مركز الرسيل الصحي
RUSAYL HEALTH CENTRE
ISO 9001- 2015 Certified Co.

No. B 09658

ROUTINE/PERIODIC EXAMINATION REPORT (MEDICAL- CONFIDENTIAL)

RUSAYL HEALTH CENTRE
ISO 9001- 2015 Certified Co.

PLEASE COMPLETE YOUR PERSONAL DETAILS IN BLOCK CAPITALS

Surname/ Forenames	Manoj Vetanparambil Ramakrishnan.
Nationality	Indian
Mobile No. 79673600	Home/Leave Address: Indian
Company Number: 8023	Reference Indicator: Truthsource

Personal Details 49y / DoB 11.05.1972 / ID - 77293383

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

Home/Leave Address:

Relationship to employee ☐ Wife ☐ Son ☐ Daughter

No of Children: 02

Reason for Examination (tick as appropriate)

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

Employee only

B Present Job and Location: Helper

Next Job and Location: NIMR

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 your 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: 11/10/2021

Signature of Applicant:

RUSAYL HEALTH CENTRE
PC 124, Rusayl
Sultanate of Oman
C.R. 1/2599/4
Tel. 24382837
SAHARA PAC, NIMER

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RHC **RUSAYL HEALTH CENTRE**
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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.

NAD

HEIGHT cm	WEIGHT kg	BMI	B.P.	PULSE	HEARING	VISION
167	69	24.7	124/84	64 /mins.	L Normal R Normal	DISTANT R 6/6 L 6/6 NEAR R 6/6 L 6/6 Uncorrected Corrected

N	A		LABORATORY AND OTHER SPECIAL INVESTIGATIONS	N	A	
✓		1. Urinalysis	TG - 205 HDL - 38.4			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.)

Advised on low fat diet, regular exercise

ASSESSMENT AND RECOMMENDATIONS:

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

DR. SANATH BUDDHIKA PRIYADARSHAN
GENERAL PRACTITIONER
RUSAYL HEALTH CENTRE

11/10/2021
Date: Name (Block Capitals): Dr. / Nurse Signature:

REVIEW/CONSULTATION

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

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Sultanate of Oman
Tel.: 24446151 / 54
Fax : 24446833

مركز الرسيل الصحي
RHC **Rusayl Health Centre**
ISO 9001 - 2015 Certified Co.

Timing : O.P.D. 7 a.m. to 5. p.m.

Date : 11/10/21

LABORATORY INVESTIGATION

Name : Manoj   Sex : Male   Age : 49
Dr.: Buddhka   Company : Truck Oman

HAEMATOLOGY

Test	Result	Reference
Total WBC	7,300	(4000-11000cu/mm)
DC - NEUTROPHIL	63.2 %	(40-75%)
LYMPHOCYTE	26.8 %	(20-45%)
EOSINOPHIL	5 %	(1-6%)
MONOCYTE	4 %	(2-10%)
BASOPHIL	1 %	(0-1%)
ESR		(0-12mm/hr)
		(M:12-16 g/dl)
		(F:11-14 g/dl)
HB	14.4	(14gm/dl---16gm/dl)
RBC COUNT	4.9	(4.5-6.0Million/cumm)
Platelet count	239,000	(150-400cu/mm)
Bleeding Time		(3-6min)
Clotting Time		(5-10min)
HCT	40.1	(40-45%)
MCV	79.8	(78--92fl)
MCH	29.5	(27--32pg)
Sickle cell	Negative	
MCHC	32.5	(31---35gm/dl)
Blood Group		

BIOCHEMISTRY

Diabetic profile

Test	Result	Reference
Blood sugar(fasting)	98	(70mg/dl-110mg/dl)(3.8mmol/l---6.1mmol/l)
PPBS		(80mg/dl-130mg/dl)(4.50-7.3mmol/l)
RBS		(64mg/dl-160mg/dl)(3.6mmol/l-8.9mmol/l)
HBA1C		(4--6.5%)

Lipid profile

Test	Result	Reference
Triglycerides	205	(upto 200mg/dl)
Total Cholesterol	186.2	(<200mg/dl)
HDL	38.4	(>40mg/dl)
LDL	106.8	(Up to 130mg/dl)

Liver Function test

Test	Result	Reference
Total bilirubin	0.9	(upto 1.0mg/dl)
SGOT	30.12	(Up to 40IU/L)
SGPT	22.19	(up to 41IU/L)
Total Protein		(6-8.3gm/dl)

Renal function Test

Test	Result	Reference
S creatinine	0.6	(0.7-1.4mg/dl)
Urea	22.44	(10-45mg/dl)
Uric acid	4.06	(3.4-7.0 mg/dl)

Cardiac profile

Test	Result	Reference
Troponine T		(>0.01ng/ml)

H.Pylori Test:

Malaria Parasite:

Micro Filaria:

URINE ANALYSIS

Test	Result
Colour	pale yellow
Sp gravity	1.015
pH	6
Albumin	-ve
Sugar	-ve
Acetone	-ve
Bile Salts	-ve
Urobilinogen	-ve
Blood	-ve
Nitrate	-ve
Leukocyte Estrase	-ve

Microscope:

Test	Result	Unit
Pus cells		/HPF
RBC		/HPF
Epithelial cells		/HPF
Casts		/HPF
Crystals		
Bacteria		
Mucus-Thread		

Pregnancy Test

STOOL EXAMINATION

Colour:
Consistency:
Reaction:
Occult Blood:
Microscopic exa:
Cyst:
Entamoeba:
Flagellaes:
Pus Cells:
R.B. Cs:
Epith: cells:
Other:

SEMEN ANALYSIS

Quantity: ...... Reaction:
Total Sperm Count ...... million/ml
(Normal 60-150 million/ml)
Microscopic: Active motile: ...... %
Sluggish motile: ...... %
Dead Sperms: ...... %
Pus Cells ...... R.B. Cs:
Epith: Cells:
Morphology Normal: ...... %
Abnormal: ...... %

V.D.R.L./Syphilis
R.F.
HBsAg.
HCV.
HIV

Medical Officer   Lab. Technician

DR. SANATH BUDDHIKA PRIYADARSHAN
GENERAL PRACTITIONER
RUSAYL HEALTH CENTRE
MOH LIC NO. 1[illegible]

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RUSAYL HEALTH CENTRE

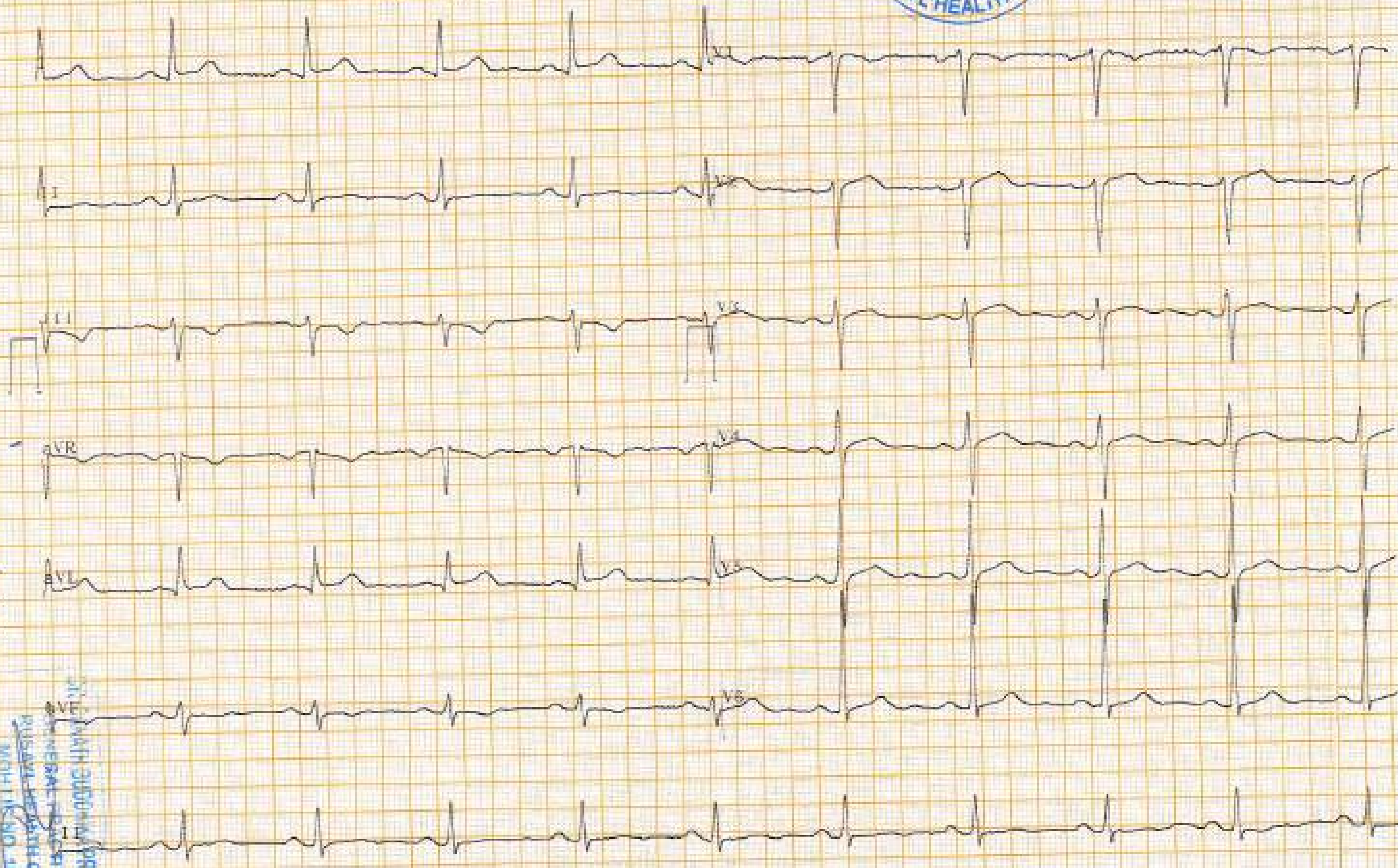
2021-10-11 08:52:27 6 Channel + 1 Rhythm Report

Prescribed by:

ID : Manoj
Name:
yrs. / Male
cm / kg

Heart Rate: 62bpm ** Analysis Result ** (To be finally confirmed by cardiologist)
PR Int.: 182 ms Normal Sinus Rhythm
QRS Dur.: 102 ms Normal Axis
QT/QTc: 452/460 ms [Normal ECG]
P-R-T axes:
45 5 -17

P.O. Box 14, PC 124, Rusayl, Sultanate of Oman, C.R. 1/25995/4, Tel. 24332887, SAHARA PAC. NIMER, RUSAYL HEALTH CENTRE



Manoj - 40y

PRIYADARSHINI
GENERAL PRACTITIONER
RUSAYL HEALTH CENTRE

0.1Hz~150Hz.AC50Hz. All Channels:10.0mm/mV.25.0mm/sec. EKG2000 Ver5.05M.30 Biocare Co., Ltd.

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Framingham risk score calculator

Posted by dkwinter

For estimation of 10-year Cardiovascular Disease (CVD) Risk to aid in decision to initiate lipid-lowering therapy.

Framingham Risk Score (FRS) Calculator

Gender:	◉ Male ○ Female
Age (years):	49
Total cholesterol (mmol/L):	4.82
HDL (mmol/L):	0.99
Diabetic:	○ Yes ◉ No
Smoker:	○ Yes ◉ No
Systolic BP (mmHg):	124
On antihypertensive medication:	○ Yes ◉ No

Statin-indicated conditions

Clinical atherosclerosis:	○ Yes ◉ No
Abdominal Aortic Aneurysm:	○ Yes ◉ No
Diabetes mellitus & age ≥40	○ Yes ◉ No
Diabetes mellitus & microvascular disease:	○ Yes ◉ No
T1DM for ≥15 years & age ≥30:	○ Yes ◉ No
Age ≥50 and CKD (eGFR ≤60 or ACR ≥3):	○ Yes ◉ No
Positive family history of premature cardiovascular disease in a first-degree relative before 55 years of age for men and before 65 years of age for women:	○ Yes ◉ No

Calculate FRS

FRS: 7.9%

Total FRS points: 9

P.O.Box 18, PC 124, Rusayl Sultanate of Oman C.R. 1/250956/4 Tel. 24382857 SAHARA PAC. MMER RUSAYL HEALTH CENTRE

Manoj / 8023 / Tharkomar

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