

ROUTINE/PERIODIC EXAMINATION REPORT (MEDICAL- CONFIDENTIAL)



RUSAYL HEALTH CENTRE  
ISO 9001- 2015 Certified Co.

PLEASE COMPLETE YOUR PERSONAL DETAILS IN BLOCK CAPITALS

Mobile No. 92730577	Home/Leave Address:	Surname/Forenames JASIM MOHAMMED SABAH AL MUTAANI
		Nationality 48/ M/ Omani
		Company Number: # 10056 Reference Indicator:

Personal Details		
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A <input checked="" type="checkbox"/> Male <input type="checkbox"/> Female	<input checked="" type="checkbox"/> Married <input type="checkbox"/> Single <input type="checkbox"/> Separated /Divorced /Widow(er)
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Home/Leave Address:	Relationship to employee	No of Children: 1
	<input type="checkbox"/> Wife <input type="checkbox"/> Son <input type="checkbox"/> Daughter	

Reason for Examination (tick as appropriate)		
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Periodic Medical Examination <input checked="" type="checkbox"/>	Final / Retirement <input type="checkbox"/>	Other Reason: <input type="checkbox"/>
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Employee only		
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B Present Job and Location: HD Driver - Nimr	Next Job and Location: HD Driver - Truck Oman
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Are you a registered person with special needs? <input type="checkbox"/>	Do you belong to any Medical Insurance Scheme? <input type="checkbox"/>
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**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	<input checked="" type="checkbox"/>
2	Chest problems like asthma, bronchitis, other bad cough	<input checked="" type="checkbox"/>
3	Heart abnormality, chest pains	<input checked="" type="checkbox"/>
4	Abdominal pains, abnormal bowel motions	<input checked="" type="checkbox"/>
5	Urogenital problems (kidney disease, menstrual disorder)	<input checked="" type="checkbox"/>
6	Skin trouble or allergies	<input checked="" type="checkbox"/>
7	Epileptic fits, dizzy spells or migraine	<input checked="" type="checkbox"/>
8	History of mental illness, depression anxiety	<input checked="" type="checkbox"/>
9	Diabetes, thyroid disease	<input checked="" type="checkbox"/>
10	Blood disorder e.g. anaemia, blood cancer e.g. leukaemia	<input checked="" type="checkbox"/>
11	Any history of accidents or fractures	<input checked="" type="checkbox"/>
12	Have you had any serious allergies	<input checked="" type="checkbox"/>
13	Do any dependants have a significant ongoing illness?	<input checked="" type="checkbox"/>
14	Any family history of cancers	<input checked="" type="checkbox"/>
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: 15 July 2023

Signature of Applicant:

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. 110 70	PULSE /mins. 65	HEARING L (N) R (N)	Uncorrected Corrected	VISION	
							DISTANT R L	NEAR R L
184	85	25.1					6/6 6/6	6/6 6/6

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 +)		✓	11. CVS risk for 40 yrs. & above 5-6%
✓		6. Sickle Cell test			12. HIV, Hepatitis screening

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

A. Essentially Normal findings  
Framingham 5.6 %, low-risk

ASSESSMENT AND RECOMMENDATIONS:

FIT ALL AREAS  FIT WITH RESTRICTION  TEMPORARY UNFIT  UNFIT

15 July 2023

DR. RONALD WHIGAN MEDENDREES  
GENERAL PRACTITIONER  
RUSAYL HEALTH CENTRE  
MOH LIC NO. 13982

Signature:

REVIEW/CONSULTATION

Pr Continue healthy lifestyle

Date: 15 July 2023 Name (Block Capitals): Dr. / Nurse

Signature:

مركز الرسيل الصحي  
RUSAYL HEALTH CENTRE  
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Sultanate of Oman  
SAHARA NIMR