

DATE: 20/08/2023

Ref No: 234

TO WHOM IT MAY CONCERN

THIS IS TO CERTIFY THAT HE IS MR. MAHMUD LATEEF, AGE 62+ YEARS MALE, CDC NO: C/O/0802, PASSPORT NO: A11424697, 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.

04.2023.4613

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 LATEEF First MAHMUD Middle
Gender: (Male/Female) MALE Nationality: BANGLADESHI Date: 20 AUG 2023
Occupation: Deck/Engine/Catering/Other (specify) ENGINE Rank: CHIEF ENGINEER
Father's/ Husband's name: M A SALAM C.D.C No C/0/0802
Mother's Name: SHAMIMA SALAM Seaman ID No.
Address: House No: Street/ Road No: Passport No. A11424697
Locality/Village: JOGANIA NID No. 6888163583
P.O.: JOGANIA Date of Birth: 31/03/1961
P.S.: KALIA (DD/MM/YYYY)
District: NARAIL

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 : 20 AUG 2023
- 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) 20 AUG 2023

11. Date of expiry (DD/MM/YYYY) 19 AUG 2024 "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 (Bldem), 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/Navigation 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

DR. MIR. MD. RAIHAN
MBBS (DU), DFM, CCD (Bitem), PGT (Ophth)
BMDC A-55144, MMC-BGD-016
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General Physician
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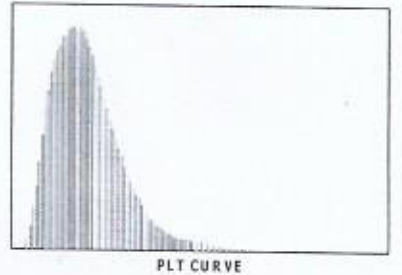
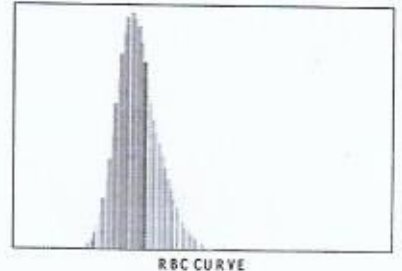
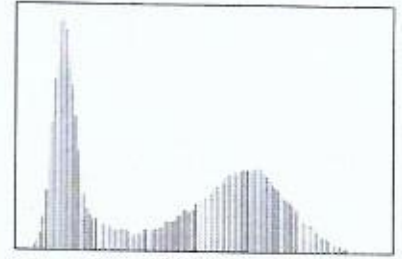
20 AUG 2023

Id No : 23080971 **Date** : 20-Aug-2023 **D.Date** : 20-Aug-2023
Patient's Name : MAHMUD LATEEF **Age** : 62Y 4M 19D **Gender** : Male
Specimen : Blood
Doctor Name : Dr. Mir Md. Raihan MBBS,(DU),CCD(BIRDEM),PGT(Eye),DFM CDC NO: C/O/0802

Haematology Report

(Relevant estimations were carried out by Mythic-One Auto Haematology Analyzer & checked manually)

Parameter Name	Results	Reference Range
Hemoglobin (Hb)	12.9 gm/dl	M:13-18 gm/dl. F:11.5-16.5 gm/dl. Child:10-13 gm/dl.
ESR(Westergreen)	07 mm/1st hr	Infant: (One year):8-10 gm/dl. Male:0-10, F:0-20 mm/1st hr.
Total WBC Count(TC)	7,900 /cumm	Adult: 4000 - 11000/cumm. Children: 5,000-15,000/cumm Infant(One Year): 6,000-18,000/cumm
Differential WBC Count (DC)		
Neutrophils	61 %	Child: 25-66 %, Adult: 40-75 %
Lymphocytes	34 %	Child: 52-62 %, Adult: 20-50 %
Monocytes	03 %	Child: 03-07 %, Adult: 02-10 %
Eosinophils	02 %	Child: 01-03 %, Adult: 01-06 %
Basophils	00 %	Adult: 00-01 %
Total Cir. Eosinophils	158 /cumm	50-450/cumm
Total RBC Count	4.58 m/ul	M: 4.5-6.5, F:3.8-5.8 m/ul
HCT/PCV	35.4 %	M: 40-54%, F:37-47%
MCV	77.3 fL	76 - 94 fL
MCH	28.2 pg	27 - 32 pg
MCHC	36.4 g/dL	29 - 34 g/dL
RDW	13.7 %	11 - 16 %
PDW	15.5 fL	35 - 56 fL
Total Platelete Count (PC)	3,29,000 /cumm	150,000-450,000/cumm
MPV	7.3 fL	7.0 - 11.0 fL
PCT	0.240 %	0.1 - 0.2 %
Bleeding Time(BT)	%	10 - 18 %
Cloting Time(CT)	%	0.1- 0.2 %



Checked by
Medical Technologist

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



Bill No	DIA23080971	Received Date	20/08/2023
Patient's Name	MAHMUD LATEEF		
Patient's Age	62Y 4M 19D	Patient's Sex	Male
Ref. by	Dr. Mir Md. Raihan MBBS, (DU), CCD(BIRDEM), PGT(Eye), DFM		CDC NO: C/O/0802
Sample	Blood		

BIOCHEMISTRY REPORT

Test Name	Result	Reference Range
Random Blood Sugar (RBS)	6.2 mmol/l	4.2 – 6.4 mmol/l
Serum Creatinine	1.0 mg/dl	0.3 - 1.3 mg/dl
HbA1C	5.8 %	4.0- 6.0 %
Lipid profile		
Serum Cholesterol	154 mg/dl	up to 200 mg/dl
Serum HDL- Cholesterol	44 mg/dl	>35 mg/dl
Serum Triglyceride	136 mg/dl	upto 220 mg/dl
Serum LDL- Cholesterol	82 mg/dl	<130 mg/dl

Checked By

Medical Technologist
Radical Hospitals Ltd.

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

Bill No	DIA23080971	Received Date	20/08/2023
Patient's Name	MAHMUD LATEEF		
Patient's Age	62Y 4M 19D	Patient's Sex	Male
Ref. by	Dr. Mir Md. Raihan MBBS, (DU), CCD(BIRDEM), PGT(Eye), DFM		CDC NO: C/O/0802
Sample	Blood		

SEROLOGICAL REPORT

Test Name

Result

HBsAg (Method : ICT)	Negative
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RADICAL
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LIMITED

Checked By

Medical Technologist
Radical Hospitals Ltd.



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

Bill No	DIA23080971	Received Date	20/08/2023
Patient's Name	MAHMUD LATEEF		
Patient's Age	62Y 4M 19D	Patient's Sex	Male
Ref. by	Dr. Mir Md. Raihan MBBS,(DU),CCD(BIRDEM),PGT(Eye),DFM		CDC NO:C/O/0802
Sample	URINE		

URINE ROUTINE EXAMINATION

PHYSICAL EXAMINATIONMICROSCOPIC EXAMINATION

Quantity	Sufficient	CELLS / HPF	
Color	Straw	R B C	Nil
Appearance	Clear	Pus Cells	2-3/HPF
Sediment	Nil	Epithelial	2-3/HPF

CHEMICAL EXAMINATIONCASTS / LPF

Reaction	Acidic	R B C	Nil
Albumin	NIL	W B C	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 Hospitals Ltd.



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

Dr. Md. Hasan Azam

M.B.B.S. DO. (D.U.), FRSH (London)

Fellow-Glaucoma, Laser, Microsurgery (India)

Contact Lens Specialist

Eye specialist & Surgeon

Senior Consultant (Ex)

Islamia Eye Hospital, Dhaka

Chamber**Eye Specialist Center**

House # 110, Road # 12, Block # E, Banani, Dhaka-1213

Telephone : 9850299, Mobile : 01711-638190

Consulting Hours _____

5.00pm - 9.00 pm, Friday by Appointment

Computerized Eye Test

Name: W. Mahmud Lateef Age: 62⁺ Date: 03/8/23

This is to certify that the person mentioned above posses:

	Right Eye	Left Eye
Distant Vision :	<u>6/6</u> <u>2</u>	<u>6/6</u> <u>2</u>
Near Vision :	<u>N5</u>	<u>N5</u>
Cup Disc ratio :	<u>0.4</u>	<u>0.4</u>
Colour Vision :	<u>normal</u>	<u>normal</u>
Ocular Movements :	<u>Full</u>	<u>Full</u>

Comments: Normal both eyes

Hasan Azam
Signature

DR. MD. HASAN AZAM
Do, Fellow Glaucoma
Glaucoma Specialist & Surgeon
CONSULTANT
ISLAMIA EYE HOSPITAL, DHAKA

DEPARTMENT OF RADIOLOGY & IMAGING

ID. No. : 23080971 Receive: 20/08/2023 Print: 20/08/2023
Patient's Name : MAHMUD LATEEF
Age : 62 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

MR MAHMUD LAIEF
ID: PHB000360128

Male

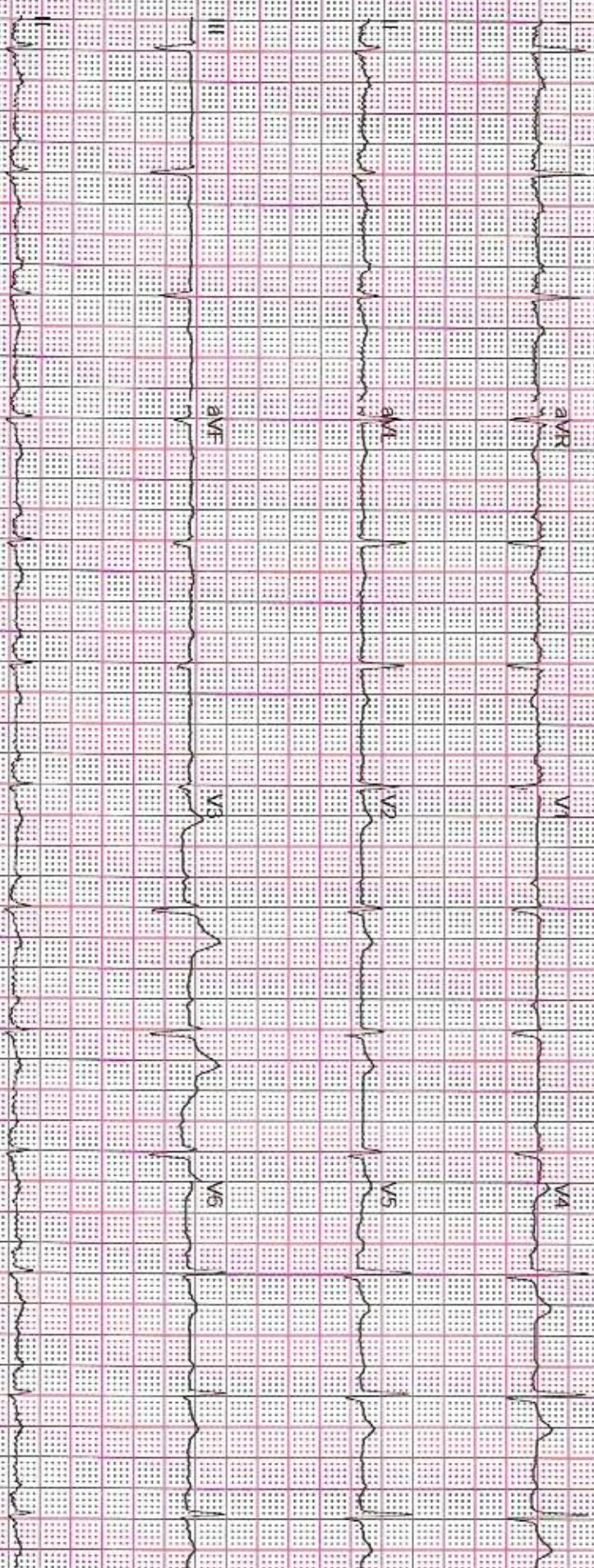
19.08.2023 6:09:36 PM
Praava Health
Plot 9, