

ROUTINE/PERIODIC EXAMINATION REPORT (MEDICAL- CONFIDENTIAL)



|  |  |   |   |  |  |
|--|--|---|---|--|--|
|  |  | Surname/<br>Forenames   |   | NABI AHMAD BAJWA                       |  |
|  |  | Nationality   |   | PAKISTANI                              |  |
| Mobile No. 92902736  |  | Home/Leave Address:   |   | Company Number: 10-67336208            |  |
| Personal Details   |  | Age - 45 yrs, 10-67336208   |   |  |  |
| A <input checked="" type="checkbox"/> Male <input type="checkbox"/> Female   |  | <input checked="" type="checkbox"/> Married <input type="checkbox"/> Single <input type="checkbox"/> Separated /Divorced /Widow(er) |   |  |  |
| Home/Leave Address:  |  | Relationship to employee  |   | No of Children: 3                      |  |
|  |  | <input type="checkbox"/> Wife   | <input checked="" type="checkbox"/> Son | <input type="checkbox"/> Daughter      |  |
| Reason for Examination (tick as appropriate)   |  |   |   |  |  |
| Periodic Medical Examination <input checked="" type="checkbox"/>   |  | Final / Retirement <input type="checkbox"/>   |   | Other Reason: <input type="checkbox"/> |  |
| Employee only  |  |   |   |  |  |
| B Present Job and Location:<br>Denver (HDD) / Alimur   |  | Next Job and Location: TRUCKMAN   |   |  |  |
| Are you a registered person with special needs? <input type="checkbox"/>   |  | Do you belong to any Medical Insurance Scheme? <input type="checkbox"/>   |   |  |  |
| 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   | <b>Have you had any serious allergies</b>                |   |   |  |  |
| 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.

Date: 15/10/22

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.                     |                      |

all significant for day 8.

| HEIGHT<br>cm | WEIGHT<br>kg | BMI  | B.P.               | PULSE    | HEARING    | VISION                              |                                   |
|--------------|--------------|------|--------------------|----------|------------|-------------------------------------|-----------------------------------|
| 167          | 75           | 26.9 | 130/<br>80<br>mmHg | 62/mins. | L M<br>R N | DISTANT<br>Uncorrected<br>Corrected | NEAR<br>R L<br>R L<br>6/6 6/6 N N |

| N | A                           | LABORATORY AND OTHER SPECIAL INVESTIGATIONS         | N | A                                |
|---|-----------------------------|---|---|----------------------------------|
| ✓ | 1. Urinalysis               | FBS - 90 mg/dL<br>mild elevation of<br>Triglyceride |   | 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 +) with |   |   | 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.)

OTHER FINDINGS (Physique, scars, disabilities)  
Framingham Score - 6.7/10

- \* Reduce intake of bad fat/oil
- \* Increase exercise.
- \* Repeat T.I.P in 6 months

## ASSESSMENT AND RECOMMENDATIONS:

FIT ALL AREAS  FIT WITH RESTRICTION  T

Date: 15/10/22 Name (Block Capital): M. S. P.

Signature:

## REVIEW/CONSULTATION

Date:

Name (Block Capitals): Dr. / Nurse

Signature:

