



TRUCK OMAN

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

## ROUTINE/PERIODIC EXAMINATION REPORT (MEDICAL – CONFIDENTIAL)

t 17778 Reg.Dt 08/02/2023

HAREENDRAN NELLIYULLA  
PARAMBATHHuman Development Oman  
MEDICAL DEPARTMENTSurname/  
Forenames

HAREENDRAN

Nationality

INDIA

DOB #

06/05/1977

Company Number:

Reference Indicator:

PLEASE COMPLETE YOUR PERSONAL  
DETAILS IN BLOCK CAPITALSMobile No.  
71039 510

Address:

67839954

## Personal Details

A ☒ Male ☐ Female☒ Married☐ Single☐ Separated /Divorced /Widow(er)

Home/Leave Address:

Relationship to employee

☐ Wife☐ Son☐ Daughter

No of Children: 1

Reason for Examination (tick as appropriate)

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

## Employee only

B Present Job and Location:

RIMMOVE SUPERVISOR - HADINA

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	✓		✓ DM ON MEDICATION
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?	✓		TSRYL-MI
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: 08/02/2023

Signature of Applicant:





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.  mmhg	PULSE	HEARING L N R N	VISION DISTANT NEAR R L R L Uncorrected Corrected	Color Vision 1. Normal 2. Abnormal
175	85	27.8	130 90	66/min.		Uncorrected 6/6 6/6 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 +)		13.2		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.)

FBS is high Continue medicine after 3 month check again.

ASSESSMENT AND RECOMMENDATIONS:

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

Date:

Name (Block Capitals): Dr. / Nurse

DR. FARZAD FARHAD AMBAMANESH  
GENERAL PRACTITIONER  
M.O.H LICENSE NO. 20379

Signature:

REVIEW/CONSULTATION

Date:

Name (Block Capitals): Dr. / Nurse

Signature: