



TRUCKMAN

Appendix 33: EX2 Form (Routine/Periodic Medical Examination)

[]INE/PERIODIC EXAMINATION REPORT (MEDICAL - CONFIDENTIAL)

tent 19851 Reg.D1 09 08/2023

ime MOHAMMAD RUBEL SHEKH

nder Male Nationality BANG. ALKSHII

Development Oman
AL DEPARTMENTCOMPLETE YOUR PERSONAL
DETAILS IN BLOCK CAPITALSSurname/
Forenames

MOHAMMAD RUBEL SHEKH

Nationality

BANGLADESH - D.O.B # 01-01-1990

Mobile No. 96920395

Address:

108649332

Company Number:

1621

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: 1

Reason for Examination (tick as appropriate)

Periodic Medical Examination ☒Final / Retirement ☐Other Reason: ☐

Employee only

B Present Job and Location:

SUPERVISOR - HADIMA

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, another 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, history of Hypertension	✓		
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 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: 09-08-2023

Signature of Applicant:





Appendix 33: EX2 Form (Routine/Periodic Medical Examination)
ROUTINE/PERIODIC EXAMINATION REPORT (MEDICAL – CONFIDENTIAL)

FOR COMPLETION BY EXAMINING DOCTOR OR NURSE									
Further details of medical history and recreational activities									
N = Normal A = Anormal (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. Hemial 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	VISION		Color Vision	
174	81	26.8	130 90 mmhg	/mins. 78	L ~ R ~	DISTANT Uncorrected Corrected	NEAR R L R L	1. Normal ✓ 2. Abnormal	
N	A				LABORATORY AND OTHER SPECIAL INVESTIGATIONS		N	A	
✓		1. Urinalysis			PFBS HTN, ↑TC, ↑LDL		✓		7. Audiogram
✓		2. Hb, Blood count, 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.)									
1. LSM & RFR (Lwt Exercise & diet) 2. MFU by an internist 3 m later (pre-DM & DLP) 3. Take the medications properly									
ASSESSMENT AND RECOMMENDATIONS:									
<input checked="" type="checkbox"/> FIT ALL AREAS <input type="checkbox"/> FIT WITH RESTRICTION <input type="checkbox"/> TEMPORARY UNFIT <input type="checkbox"/> UNFIT									
Date: 14/8/25 Name (Block Capitals): Dr. / Nurse: Dr. Shima Seyadabdollah Jafar Cardiologist Specialist MOHLic. No. 21962 Signature:									
REVIEW/CONSULTATION									
Date: Name (Block Capitals): Dr. / Nurse Signature:									