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Appendix 33: EX2 Form (Routine/Periodic Medical Examination)

17777 Reg.Dt 08/02/2023

KUMARAN REMESAN

Male Nationality INDIAN

OUTINE/PERIODIC EXAMINATION REPORT (MEDICAL – CONFIDENTIAL)

eum Development Oman
DICAL DEPARTMENT

PLEASE COMPLETE YOUR PERSONAL DETAILS IN BLOCK CAPITALS

Surname/ Forenames	KUNDARAN RAMESHAN
Nationality	INDIAN - D.O.B. 22-05-1966
Mobile No. 92669836 Address: 62020482	Company Number: Reference Indicator:

Personal Details

A ☑ Male ☐ Female	☑ Married ☐ Single ☐ Separated /Divorced /Widow(er)	
Home/Leave Address:	Relationship to employee ☐ Wife ☐ Son ☐ Daughter	No of Children: 2

Reason for Examination (tick as appropriate)

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

Employee only

B Present Job and Location: CAMP BOSS – HAIMA	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	√		
2	Chest problems like asthma, bronchitis, another 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 .history of Hypertension	√		
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 your 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: 08-02-2026 **Signature of Applicant:**

Peace Land Clinic Mukhaizna
P.O Box: 1483, P.C: 133, Sultanate of Oman
C.R.No:2217783

Appendix 33: EX2 Form (Routine/Periodic Medical Examination)

ROUTINE/PERIODIC EXAMINATION REPORT (MEDICAL – CONFIDENTIAL)

FOR COMPLETION BY EXAMINING DOCTOR OR NURSE

Further details of medical history and recreational activities

N = Normal	A = Anormal (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	WEIGHT kg	BMI	B.P.	PULSE	HEARING	VISION	Color Vision
178	95	30	130/80 mmhg	62 /mins.	L N R N	DISTANT R L: 6/6 6/6 NEAR R L: Uncorrected Corrected	1. Normal √ 2. Abnormal

N	A		LABORATORY AND OTHER SPECIAL INVESTIGATIONS	N	A	
√		1. Urinalysis		√		7. Audiogram
√		2. Hb, Blood count, ESR				8. Lung Function
√		3. LFT, RFT, RBS				9. Chest X-Ray
		4. Drug Screen		√		10. ECG
√		5. Lipids (40 years +)		18,2		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 BMI → life style modification

ASSESSMENT AND RECOMMENDATIONS:

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

Date: Name (Block Capitals): Dr. / Nurse DR.FARZAD FARHAD ABBASMANESH GENERAL PRACTITIONER M.O.H LICENSE NO.20379 Signature:

REVIEW/CONSULTATION

Date: Name (Block Capitals): Dr. / Nurse Signature: