYTE..... <u>7.2</u> (2-10%)	Sugar: <u>NIL</u>
BASOPHIL..... <u>0.2</u> (0-1%)	Acetone: <u>NIL</u>
ESR..... (0-12mm/hr)	Bile Salts: <u>Normal</u>
(M:12-16 g/dl)	Urobilinogen: <u>Normal</u>
(F:11-14 g/dl)	Blood: <u>Normal</u>
HB..... <u>14.5</u> (14gm/dl - 16gm/dl)	Nitrate: <u>Normal</u>
RBC COUNT..... <u>5.6</u> (4.5-6.6 Million/mm ³)	Leukocyte Esterase: <u>Normal</u>
Platelet count..... <u>241.0</u> (150-400/mm ³)	Microscope:
Bleeding Time..... (3-6min)	Pus cells: <u>/</u> HPF
Clotting Time..... (5-10min)	RBC: <u>/</u> HPF
HCT..... <u>41.21</u> (40-45%)	Epithelial cells: <u>/</u> HPF
MCV..... <u>84.51</u> (78-92fl)	Casts: <u>/</u> HPF
MCH..... <u>29.41</u> (27-32pg)	Crystals: <u>/</u>
MCHC..... <u>34.1</u> (31-35gm/dl)	Bacteria: <u>/</u>
Sickle cell..... <u>-ve</u>	Mucus Thread: <u>/</u>
Blood Group.....	Pregnancy Test

BIOCHEMISTRY	STOOL EXAMINATION
Diabetic profile	Colour: <u>/</u>
Blood sugar (fasting)..... <u>93</u> (70mg/dl-110mg/dl) (3.8mmol/l-6.1mmol/l)	Consistency: <u>/</u>
PPBS..... (80mg/dl-130mg/dl) (4.50-7.3mmol/l)	Reaction: <u>/</u>
RBS..... (64mg/dl-160mg/dl) (3.6mmol/l-8.9mmol/l)	Occult Blood: <u>/</u>
HBA1C..... (4-6.5%)	Microscopic exam:
Lipid profile	Cyst: <u>/</u>
Triglycerides..... <u>181</u> (upto 200mg/dl)	Entamoeba: <u>/</u>
Total Cholesterol..... <u>19.5</u> (<200mg/dl)	Flagellates: <u>/</u>
HDL..... <u>41.21</u> (>40mg/dl)	Pus Cells: <u>/</u>
LDL..... <u>109.51</u> (Up to 130mg/dl)	R.B. Co: <u>/</u>
Liver function test	Epith. cells: <u>/</u>
Total bilirubin..... <u>0.74</u> (upto 1.0mg/dl)	Other: <u>/</u>
SGOT..... <u>20.13</u> (Up to 40U/L)	
SGPT..... <u>22.41</u> (up to 41U/L)	
Total Protein..... (6-8.3gm/dl)	
Renal function Test	
S creatinine..... <u>0.91</u> (0.7-1.4mg/dl)	
Urea..... <u>24.51</u> (10-45mg/dl)	
Uric acid..... <u>5.4</u> (3.4-7.0 mg/dl)	
Cardiac profile	
Troponin T..... (>0.01ng/ml)	
H. Pylori Test	
Malaria Parasite	
Micro Filaria	

SEMEN ANALYSIS
Quantity: <u>/</u> Reaction: <u>/</u>
Total Sperm Count..... (Normal 60-150 million/ml)
Microscopic: Active motile: <u>/</u> %
Sluggish motile: <u>/</u> %
Dead Sperm: <u>/</u> %
Pus Cells: <u>/</u> R.B. Co: <u>/</u>
Epith. Cells: <u>/</u>
Morphology Normal: <u>/</u> %
Abnormal: <u>/</u> %
V.D.R.L./Syphilis
R.F.
HBsAg
HCV
HIV

Fitness to Work Certificate for drivers

Employee Data		Date: 25/01/2022	
Name : Nafees Javed Nasir		Department/Company : Truck owner	
I.D. No: 104902877	Age: 29y	Occupation : HDD	
Type of Medical Evaluation		Mark those applying ✓	
A5- HVD- Crane or forklift driving & all heavy vehicles		A7- Professional driving-light vehicles	
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.			
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			
DR. SANATH BUDDHIKA PRIYADARSHAN GENERAL PRACTITIONER RUSAYL HEALTH CENTRE BON LIC NO. 12342 Name of health advisor Signature 25/01/2022 Date:			

RUSAYL HEALTH CENTRE

Rusayl Industrial Estate
P.O. Box 18, Rusayl, Postal Code 124
Sultanate of Oman
Tel.: 24446151 / 54,
Fax : 24446633



