

ROUTINE/PERIODIC EXAMINATION REPORT (MEDICAL- CONFIDENTIAL)



RUSAYL HEALTH CENTRE  
ISO 9001- 2015 Certified Co.

PLEASE COMPLETE YOUR PERSONAL DETAILS IN BLOCK CAPITALS

Surname/ Forenames *Saeed Ahmed*

Nationality *Bazar Khan*

PAKISTAN

Mobile No *71891276* Home/Leave Address: *PAKISTAN* Company Number: *1834* Reference Indicator: *rukman*

Personal Details *43y 1 D.O.B. 01/01/1980* I.D. *93071069*

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: *IT D.D* Next Job and Location: *N.I.M.Y*

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 elicited/recreational drugs?			
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.			

13/03/2023

Date: Signature of Applicant:

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	WEIGHT kg	BMI	B.P.	PULSE	HEARING	DISTANT	VISION
176	80	25	110/78	66/mins.	L: N/A R: N/A Uncorrected Corrected	R: 6/ L: 6/ D: 6/	R: 96/ L: 96/

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.)

NAD

ASSESSMENT AND RECOMMENDATIONS:

FIT ALL AREAS  FIT WITH RESTRICTION  TEMPORARY UNFIT  UNFIT

DR. SANATH BUDDHIKA PRIYADARSHAN  
GENERAL PRACTITIONER  
RUSAYL HEALTH CENTRE

13/03/2023 Date:

Name (Block Capitals): Dr. / Nurse

REVIEW/CONSULTATION

Date:

Name (Block Capitals): Dr. / Nurse

Signature: مركز الرسيل الصحي  
RUSAYL HEALTH CENTRE  
C.R. No.: 1259954, Ifttah: ١٢٥٩٩٥٤  
P.O. Box: 18, P.C.: 124, Rusayl  
Sultanate of Oman  
SAHARA NMR

### Screening Quest. For Sleep Apnoea

Employee Data		Date: <u>13/03/2023</u>
Name: <u>Saeed Ahmed</u>		Department/Company: <u>Truk Oman</u>
I. D No. <u>93071069</u>	Tel # <u>71891276</u>	Occupation : <u>HD</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, Saeed Ahmed (Print Name) certify that to the best of my knowledge the above information supplied by me is true and correct.

Signature: DR. SANATH BUDDHIKA PRIYADARSHAN Date: 13/03/2023  
 Signature: GENERAL PRACTITIONER Date: 13/03/2023



## Fitness to Work Certificate for drivers

<b>Employee Data</b>		Date: <u>13/03/2023</u>													
Name : <u>Saeed Ahmed</u>		Department/Company : <u>Trukouan</u>													
I.D. No: <u>93071069</u> Age: <u>43y</u>		Occupation : <u>HD</u>													
<b>Type of Medical Evaluation</b>		<b>Mark those applying ✓</b>													
A5- HVD- Crane or forklift driving & all heavy vehicles		<input checked="" type="checkbox"/> A7- Professional driving-light vehicles													
<p><b>Health Advisor Statement:</b> 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		<input checked="" type="checkbox"/>													
<p><b>Fit with following restriction(s)</b></p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="padding: 5px;"><i>The employee is fit for above work but should avoid the following task(s)</i></td> <td style="padding: 5px; text-align: center;"><b>Temporary restriction</b></td> <td style="padding: 5px; text-align: center;"><b>Permanent restriction</b></td> </tr> <tr> <td style="padding: 5px;">Work near moving machinery or sharp edges</td> <td style="padding: 5px;"></td> <td style="padding: 5px;"></td> </tr> <tr> <td style="padding: 5px;">Operate Heavy motor vehicles, forklifts or heavy machinery</td> <td style="padding: 5px;"></td> <td style="padding: 5px;"></td> </tr> <tr> <td style="padding: 5px;">Other (Specify)</td> <td style="padding: 5px;"></td> <td style="padding: 5px;"></td> </tr> </table>				<i>The employee is fit for above work but should avoid the following task(s)</i>	<b>Temporary restriction</b>	<b>Permanent restriction</b>	Work near moving machinery or sharp edges			Operate Heavy motor vehicles, forklifts or heavy machinery			Other (Specify)		
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Work near moving machinery or sharp edges															
Operate Heavy motor vehicles, forklifts or heavy machinery															
Other (Specify)															
<p><b>Temporary Unfit until</b></p>															
<p><b>Permanently Unfit</b></p>															
<p>DR. SANATH BUDDHIKA PRIYADARSHAN GENERAL PRACTITIONER RUSAYL HEALTH CENTRE MOBILE NO: 18666</p>		 <p style="text-align: center;">RUSAYL HEALTH CENTRE C.R. No.: 1259954   مترادف: ١٢٥٩٩٥٤ P.O. Box: 18, P.C.: 124, Rusayl Sultanate of Oman SAHARA NIMR</p>													
Name of health advisor		Signature													
		Date: <u>13/03/2023</u>													