



مركز الرسيل الصحي

RUSAYL HEALTH CENTRE

ISO 9001 - 2015 Certified Co.

No. B 0831

ROUTINE/PERIODIC EXAMINATION REPORT (MEDICAL- CONFIDENTIAL)



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PLEASE COMPLETE YOUR PERSONAL DETAILS IN BLOCK CAPITALS

Mobile No. 94319623	Home/Leave Address: pakistani	Company Number: 1882	Reference Indicator: Muhammad
Personal Details		CN. 120554688	

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: Assistant Scheduler Next Job and Location: POC Area (Admin).

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

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: 05-12-19

Signature of Applicant: Muhammad



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FOR COMPLETION BY EXAMINING DOCTOR OR NURSE

Further details of medical history and recreational activities

NAD

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	VISION
168	88	31.2 kg/m ²	150 /mmHg	80 /mins.	L ☒ R ☒	DISTANT R L Uncorrected ☒ Corrected ☒

N	A		LABORATORY AND OTHER SPECIAL INVESTIGATIONS	N	A	
☒		1. Urinalysis	Normal			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. Sickie Cell test				12. HIV, Hepatitis screening

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

Obese

Adv. : Avoid extra calories and do regular physical exercise

ASSESSMENT AND RECOMMENDATIONS:

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

(with medications and good control of BP)

DR. MOHAMMAD MARUF FERDOUS
MEDICAL OFFICER
RUSAYL HEALTH CENTRE
MOH LIC NO. 12930

Date: 05/12/19 Name (Block Capitals): Dr. / Nurse

Signature:

REVIEW/CONSULTATION

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

Signature: