

ROUTINE/PERIODIC EXAMINATION REPORT (MEDICAL- CONFIDENTIAL)



RUSAYL HEALTH CENTRE
ISO 9001- 2015 Certified Co.

PLEASE COMPLETE YOUR PERSONAL DETAILS IN BLOCK CAPITALS

Mobile No. 93907565

Home/Leave Address:

Surname/
Forenames

KUTTAPPAN

Nationality

HARSHAKUMAR

Company Number:

1387

Reference Indicator:

Civil ID # 78247802

Personal Details

A Male Female

Married Single Separated /Divorced /Widow(er)

Home/Leave Address:

Relationship to employee

Wife

Son

Daughter

No of Children: 2

Reason for Examination (tick as appropriate)

Periodic Medical Examination

Final / Retirement

Other Reason:

Employee only

B Present Job and Location:

Admin - Nmr

Next Job and Location:

Admin - Truck O man

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		<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?		<input checked="" type="checkbox"/>		
Do you smoke? If yes, what and how much each day?		<input checked="" type="checkbox"/>		
Do you drink alcohol? If yes, what is your average weekly intake?		<input checked="" type="checkbox"/>		
Have you ever taken elicited/recreational drugs?		<input checked="" type="checkbox"/>		
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.

20 June 2023

Date:

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. 130 80	PULSE /mins. 79	HEARING L R N N	VISION			
						DISTANT		NEAR	
R	L	R	L						
164	88	32.7	80	79	Uncorrected	6/6	6/6	6/6	
					Corrected	6/6	6/6	6/6	

N	A	LABORATORY AND OTHER SPECIAL INVESTIGATIONS	N	A
✓	1. Urinalysis	FB & 115		7. Audiogram
✓	2. Hb, Bloodcount, ESR			8. Lung Function
✓	3. LFT, RFT, RBS			9. Chest X-Ray
	4. Drug Screen		✓	10. ECG <i>LVH</i>
✓	5. Lipids (40 years +)		✓	11. CVS risk for 40 yrs. & above <i>9.42</i>
✓	6. Sickle Cell test			12. HIV, Hepatitis screening

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

A, Obesity, Hypertension suspect; Impaired fasting glucose
Framingham 9.42 low-risk

ASSESSMENT AND RECOMMENDATIONS:

FIT ALL AREAS FIT WITH RESTRICTION TEMPORARY UNFIT

20 June 2023

Date:

Name (Block Capitals): Dr. M. NURSE

UNFIT

Signature:

REVIEW/CONSULTATION

P> Weight management; diabetic diet for 3 months, exercise, monitor weight regularly; monitor FBG monthly; monitor BP weekly to monthly basis; Refer accordingly

Date: _____

Name (Block Capitals): Dr. / Nurse

1 Signature:

20 June 2023