

DATE: 24/04/2024

Ref No: 262

TO WHOM IT MAY CONCERN

THIS IS TO CERTIFY THAT HE IS MR. AKHTAR MASOOD, AGE 70+ YEARS MALE, CDC NO: C/O/0249, PASSPORT NO: B00779634, SEAMAN CAME TO ME FOR MEDICAL CHECK-UP. ON PHYSICAL EXAMINATION AND ON RELEVANT INVESTIGATIONS HE IS MEDICALLY FIT TO CONTINUE SHIP JOB.

THIS IS FOR YOUR KIND INFORMATION AND TAKE NECESSARY ACTION PLEASE.



DR. MIR MD. RAIHAN
MBBS (DU), DFM, CCD
Reg. No. A-55144 (BMDC)
Reg. No. BGD-016 (MMC)
DG, Shipping Approved (BD)
General Physician
Radical Hospitals Limited.



DEPARTMENT OF RADIOLOGY & IMAGING

ID. No. : 24040334 Receive: 20/04/2024 Print: 20/04/2024
Patient's Name : **AKHTAR MASOD**
Age : 70 YRS Sex : M
Refd. by : Dr. Mir Md. Raihan MBBS,(DU),CCD(BIRDEM),PGT(Eye),DFM

X-RAY OF CHEST (DIGITAL)

Diaphragm : Both hemidiaphragm are normal in position.
C-P angles are clear.

Heart : Normal in T.D.

Lung : Lung fields are clear.

Bony thorax : Reveals no abnormality.

Comments : Normal chest skiagram.



Prof. Dr. Md. Mojibor Rahman
MBBS, DMRD (Radiology & Imaging)
Head of the Department (Radiology & Imaging)
Sylhet Women's Medical College Hospital

ID NO : 24040334

Date : 17/04/2024

Patient's Name : AKHTAR MASOD

Age : 70Y 3M 22D

Ref. By : DR.MIR MD.RAIHAN MBBS,(DU),CCD(BIRDEM),PGT(EYE),DFM-C/O/0249

Sex : Male

Specimen : Blood

(Relevant estimations were carried out by KT-44 Haematology Analyzer with checked manually)

HAEMATOLOGY REPORT

Parameter	Results		Reference Values	Histogram
Haemoglobin(Hb)	12.4	g/dl	M:12-16, F:10-14.0 g/dl	
ESR(Westergren)	10	mm/1st hr	M:0-10, F:0-20 mm/1st hr	
TOTAL WBC COUNT	7,400	/cumm	4,000 - 11,000 /cumm	
<u>DIFFERENTIAL COUNT</u>				
Neutrophils	70	%	(40 - 75)%	
Lymphocytes	20	%	(20-45)%	
Monocytes	06	%	(2-10)%	
Eosinophils	04	%	(1-6)%	
Basophil	00	%	0-1 %	
TOTAL CIR. EOSIONOPHIL COUNT	296	/cumm	40 - 450 /cumm	
TOTAL PLATELET COUNT(PC)	258,000	/cumm	1,50,000-4,50,000 /cumm	
MPV	8.2	fL	7.0 -11.0 fL	
PDW-CV	15.9	%	10 - 18 %	
PCT	0.21	%	0.10 - 0.28	
P-LCR	17.1	%	9.00 - 45.00%	
P-LCC	44	x10^3/uL	13 - 129 x10^3/uL	
RBC COUNT				
HCT/PCV	42.0	%	M: 4.5-6.5, F: 3.8-5.8 m/uL	
MCV	86.5	fL	M: 40-54%, F: 37-47%	
MCH	25.5	pg	76-94 fL	
MCHC	29.5	g/dL	27-32 pg	
RDW SD	48	fL	29-34 g/dL	
RDW CV	16.8	%	30.0-57.0 fL	
			10-16%	

Checked By
Medical Technologist
Radical Hospital Ltd.
Uttara,Dhaka.

Dr. Sumaiya Khatun
MBBS MD (Gold Medilist) (BSMMU)
Associate Professor
Dept.Of Microbiology
East West Medical College & Hospital.



Bill No	DIA24040334	Received Date	17/04/2024
Patient's Name	AKHTAR MASOD		
Patient's Age	70Y 3M 22D	Patient's Sex	Male
Ref. by	Dr. Mir Md. Raihan MBBS,(DU),CCD(BIRDEM),PGT(Eye),DFM	CDC NO	C/O/0249
Sample	BLOOD		

BIOCHEMISTRY REPORT

<u>Test Name</u>	<u>Result</u>	<u>Reference Range</u>
Random Blood Sugar (RBS)	6.2 mmol/L	4.2 – 6.4 mmol/L
Serum Creatinine	0.97 mg/dl	0.3 - 1.3 mg/dl
HbA1C	5.7 %	4.0- 6.0 %
<u>Lipid profile</u>		
Serum Cholesterol	184 mg/dl	up to 200 mg/dl
Serum HDL- Cholesterol	41 mg/dl	>35 mg/dl
Serum Triglyceride	200 mg/dl	upto 220 mg/dl
Serum LDL- Cholesterol	103 mg/dl	<130 mg/dl

REMARKS (IF ANY)

IN VIEW OF THE LIVER FUNCTION TEST RESULT, HIS BLOOD IS FREE FROM TOXIC EFFECT OF CHEMICALS.

Checked ByMedical Technologist,
Radical Hospital Ltd.**Dr. Sumaiya Khatun**

MBBS, MD (Microbiology)

Associate Professor

Dept. of Microbiology

East West Medical College and Hospital.

Bill No	DIA24040334	Received Date	17/04/2024
Patient's Name	AKHTAR MASOD		
Patient's Age	70Y 3M 22D	Patient's Sex	Male
Ref. by	Dr. Mir Md. Raihan MBBS,(DU),CCD(BIRDEM),PGT(Eye),DFM	CDC NO	C/O/0249
Sample	BLOOD		

SEROLOGICAL REPORT

HBsAg (Method : (ICT)	Negative
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RADICAL
HOSPITAL
LIMITED

Checked By

[Signature]
Medical Technologists
Radical Hospitals Ltd.

[Signature]
Dr. Sumaiya Khatun
MBBS, MD (Microbiology)
Associate Professor
Dept. of Microbiology
East West Medical College and Hospital

Bill No	DIA24040334	Received Date	17/04/2024
Patient's Name	AKHTAR MASOD		
Patient's Age	70Y 3M 22D	Patient's Sex	Male
Ref. by	Dr. Mir Md. Raihan MBBS,(DU),CCD(BIRDEM),PGT(Eye),DFM	CDC NO	C/O/0249
Sample	URINE		

URINE ROUTINE EXAMINATION

PHYSICAL EXAMINATIONMICROSCOPIC EXAMINATION

Quantity	Sufficient	CELLS / HPF	
Color	Straw	RBC	Nil
Appearance	Clear	Pus Cells	2-3/HPF
Sediment	Nil	Epithelial	1-2/HPF

CHEMICAL EXAMINATION CASTS / LPF

Reaction	Acidic	RBC	Nil
Albumin	Nil	WBC	Nil
Sugar	Nil	Epithelial	Nil
Ex.Phosphate	Nil	Granular	Nil
		Hyaline	Nil

ON REQUESTCRYSTALS & OTHERS

Bile Salt	Not Done	Urates	Nil
Bile Pigment	Not Done	Uric Acid	Nil
Ketones	Not Done	Calcium oxalate	Nil
Urobilinogen	Not Done	Amor. Phos	Nil
B.J. Protein	Not Done	Hippurate crystal	Nil

Checked By

Medical Technologist.
Radical Hospital Ltd.

Dr. Sumaiya Khatun
MBBS, MD (Microbiology)

Associate Professor
Dept. of Microbiology
East West Medical College and Hospital.

17-04-2024 12:33:20

HR	: 89	bpm
P	: 110	ms
PR	: 154	ms
QRS	: 94	ms
QT/QTc	: 348/424	ms
P/QRS/T	: 60/-39/36	°
RV5/SV1	: 0.477/0.408	mV

Diagnosis Information:

Sinus rhythm
Left axis deviation
Borderline ECG

Report Confirmed by:



Uttara Crescent Hospital

EXERCISE STRESS TEST REPORT

Test Date: 23/04/2024 20:41

Test Type: Treadmill (Bruce) Tel:

Fax:

Hospital Address: Dhaka

Patient: AKTER MASUD

ID: 240408242

Age: 69

Sex: Male

Height: 170cm

Weight: 96kg

Physician: DR. IFTEKHAR ALAM.MBBS.MD. Referring: Doctor A

Bed No.:

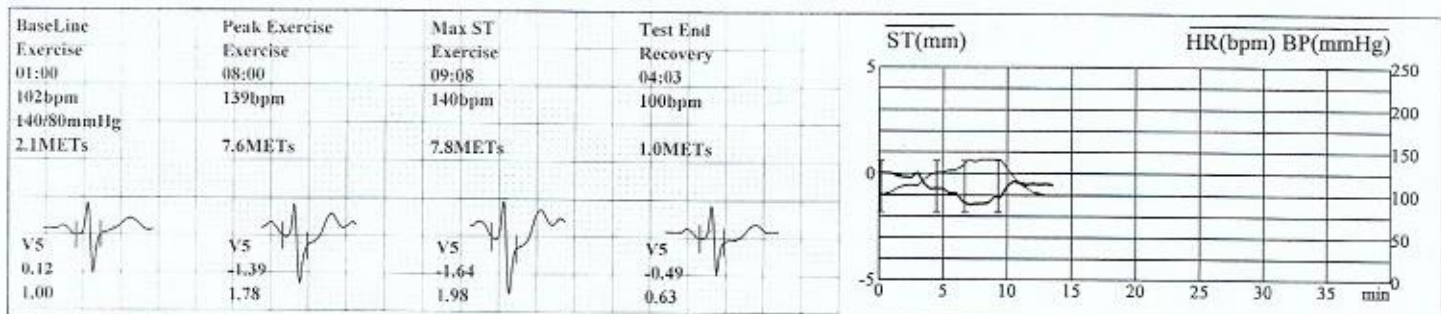
Indication:

Medication:

The reason for terminating Exercise was Other reasons

Exercise Test Summary

Phase	Stage	Time (min:sec)	Total Time (min:sec)	Speed (km/h)	Grade (%)	Workload (METs)	HR (bpm)	BP (mmHg)	RPP (*100)	VE	SVE	ST V5(mm)	Comment
Pretest		03:25		0.0	0.0	1.0	98	140/80	137	0	0	0.12	
Exercise	1	03:00	03:00	2.3	6.0	3.3	126	140/80	176	0	0	-0.10	
	2	03:00	06:00	3.6	8.0	5.2	139	140/80	194	4	0	-0.85	
	3	03:00	09:00	5.0	10.0	7.7	155	140/80	217	14	0	-1.39	
	4	00:08	09:08	6.1	12.0	7.8	142			3	0	-1.64	
Recovery	1	01:00		0.0	0.0	4.5	121	140/80	169	3	1	-0.83	
		01:00		0.0	0.0	1.1	110			17	1	-0.42	
		01:00		0.0	0.0	1.0	100			6	0	-0.49	
		01:03		0.0	0.0	1.0	96			3	0	-0.49	



CONCLUSION

The Bruce protocol was used for this Stress Test. The total duration of Exercise time was 09:08, and was terminated at stage 4. The maximum METS workload was 7.8 METS. The maximum speed was 6.1 km/h and maximum grade 12.0 %. Resting Heart Rate was 98 bpm, and increased to a maximum Heart Rate of 155 bpm. The Max HR of 155 represents 121% of the Target Heart Rate of 128 bpm (Stage 3 at 02:00) (08:00). At 1-minute post exercise the Heart Rate decreased 17 bpm from 113 to 96. The Heart Rate at end of recovery was 100 bpm. Max ST Depression was -1.64 mm in V5 at Stage 4 Exercise. Total VE beats were 50, with 1 Pairs and 0 V-Runs. Total SVE beats were 2, with 0 SV-Runs. The minimum Blood Pressure at rest was 140/80 mmHg. The maximum reported Blood Pressure was 140/80 mmHg. The reason for terminating Exercise was Other reasons.

*Good exercise Capacity
Good Hemodynamic Response
ECG is negative for previous ECG change for myocardial ischemia.*



Dr. Iftekhar Alam
MBBS, MD (Cardiology)
Fellow JORP (ADVANCED Doppler, India)
Assistant Professor of Cardiology
National Institute of Cardiovascular Diseases
Shyambagan, Dhaka

Physician Confirmation: DR. IFTEKHAR ALAM.MBBS.MD.

IBN SINA DIAGNOSTIC & CONSULTATION CENTER, UTTARA

ISO 9001:2015 Certified

ECHO-CARDIOGRAPHY REPORT

2-D & M-MODE, DOPPLER & COLOUR FLOW IMAGING



I.D. No	:	U141637	Received date	:	18 Apr 2024	Printed date	:	18 Apr 2024 10:01PM
Name of Pt.	:	AKTHER MASUD	Age	:	69 y(s)	Sex	:	Male
Exam	:	ECHO COLOUR DOPPLER						
Ref. By	:	DR. MIR RAIHAN						

PROCEDURES: 2D & M MODE & COLOR DOPPLER STUDY.

M-MODE & 2D FINDINGS:

AO	:	29	mm	LVIDd	:	51	mm	RVIDd	:		mm	MVA	:	3.9	cm2
LA	:	34	mm	LVIDs	:	33	mm	RVOT	:		mm	MVannulus	:		mm
IVST	:	13	mm	EF	:	64	%	PA	:		mm	AV ring	:		mm
PWT	:	12	mm	FS	:	35	%	TAPSE	:	18	mm	ACS	:	18	mm

Doppler Measurements & Color Flow:

MV:Vp	:	0.9	m/sec	PPG	:	3.8	mmHg	MR	:		PHT	:		msec	MVA	:		cm2
AV:Vp	:	1.7	m/sec	PPG	:	12.1	mmHg	AR	:		DCT	:		msec	AVA	:		cm2
PV:Vp	:	1.3	m/sec	PPG	:	7.3	mmHg	PR	:		PASP	:		mmHg	IVRT	:		
TV:Vp	:	0.5	m/sec	PPG	:	1.1	mmHg	TR	:		PADP	:		mmHg	E/A	:		

DESCRIPTION:

CHAMBERS

LA : Normal **LV** : **Concentric LVH.**
RA : Normal **RV** : Normal in chamber dimension, morphology and motion. (TAPSE – 18 mm).

VALVES : All valves are normal.

IAS : Intact **IVS** : Intact

GREAT VESSEL : Great arteries are normal in size and relationship.

PERICARDIUM : No effusion seen.

THROMBUS/VEGETATION/OTHER MASS: Not seen.

COLOR FLOW : No abnormal flow detected.

DOPPLAR STUDY : Normal.

IMPRESSION:

1. Concentric LVH.
2. No regional wall motion abnormality.
3. Good LV & RV systolic function.
4. Normal diastolic function.

Dr. Md. Aminur Razzaque
 MBBS. MD (Cardiology) NICVD,
 Assistant. Professor, Cardiology, NICVD
 Advance training on Echocardiography JROP (India)
 Consultant, IBN SINA D.Lab & Consultation center, Uttara.

Gold Medalist (Mother Teresa)

Brigadier General

Prof. Dr. Md. Sayedur Rahman (Rtd)

MBBS. DO MCPS, FCPS (Eye)

Professor & Head, Ophthalmology Department (Ex)

Armed Forces Medical College & CMH Dhaka

Eye Specialist, Phaco, and Glaucoma Surgeon

Re, No-A-16085

Mobile: 01710-956108

সেলাই বিহীন যন্ত্রের মাধ্যমে (ফ্যাকো)
ছানি অপারেশন সহ বাঁকা চোখ, গ্লোকেমা)
ও চোখের অন্যান্য অপারেশন করা হয়।

Name: Aktar Masud Age: 69 Date: 21/1/24

VAR 6/6
VAL 6/6

AS

PSE

PS

IOP-A

DIG:-

LEN:-

ADVJH:-

Presbyopia & Hypermetropia

Digital ELD

(2008 2010 X 2010)

অধ্যাপক ডাঃ মোঃ সাইদুর রহমান (এফ সি পি এস) (অবঃ)

বিশ্বাসীয় প্রধান

Name :

Age :

Mr. Aktar Masud Date: 21/1/24
of 69

Right Eye				Left Eye			
SPH	CYL	AXIS	V/A	SPH	CYL	AXIS	V/A
+1.25	—	—	6/6	+2.00	—	—	6/6
ADD +2.75				IPD	mm for N.V.		

Advice

Plastic/White/Eycon/MC/Unifocal/Bifocal/Verifocal

Remarks:

Signature :



JEWEL

5/11, Belly Complex, Rajlakhmi,
SECTOR # 03, UTTARA, DHAKA-1230
TEL : 58957858, 01703-595600

Visiting Hour: 7 PM TO 9 PM
(Friday 5.00 PM TO 9 PM)

ISSUED ON BEHALF OF THE DEPARTMENT OF SHIPPING
GOVERNMENT OF THE PEOPLE'S REPUBLIC OF BANGLADESH



Form No: SMC

SL NO.

04.2024.6396

SEAFARER MEDICAL CERTIFICATE

This certificate is issued in accordance with Bangladesh Merchant Shipping Ordinance, 1983 and Bangladesh Merchant Shipping Officers and Ratings Training, Certification, Recruitment, Work Hours and Watch keeping Rules, 2011 in compliance with the International Convention on Standards of Training Certificate and Watch keeping for Seafarers, 1978 as amended (STCW'78) and Regulation 1.2 of the Maritime Labour Convention, 2006

SEAFARER INFORMATION:

Name: Last MASOOD First AKHTAR Middle
Gender: (Male/Female) MALE Nationality: BANGLADESHI Date: 24/04/2024
Occupation: Deck/Engine/Catering/Other (specify) Rank: MASTER
Father's/ Husband's name: ABUL FATAH MAHMOOD C.D.C No. C/0/0249
Mother's Name: A LAM ARA BEGUM Seaman ID No. 050002734
Address: House No: 22 Street/ Road No: 14 Passport No. 800779634
Locality/Village: SECTOR-3 NID No. 7342730848
P.O.: UTTARA Date of Birth: 25/12/1953
P.S.: UTTARA WEST (DD/MM/YYYY)
District: DHAKA

DECLARATION OF THE RECOGNIZED MEDICAL PRACTITIONER:

I am duly authorized by the Department of Shipping, Government of the People's Republic of Bangladesh and confirm the followings:

- Confirmation that identification documents were checked at the point of examination ☒ YES/NO
- Hearing meets the standards in section A-I/9 ☒ YES/NO
- Unaided hearing satisfactory? ☒ YES/NO
- Visual acuity meets standards in section A-I/9? ☒ YES/NO
- Colour vision meets standards in section A-I/9? ☒ YES/NO
Date of last colour vision test 24 APR 2024
- Fit for lookout duties? ☒ YES/NO
- Is the seafarer free from any medical condition likely to be aggravated by service at sea or to render the seafarer unfit for service or to render the health of any other persons on board? ☒ YES/NO
- Any limitations or restrictions on fitness? ☒ YES/NO

If YES, specify limitations or restrictions:

Duties:

Location/Vessel:

Medical/Other:

RADICAL HOSPITAL LIMITED
Uttara, Dhaka, Bangladesh

9. Medical fitness category :

☒ Fit-No restriction

☐ Fit-Subject to restrictions

☐ Unfit

10. Date of examination/Issue (DD/MM/YYYY) 24 APR 2024

11. Date of expiry (DD/MM/YYYY) 23 APR 2025 "No more than 2 years from the date of examination".

I have read the contents of the certificate and have been informed of the right to review.

Akhtar Masood
Seafarer's Signature



DR. MIR. MD. RAIHAN
MBBS (DU), DFM, CCD (Birdem), PGT (Ophth)
BMDC A-55144, MMC-BGD-016
DG Shipping Bangladesh Approved
General Physician
Name & Signature of the practitioner:

MEDICAL REQUIREMENTS

All applicants for an officer certificate, Seafarer's Identification and Record Book or certification of special qualifications shall be required to have a physical examination reported on this Medical Form completed by a certificated physician. The completed medical form must accompany the application for officer certificate, application for seafarer's identity document, or application for certification of special qualifications. This physical examination must be carried out not more than 24 months prior to the date of making application for an officer certificate, certification of special qualifications or a seafarer's book. The examination shall be conducted in accordance with the International Labor Organization World Health Organization, *Guidelines for Conducting Pre-sea and Periodic Medical Fitness Examinations for Seafarers (ILO/WHO/D.211997)*. Such proof of examination must establish that the applicant is in satisfactory physical and mental condition for the specific duty assignment undertaken and is generally in possession of all body faculties necessary in fulfilling the requirements of the seafaring profession.

In conducting the examination, the certified physician should, where appropriate, examine the seafarers previous medical records (including vaccinations) and information on occupational history, noting any diseases, including alcohol or drug -related problems and/or injuries. In addition, the following minimum requirements shall apply:

(a) Hearing:

- All applicants must have hearing unimpaired for normal sounds and be capable of hearing a whispered voice in better ear at 15 feet (4.57m) and in poorer ear at 5 feet (1.52m).

(b) Eyesight:

- Deck officer applicants must have (either with or without glasses) at least 6/6 [20/20] (1.00) vision in one eye and at least 6/12 [20/40] (0.50) in the other. If the applicant wears glasses, he must have vision without glasses of at least 6/45 [20/150] (0.13) in both eyes. Deck officer applicants must also have normal color perception and be capable of distinguishing the colors red, green, blue and yellow.
- Engineer and radio officer applicants must have (either with or without glasses) at least 6/9 [20/30] (0.67) vision in one eye and at least 6/15 [20/50] (0.40) in the other. If the applicant wears glasses, he must have vision without glasses of at least 6/60 [20/200] (0.10) in both eyes. Engineer and radio officer applicants must also be able to perceive the colors red, yellow and green.

(c) Dental:

- Seafarers must be free from infections of the mouth cavity or gums.

(d) Blood Pressure:

- An applicant's blood pressure must fall within an average range, taking age into consideration.

(e) Voice:

- Deck/Navigational officer applicants and Radio officer applicants must have speech which is unimpaired for normal voice communication.

(f) Vaccinations:

- All applicants shall be vaccinated according to the requirements indicated in the WHO publication, International Travel and Health, Vaccination Requirements and Health Advice, and shall be given advice by the certified physician on immunizations. If new vaccinations are given, these shall be recorded.

(g) Diseases or Conditions:

- Applicants afflicted with any of the following diseases or conditions shall be disqualified: epilepsy, insanity, senility, alcoholism, tuberculosis, acute venereal disease or neurosyphilis, AIDS, and/or the use of narcotics. Applicants diagnosed with, suspected of, or exposed to any communicable disease transmissible by food shall be restricted from working with food or in food - related areas until symptom-free for at least 48 hours.

(h) Physical Requirements:

- Applicants for able seaman, bosun, GP-1, ordinary seaman and junior ordinary seaman must meet the physical requirements for a deck/navigational officer's certificate.
- Applicants for fireman/watertender, oiler/motorman, pumpman, electrician, wiper, tankerman and survival craft/rescue boat crewman must meet the physical requirements for an engineer officer's certificate.

IMPORTANT NOTE:

An applicant who has been refused a medical certificate or has had a limitation imposed on his/her ability to work, shall be given the opportunity to have an additional examination by another medical practitioner or medical referee who is independent of the shipowner or of any organization of shipowners or seafarers.

Medical examination reports shall be marked as and remain confidential with the applicant having the right of a copy to his/her report. The medical examination report shall be used only for determining the fitness of the seafarer for work and enhancing health care.

DETAILS OF MEDICAL EXAMINATION:

(To be completed by examining physician; alternatively, the examining physician may attach a form similar or identical to the model provided in Appendix 1):

1. Complete physical Examination.

2. Pathological Examination:

a. CBC b. ESR c. HBSAG d. LFT e. ECG f. RBS g. URINE R/M/E

DR. MIR. MD. RAIHAN
MBBS (DU), DPM, CCD (Birdem), PGT (Ophth)
BMDC A-55144, MMC-BGD-016
DG Shipping Bangladesh Approved
General Physician
Radical Hospitals Limited

24 APR 2024