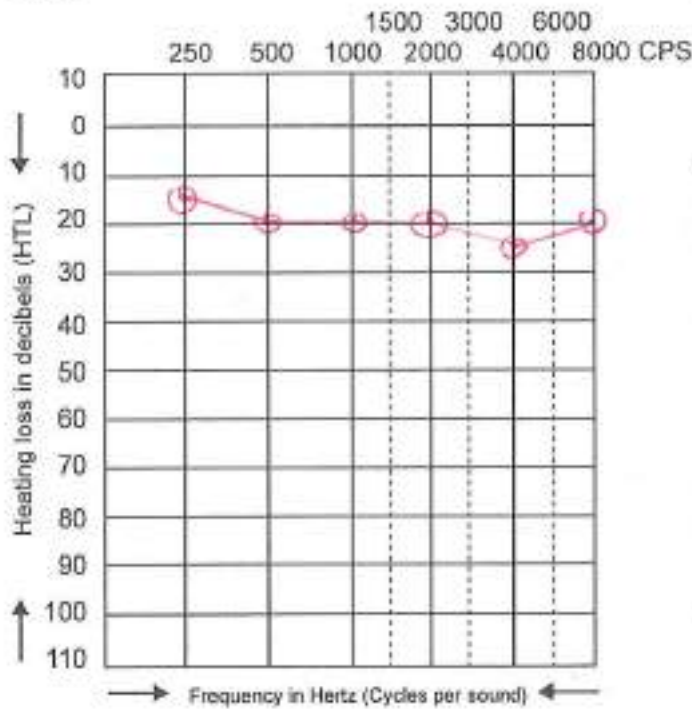
مركز الرسيل الصحي

منطقة الرسيل الصناعية
ص.ب : ١٨ الرسيل. الرمز البريدي : ١٢٤
سلطنة عمان
تليفون : ٢٤٤٦١٥١ / ٥٤
فاكس : ٢٤٤٦٦٣٣

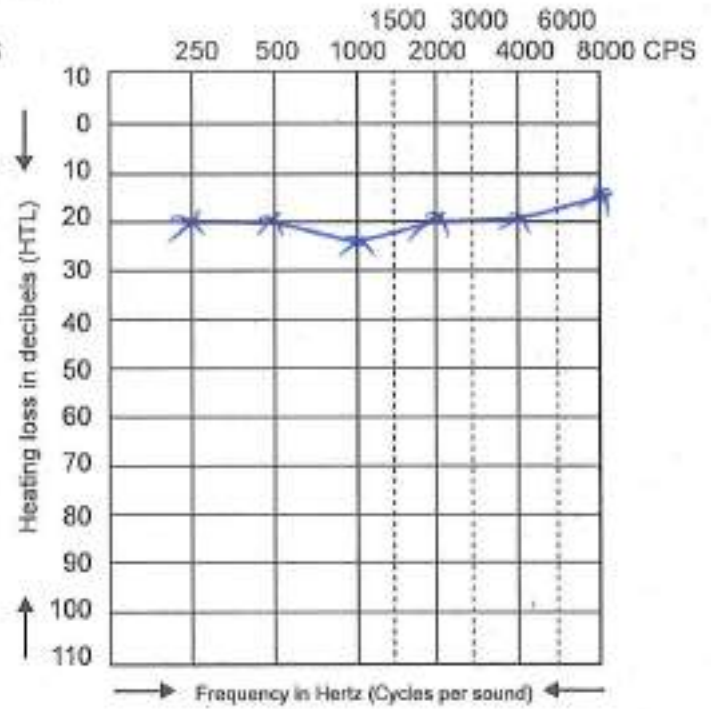
Name of Patient Natees Jareed Nasir اسم المريض
Age 29 y السن Sex (M) الجنس Date 25/01/2023 التاريخ
Name of Company Trukhan اسم الشركة

AUDIOGRAM

Right



Left



Impression :

Normal Staging

DR. SANATH BUDHIKA PRASADARSHAN
GENERAL PRACTITIONER
RUSAYL HEALTH CENTRE
MOH LIC NO. 1966

Name of Dr. & Signature

Screening Quest. For Sleep Apnoea

Employee Data		Date: 25/01/2022
Name: Nafees Javed Nasir		Department/Company: Truck Driver
I. D No. 104902877	Tel # 91489890	Occupation: H D D

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

1 sitting and reading

1 watching TV

1 sitting inactive in a public place (e.g. theatre or meeting)

0 as a passenger in the car for an hour without a break

1 Lying down to rest in the afternoon when circumstances permit

0 Sitting and talking with someone

0 Sitting quietly after lunch without alcohol

0 In a car, while stopped for a few minutes in traffic

Total 04

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, Nafees Javed Nasir (Print Name) certify that to the best of my knowledge the above information supplied by me is true and correct.

DR. SANATH SUDDHIKA PRIYADARSHAN
GENERAL PRACTITIONER
Signature: [Signature]
CENTRE

Date: 25/01/2022