

ROUTINE/PERIODIC EXAMINATION REPORT (MEDICAL- CONFIDENTIAL)



RUSAYL HEALTH CENTRE
ISO 9001- 2015 Certified Co.

PLEASE COMPLETE YOUR PERSONAL DETAILS IN BLOCK CAPITALS

Surname/ Forenames **GURJITH SINGH**

Nationality **38 / M / Indian**

Mobile No. **97230484** Home/Leave Address: **Arab ID # 103178332**
Company Number: **# 1528** Reference Indicator:

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:

HD Driver - Nimir Next Job and Location: **HD Driver - 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		<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"/>	PD DMT2 - OIAF ②
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.

11 July 2023

Date:

Signature of Applicant:

Gurjith Singh

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.	PULSE /mins.	HEARING L (N) R (N)	VISION	
						DISTANT R L	NEAR R L
190	108	29.9	110/80	82	Uncorrected Corrected	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
✓		6. Sickle Cell test		12. HIV, Hepatitis screening

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

A Diabetes mellitus Dr. Tn/glycemia, Overweight

ASSESSMENT AND RECOMMENDATIONS:

FIT ALL AREAS

FIT WITH RESTRICTION

TEMPORARY UNFIT

UNFIT

11 July 2023

DR ROMMEL WHIGAN MELENDES
GENERAL PRACTITIONER
RUSAYL HEALTH CENTRE
MOH LIC NO. 13982

Date:

Name (Block Capitals): Dr. / Nurse

Signature:

REVIEW/CONSULTATION

P> Continue Diabetes medications; Diabetic diet, monitor FBS monthly, and repeat accordingly; low-fat diet, exercise, repeat lipid profile after 3 months, weight management, monitor RUSAYL HEALTH CENTRE, C.R. No. 129995A, Master C.O., P.O. Box: 18, P.C.: 114, Sultanate of Oman, SAHARA NINJA

Date:

Name (Block Capitals): Dr. / Nurse

Signature:

11 July 2023