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

No. B16492

ROUTINE/PERIODIC EXAMINATION REPORT (MEDICAL- CONFIDENTIAL)

RUSAYL HEALTH CENTRE
ISO 9001- 2015 Certified Co.

PLEASE COMPLETE YOUR PERSONAL DETAILS IN BLOCK CAPITALS

Surname/ Forenames	SAIF SULAIMAN ALI AL-HINAI
Nationality	49/M/Omani
Mobile No. 92127497	Home/Leave Address:
Company Number: 891	Reference Indicator:

Personal Details civil ID # 3656102

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

Home/Leave Address:

Relationship to employee ☐ Wife ☐ Son ☐ Daughter No of Children: 8

Reason for Examination (tick as appropriate)

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

Employee only

B Present Job and Location: Helper - Nimr

Next Job and Location: Helper - Truck Oman

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		✓	Opacity, BOV (R) x 1yr
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 .

29 June 2023

Date: **Signature of Applicant:**

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RHC **RUSAYL HEALTH CENTRE**
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No. B 16492

RUSAYL HEALTH CENTRE
C.R. No.: 1259954, Wattat: S.G.
P.O. Box: 18, P.C.: 124, Rusayl
Sultanate of Oman
SAHARA NIMR

FOR COMPLETION BY EXAMINING DOCTOR OR NURSE

Further details of medical history and recreational activities

N	A	N = Normal A = Abnormal (please describe)	PHYSICAL EXAMINATION
	✓	1. Eyes & Pupils	(R) Opacity, light perception (R)
✓		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	VISION
167	68	24.4	130/80 (Hs 140/90)	63	L (N) R (N)	DISTANT R: LP, L: 6/6; NEAR R: LP, L: 6/6 (Uncorrected / 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	FBS 116			9. Chest X-Ray
		4. Drug Screen			✓	10. ECG LVH, WCD
✓		5. Lipids (40 years +)			✓	11. CVS risk for 40 yrs. & above 11.2%
✓		6. Sickle Cell test				12. HIV, Hepatitis screening

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

A- PENDING: For Cardiology clearance: Abnormal FBS, Abnormal ECG
: For Ophthalmology clearance: Opacity (R), ~~Counting finger~~ LP
: Impaired FG, HTN suspect

June 29, 2023

ASSESSMENT AND RECOMMENDATIONS:

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

18 July 2023

Date: Name (Block Capitals): Dr. / Nurse: DR. ROMMEL VHIGAN MELENDRES GENERAL PRACTITIONER RUSAYL HEALTH CENTRE MOH LIC NO. 13982 Signature:

REVIEW/CONSULTATION w/ Cardiology Clearance, ETMT (July 11, 2023), w/ Ophtha consult + recommendation Pt Diabetic diet, monthly monitoring of FBS; weekly to monthly BP monitoring, Please see Fitness to work certificate for specification. Advised ffup to Ophtha. for definitive cataract treatment.

Date: 18 July 2023 Name (Block Capitals): Dr. / Nurse Signature: