

DATE: 14/03/2024

Ref No: 255

TO WHOM IT MAY CONCERN

THIS IS TO CERTIFY THAT HE IS MR. MD MOMTAZ UDDIN, AGE 58+ YEARS MALE, CDC NO: C/O/1963, PASSPORT NO: A01693641, 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), Reg. No. A-55144 (BMDC)
Reg. No. BGD-016 (MMC)
DG Shipping Approved (BD)
General Physician
Radical Hospitals Limited



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



Form No: SMC

SL NO.

04.2024.6126

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 UDDIN First MD Middle Momtaz
Gender: (Male/Female) Male Nationality: Bangladeshi Date: 14/03/2024 14 MAR 2024
Occupation: Deck/Engine/Catering/Other (specify) Engine Rank: Ch. Engr
Father's/ Husband's name: Mr. Dadu Llah Mondol C.D.C No. C/O/1963
Mother's Name: Mrs. Mahol bebe Seaman ID No. 05000033
Address: House No. 06 Street/ Road No. 20 Passport No. A 01693641
Locality/Village: Sector-04, Uttara NID No. 5534095418
P.O.: Dhaka Date of Birth: 16/10/1965
P.S.: (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 : 14 MAR 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) : 14 MAR 2024

11. Date of expiry (DD/MM/YYYY) : 13 MAR 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.

Seafarer's Signature



DR. MIR. MD. RAIHAN
MBBS (DU), DPM, CCD (Birdem), PGT (Ophth)
BMDC A-55144, MMC-8GD-016
DG Shipping Bangladesh Approved
General Physician
Radical Hospitals Limited

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/navigation 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:

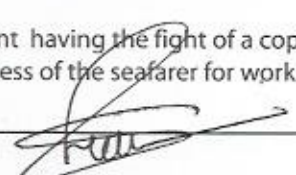
(To be completed by examining physician; alternatively, the examining physician may attach a form similar or identical to the model provided in Appendix 1):

1. Complete physical Examination.

2. Pathological Examination:

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

14 MAR 2024


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

ID NO : 24030329

Date : 13/03/2024

Patient's Name : MD. MOMTAZ UDDIN

Age : 58Y 4M 25D

Ref. By : Dr. Mir Md. Raihan MBBS,(DU),CCD(BIRDEM),PGT(Eye),DMF - C/O/- 1963

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)	14.8 g/dl	M:12-16, F:10-14.0 g/dl	
ESR(Westergren)	08 mm/1st hr	M:0-10, F:0-20 mm/1st hr	
TOTAL WBC COUNT	6,500 /cumm	4,000 - 11,000 /cumm	
<u>DIFFERENTIAL COUNT</u>			
Neutrophils	70 %	(40 - 75)%	
Lymphocytes	22 %	(20-45)%	
Monocytes	05 %	(2-10)%	
Eosinophils	03 %	(1-6)%	
Basophil	00 %	0-1 %	
TOTAL CIR. EOSIONOPHIL COUNT	195 /cumm	40 - 450 /cumm	
TOTAL PLATELET COUNT(PC)	241,000 /cumm	1,50,000-4,50,000 /cumm	
MPV	11 fL	7.0 -11.0 fL	
PDW-CV	16.2 %	10 - 18 %	
PCT	0.27 %	0.10 - 0.28	
P-LCR	33.1 %	9.00 - 45.00%	
P-LCC	80 x10 ³ /uL	13 - 129 x10 ³ /uL	
RBC COUNT	5.12 m/uL	M: 4.5-6.5, F: 3.8-5.8 m/uL	
HCT/PCV	46.8 %	M: 40-54%, F: 37-47%	
MCV	91.4 fL	76-94 fL	
MCH	28.9 pg	27-32 pg	
MCHC	31.7 g/dL	29-34 g/dL	
RDW SD	50 fL	30.0-57.0 fL	
RDW CV	16.3 %	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	DIA2403031329	Received Date	13/03/2024
Patient's Name	MD. MOMTAZ UDDIN		
Patient's Age	58Y 4M 25D	Patient's Sex	Male
Ref. by	Dr. Mir Md. Raihan MBBS,(DU),CCD(BIRDEM),PGT(Eye),DFM	CDC NO	C/O/ 1963
Sample	BLOOD		

BIOCHEMISTRY REPORT

<u>Test Name</u>	<u>Result</u>	<u>Reference Range</u>
Random Blood Sugar (RBS)	5.9 mmol/L	4.2 – 6.4 mmol/L
Serum Creatinine	0.85 mg/dl	0.3 - 1.3 mg/dl
HbA1C	5.2 %	4.0- 6.0 %
<u>Lipid profile</u>		
Serum Cholesterol	174 mg/dl	up to 200 mg/dl
Serum HDL- Cholesterol	44 mg/dl	>35 mg/dl
Serum Triglyceride	166 mg/dl	upto 220 mg/dl
Serum LDL- Cholesterol	82 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 By

Medical Technologist.
Radical Hospital Ltd.

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

Bill No	DIA2403031329	Received Date	13/03/2024
Patient's Name	MD. MOMTAZ UDDIN		
Patient's Age	58Y 4M 25D	Patient's Sex	Male
Ref. by	Dr. Mir Md. Raihan MBBS,(DU),CCD(BIRDEM),PGT(Eye),DFM	CDC NO	C/O/ 1963
Sample	BLOOD		

SEROLOGICAL REPORT

Test Name

Result

HBs Ag (Method : (ICT)	Negative
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Checked By

Medical Technologist.
Radical Hospital Ltd.

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



Bill No	DIA2403031329	Received Date	13/03/2024
Patient's Name	MD. MOMTAZ UDDIN		
Patient's Age	58Y 4M 25D	Patient's Sex	Male
Ref. by	Dr. Mir Md. Raihan MBBS,(DU),CCD(BIRDEM),PGT(Eye),DFM	CDC NO	C/O/ 1963
Sample	URINE		

URINE ROUTINE EXAMINATION

PHYSICAL EXAMINATIONMICROSCOPIC EXAMINATION

Quantity	Sufficient	CELLS / HPF	
Color	Straw	RBC	Nil
Appearance	Clear	Pus Cells	0-2/HPF
Sediment	Nil	Epithelial	0-1/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.

DEPARTMENT OF RADIOLOGY & IMAGING

ID. No. : 24030329 Receive: 13/03/2024 Print: 13/03/2024
Patient's Name : MD MOMTAZ UDDIN
Age : 58 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

This report has been electronically signed.

Page of 1

13-03-2024 14:37:31

Male 8 Years

ID: 24020576
Mo. Mom's addy
Male
58 Years

Diagnosis Information:

Sinus rhythm

Normal ECG

HR : 79 bpm

p : 112 ms

PR : 156 ms

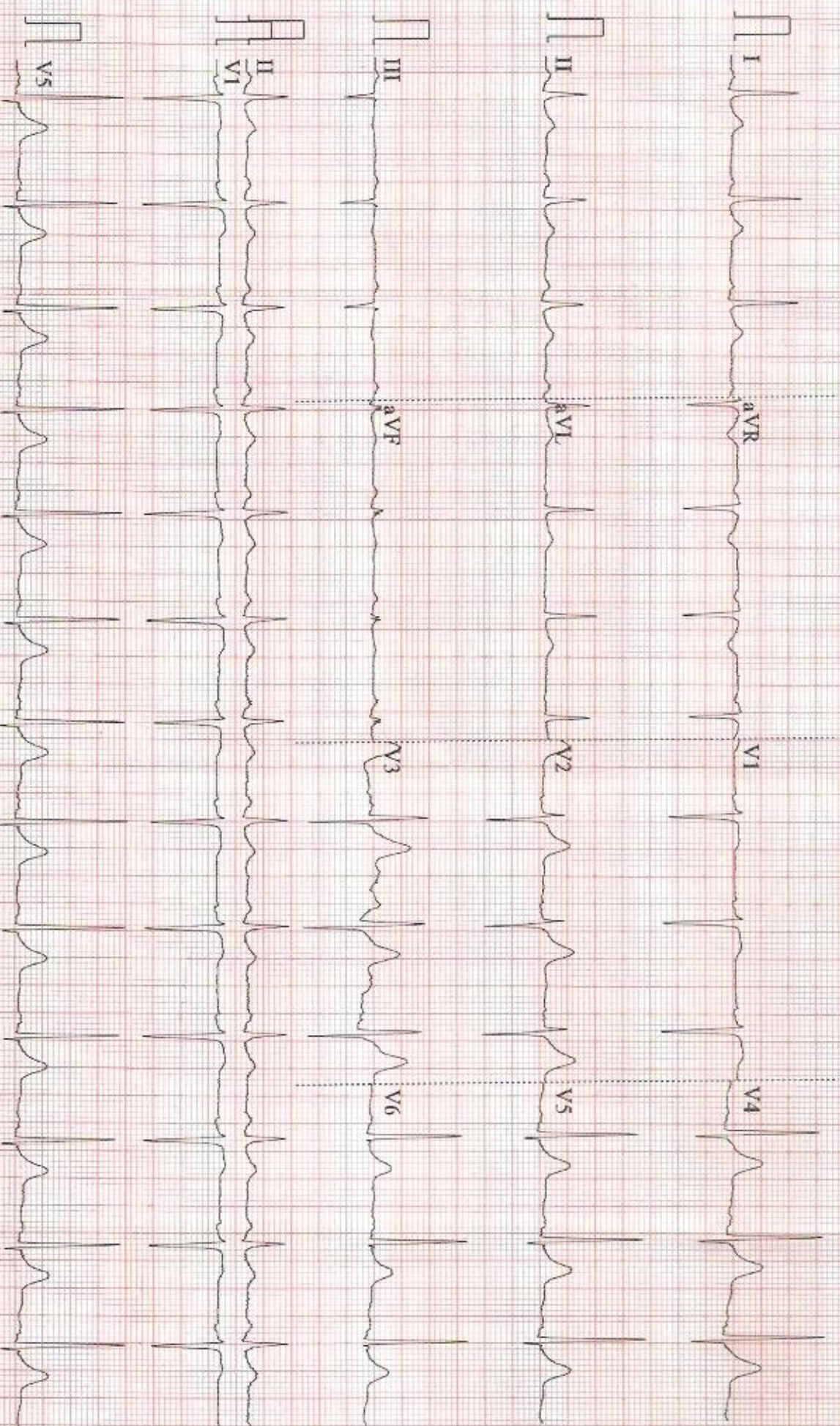
QRS : 84 ms

QT/QTc : 358/411 ms

PQRS/T : 62/6/20

RV5/SV1 : 1.872/1.288 mV

Report Confirmed by:



0.67~100Hz AC50 25mm/s 10mm/mV 4*2.5s+3r ♡79

SE-1200Express V2.21 Glasgow V28.6.0 Radical Hospital

20.383

DEPARTMENT OF RADIOLOGY & IMAGING

ID. No. : 24030329 Receive: Print: 13/03/2024
Patient's Name : MD MOMTAZ UDDIN
Age : 58 YRS Sex : M
Refd. by : Dr. Mir Md. Raihan MBBS,(DU),CCD(BIRDEM),PGT(Eye),DFM

ELECTROCARDIOGRAM (E.C.G) REPORT

Rate : 79 b/min

Rhythm : Regular

P-Wave : Normal

P-R Interval : Normal

QRS Complex : Normal

ST. Segment : Is electric

T. Wave : Normal

Impression : Findings are within normal limit.


Dr. Debashish Paul
MBBS, MD (Cardiology)
Associate Professor
Department of Cardiology
Sylhet Women's Medical College Hospital



গাক চক্ষু হাসপাতাল

প্লট-৩১, রোড নং-১৪, সেক্টর-১৩, উত্তরা, ঢাকা।

মোবাইল নম্বরঃ ০১৩২৪-৪৪৯১৩৫

Optical Advice

M.R. No. 13803.

Patient's Name: Md. Mostafiz Uddin

Date 13.03.24.

Age: 57 ☒ Male ☐ Female

	OD (RE)					OS (LE)				
	SPH	CYL	AXIS	V/A	PRISM	SPH	CYL	AXIS	V/A	PRISM
DV	+2.25	+0.50	176°	CL6	1	+2.50	—	—	616	1
NV	+4.75	+0.50	170°	N5	1	+5.00	—	—	N5	1

Dist PD RE: 30mm LE: 30mm Near PD RE: 28mm LE: 28mm

Lens: ☐ Glass ☒ Plastic ☐ White ☐ Tint ☐ Photochromic ☒ AR Coat ☐ Blue Coat

Multifocal: ☒ PAL ☐ Kryptop ☐ Executive ☐ Unis-D

Instructions: ☐ Distance only ☐ NV only ☒ Constant wear ☐ Vocational use

Ophthalmologist

“ছোট চোখের বৃহৎ দান, সময় থাকতে চোখ বাঁচান”

রোগী দেখার সময়ঃ শুক্রবার ব্যতিত প্রতিদিন সকাল ৯.০০ থেকে বিকাল ৫.০০টা পর্যন্ত

IBN SINA DIAGNOSTIC & CONSULTATION CENTER, UTTARA

ISO 9001:2015 Certified

TREADMILL STRESS TEST



I.D. No	:	U108121	Received date	:	13 Mar 2024	Printed date	:	13 Mar 2024 10:25PM
Name of Pt.	:	MD.MOMTAZ UDDIN	Age	:	58 y(s)	Sex	:	Male
Ref. By	:	RADICAL HOSPITAL LTD						
Ref. By	:	ETT						

Total Exercise Time : 09:01 Min

% of max. pred. HR : 90 %

Maximum BP : 140/90 mmhg.

Indication : Screening for IHD.

Risk Factors : Nil.

Reason for Termina. : Attainment of THR.

Test Profile : BRUCE

Symptoms : Nil.

Max.HR attained : 146 Bpm.

Max. Pred HR : 162 Bpm.

Max. work load attained : 10.10 METS

Summary Result ⇒

NEGATIVE

Comments:

- ☐ MD.MOMTAZ UDDIN performed stress test in Bruce protocol for the evaluation of IHD (angina pectoris).
- ☐ Exercise capacity was good.
- ☐ Inotropic and chronotropic responses were normal.
- ☐ Stress test was terminated because of attainment of THR.
- ☐ ECG at rest shows no abnormality.
- ☐ ECG during exercise & recovery shows no significant ST depression.

Conclusion : Stress test is **NEGATIVE** for ECG evidence of provokable myocardial ischaemia.



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.