



# مركز الرسيل الصحي RUSAYL HEALTH CENTRE

ISO 9001- 2015 Certified Co.

No. B 07874

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



**RUSAYL HEALTH CENTRE**  
ISO 9001- 2015 Certified Co.

PLEASE COMPLETE YOUR PERSONAL  
DETAILS IN BLOCK CAPITALS

Surname/  
Forenames

KHALID SALEH SALIM (44yr)

Nationality

OMANI

Mobile No. 92764772

Home/Leave Address:

Company Number: 8053

Reference Indicator:

### Personal Details

DOB - 05/10/1977

A ☒ Male ☐ Female

☐ Married ☒ Single ☐ Separated /Divorced /Widow(er)

Home/Leave Address:

MUSCAT  
OMAN

Relationship to employee

☐ Wife ☐ Son ☐ Daughter

No of Children: 1 NA

Reason for Examination (tick as appropriate)

Periodic Medical Examination ☒

Final / Retirement ☐

Other Reason: ☐

### Employee only

B Present Job and Location:

HELPER. TRUCK OMAN

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		Y	
2 Chest problems like asthma, bronchitis, other bad cough		Y	
3 Heart abnormality, chest pains		Y	
4 Abdominal pains, abnormal bowel motions		Y	
5 Urogenital problems (kidney disease, menstrual disorder)		Y	
6 Skin trouble or allergies		Y	
7 Epileptic fits, dizzy spells or migraine		Y	
8 History of mental illness, depression anxiety		Y	
9 Diabetes, thyroid disease		Y	
10 Blood disorder e.g. anaemia, blood cancer e.g. leukaemia		Y	
11 Any history of accidents or fractures		Y	
12 Have you had any serious allergies		Y	
13 Do any dependants have a significant ongoing illness?		Y	
14 Any family history of cancers		Y	
Do you take any regular medicines, or have you taken in the past?		Y	
Do you smoke? If yes, what and how much each day?		Y	3 sticks / day.
Do you drink alcohol? If yes, what is your average weekly intake?		Y	
Have you ever taken elicited/recreational drugs?		Y	
Are you doing regular sports or physical activities?		Y	

**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: 13-06-2021

Signature of Applicant:

*[Signature]*

FOR COMPLETION BY EXAMINING DOCTOR OR NURSE

Further details of medical history and recreational activities

KHALID SAEED SALEM (44 yrs.)

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	HEARING L R	VISION			
169	83	29.06 Kg/m <sup>2</sup>	140 90 mmHg	78 /mins.		DISTANT R L	NEAR R L	Uncorrected	Corrected
						6/6	6/6		

N	A	LABORATORY AND OTHER SPECIAL INVESTIGATIONS	N	A	
✓		1. Urinalysis			7. Audiogram
✓		2. Hb, Bloodcount, ESR			8. Lung Function - Not done
✓		3. LFT, RFT, RBS, FBS - ↑ FBS			9. Chest X-Ray
		4. Drug Screen - Not done	✓		10. ECG
✓		5. Lipids (40 years +) - ↑ TC, Cholesterol	✓		11. CVS risk for 40 yrs. & above = 45.2%
✓		6. Sick Cell test - Negative			12. HIV, Hepatitis screening - Not done

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

- Overweight BMI = 29.06 Kg/m<sup>2</sup>
- Smoker [3 sticks/day] - Hypertension (T.Chol = 221/92 mmHg) & Adm.
- IFC = ↑ FBS = 115 mg/dl. Adv. Repeat FBS and R. accordingly.
- No other physical or mental abnormality found.

ASSESSMENT AND RECOMMENDATIONS:

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

013-06-2021 DR. MOHAMMAD HARUN AR RASHID

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

REVIEW/CONSULTATION

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

Signature:

DR. MOHAMMAD HARUN AR RASHID  
 MEDICAL OFFICER  
 RUSAYL HEALTH CENTRE  
 MOH LIC NO. 555