

ROUTINE/PERIODIC EXAMINATION REPORT (MEDICAL- CONFIDENTIAL)



RUSAYL HEALTH CENTRE
ISO 9001- 2015 Certified Co.

PLEASE COMPLETE YOUR PERSONAL
DETAILS IN BLOCK CAPITALS

Surname/ Forenames MOHAMMAD ARSHAD	
Nationality 48/M/Indian	
Mobile No. 93770264	Home/Leave Address:
Company Number: 1957	Reference Indicator:

Personal Details		Civil ID # 90572227	
A ☒ Male ☐ Female	☒ Married ☐ Single ☐ Separated /Divorced /Widow(er)		
Home/Leave Address:	Relationship to employee ☐ Wife ☐ Son ☐ Daughter	No of Children: 4	
Reason for Examination (tick as appropriate)			
Periodic Medical Examination ☒ Final / Retirement ☐ Other Reason: ☐			

Employee only	
B Present Job and Location: HD Driver - Nimir	Next Job and Location: HD Driver - Truck Oman Nimir
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?	☒

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: 3 May 2013	Signature of Applicant: 
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مركز الرسيل الصحي RUSAYL HEALTH CENTRE

ISO 9001 - 2015 Certified Co.

No. B 14165

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 /mins.	HEARING L R	VISION DISTANT NEAR R L R L Uncorrected Corrected
165	87	32	140 90 60 120 80	98	L (N) R (N)	Uncorrected 6/6 6/6 6/6 6/6 Corrected

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 +)	TC 248, LDL 157	✓		11. CVS risk for 40 yrs. & above 9.4%
✓		6. Sickie Cell test				12. HIV, Hepatitis screening

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

As Obesity, Dyslipidaemia, Hypertension suspect
Framingham 9.4% low-risk

ASSESSMENT AND RECOMMENDATIONS:

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

3 May 2023

DR. ROMMEL W. MELENDEZ
MEDICAL OFFICER
RUSAYL HEALTH CENTRE
MEDIC NO. 13982

مركز الرسيل الصحي
RUSAYL HEALTH CENTRE
C.R. NO. 13982, 1104406
P.O. Box: 18, P.C.: 124, Rusayl
Sultanate of Oman.
SAHARA NIMR

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

Signature:

REVIEW/CONSULTATION

As Weight management, monitor weight regularly; diet + exercise,
low-fat diet; Repeat lipid profile after 3 months

Date: 3 May 2023 Name (Block Capitals): Dr. / Nurse

Signature: