

ROUTINE/PERIODIC EXAMINATION REPORT (MEDICAL- CONFIDENTIAL)



RUSAYL HEALTH CENTRE
ISO 9001- 2015 Certified Co.

PLEASE COMPLETE YOUR PERSONAL DETAILS IN BLOCK CAPITALS

Mobile No. 77294912		Home/Leave Address:	Surname/Forenames SURJIT SINGH SARWAN																																																																																					
			Nationality 46/M/ Indian																																																																																					
			Company Number: # 1697	Reference Indicator:																																																																																				
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<p>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.</p>																																																																																								
Date: 5 July 2023	Signature of Applicant: Surjit S																																																																																							

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. 140 80 130 80	PULSE /mins. 112 98	HEARING L (N) R (N) Uncorrected Corrected	VISION			
						DISTANT R L	NEAR R L	R L	R L
169	70	24.5				6/6	4/6	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 ST @ 104
✓	✓	5. Lipids (40 years +)	✓	11. CVS risk for 40 yrs. & above 9.42
✓		6. Sickle Cell test		12. HIV, Hepatitis screening

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

A Hypertension suspect with tachycardia vs. White collar HN
(Impaired Fasting glucose), slightly elevated liver enzymes without
clinical symptoms, triglyceridemia; DM2, FBS 150, SGPT 55, TG 230, TC 242, LDL 142, HDL 42, Low risk

ASSESSMENT AND RECOMMENDATIONS:

FIT ALL AREAS FIT WITH RESTRICTION TEMPORARY UNFIT UNFIT

8 July 2023

Rommel Melendres
DR. ROMMEL WHIGAN MELENDRES
GENERAL PRACTITIONER
RUSAYL HEALTH CENTRE
MOH LIC NO. 13982

Signature:



REVIEW/CONSULTATION

Pr Diabetic diet for 3 months wth monthly FBS monitoring; low-fat diet
+ exercise; Repeat lipid profile + liver function test after 3-6 months,
monitor BP + heart rate on a weekly to monthly basis + refer accordingly

Date: Name (Block Capitals): Dr. / Nurse

Signature:

8 July 2023