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

No. B15537

ROUTINE/PERIODIC EXAMINATION REPORT (MEDICAL- CONFIDENTIAL)

RUSAYL HEALTH CENTRE
ISO 9001- 2015 Certified Co.

PLEASE COMPLETE YOUR PERSONAL DETAILS IN BLOCK CAPITALS

Surname/ Forenames: SALIM SALEEM HAMDAN 28	
Nationality: OMANI	
Mobile No. 99807667	Home/Leave Address:
Company Number:	Reference Indicator:

Personal Details CIVIL ID - 15699701

A ☑ Male ☐ Female	☐ Married ☑ Single ☐ Separated /Divorced /Widow(er)	
Home/Leave Address:	**Relationship to employee** ☐ Wife ☐ Son ☐ Daughter	No of Children:

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:
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	✓		
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 .

Date: 7/6/2022 **Signature of Applicant:**

DR. CHIEMEKA NDUKA EKEGHE
GENERAL PRACTITIONER
RUSAYL HEALTH CENTRE
MOH LIC NO. 19798

مركز الرسيل الصحي
س.ت: ١/٢٥٩٩٥/٤
C.R. No.: 1/25995/4
P.O. Box : 18
P.C.: 124, Rusayl
Sultanate of Oman
RUSAYL HEALTH CENTRE

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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	Pupils react to light. Said to see little with Rt eye
✓		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	HEARING R	VISION	DISTANT R	DISTANT L	NEAR R	NEAR L
175	101.32		140/100	80	N	NS	Uncorrected	%	%	%	%
							Corrected				

N	A		LABORATORY AND OTHER SPECIAL INVESTIGATIONS	N	A	
✓		1. Urinalysis	Lymphocyte 53% ↑			7. Audiogram
✓		2. Hb, Bloodcount, ESR	TC — 290 mg/dl ↑			8. Lung Function
✓		3. LFT, RFT, RBS	HDL — 51 mg/dl N			9. Chest X-Ray
		4. Drug Screen	LDL — 213 mg/dl			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.)

Pyuria ? bladder
obesity
Dyslipidaemia
mild hypertension

ASSESSMENT AND RECOMMENDATIONS:

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

FIT

Date: 7/4/2022 Name (Block Capitals): Dr. / Nurse CHIEMEKA Signature:

REVIEW/CONSULTATION weekly BP check.

Low fat diet / less oily food
Dietary Modifications / Lifestyle change
Regular exercise
Low salt diet.
Repeat FLP in 3 months.

Date: 7/4/2022 Name (Block Capitals): Dr. / Nurse CHIEMEKA Signature:

DR. CHIEMEKA NDUKA EKEGHE
GENERAL PRACTITIONER
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Rusayl Industrial City
P.O. Box : 18, Rusayl
Postal Code : 124
Sultanate of Oman
Tel.: 24446151 / 54
Fax : 24446833

Timing : O.P.D. 7 a.m. to 5. p.m.

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Date : 07/04/2022

LABORATORY INVESTIGATION

15697701

Name : Salim Saleem Hamdan Sex : Age : 28yrs

Dr.: Company : Saudi oman

HAEMATOLOGY

Total WBC	4.0	(4000-11000cu/mm)
DC - NEUTROPHIL		(40-75%)
LYMPHOCYTE	53	(20-45%)
EOSINOPHIL		(1-6%)
MONOCYTE		(2-10%)
BASOPHIL		(0-1%)
ESR		(0-12mm/hr)
		(M:12-16 gldl)
		(F:11-14 gldl)
HB	14.1	(14gm/dl----16gm/dl)
RBC COUNT	4.90	(4.5-6.6Million/cumm)
Platelet count	221	(150-400cu/mm)
Bleeding Time		(3-6min)
Clotting Time		(5-10min)
HCT		(40-45%)
MCV	86	(78--92fl)
MCH	28	(27--32pg)
Sickle cell		
MCHC	33	(31---35gm/dl)
Blood Group		

BIOCHEMISTRY

Diabetic profile

Blood sugar(fasting)	101 mg/dl	(70mg/dl-110mg/dl)(3.8mmol/l---6.1mmol/l)
PPBS		(80mg/dl-130mg/dl)(4.50-7.3mmol/l)
RBS		(64mg/dl-160mg/dl)(3.6mmol/l-8.9mmol/l)
HBA1C		(4--6.5%)

Lipid profile

Triglycerides	127	(upto 200mg/dl)
Total Cholestrol	290	(<200mg/dl)
HDL	51	(>40mg/dl)
LDL	213	(Up to 130mg/dl)

Liver Function test

Total bilirubin	0.600	(upto 1.0mg/dl)
SGOT	27	(Up to 40IU/L)
SGPT	21	(up to 41IU/L)
Total Protein		(6-8.3gm/dl)

Renal function Test

S creatinine	1.30	(0.7-1.4mg/dl)
Urea	32	(10-45mg/dl)
Uric acid	6.4	(3.4-7.0 mg/dl)

Cardiac profile

Troponine T		(>0.01ng/ml)

H.Pylori Test

Malaria Parasite

Micro Filaria

URINE ANALYSIS

Colour:	P.yellow
Sp gravity:	1.020
pH:	6.000
Albumin:	
Sugar:	
Acetone:	
Bile Salts:	
Urobilinogen:	
Blood:	
Nitrate:	
Leukocyte Estrase:	

Microscope:

Pus cells:	/HPF
RBC:	/HPF
Epithelial cells:	/HPF
Casts:	/HPF
Crystals:	
Bacteria:	
Mucus-Thread:	

Pregnancy Test

STOOL EXAMINATION

Colour:	
Consistancy:	
Reaction:	
Occult Blood:	
Microscopic ova:	
Cyst:	
Entamoeba:	
Flagellaes:	
Pus Cells:	
R.B. Cs:	
Epith: cells:	
Other:	

SEMEN ANALYSIS

Quantity:	Reaction
Total Sperm Count	million/ml
	(Normal 60-150 million/ml)
Microscopic: Active motile:	%
Sluggish motile:	%
Dead Sperms:	%
Pus Cells	R.B. Cs:
Epith: Cells:	
Morphology Normal:	%
Abnormal:	%

V.D.R.L./Syphilis

R.F.

HBsAg.

HCV.

HIV

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Medical Officer

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Lab Technician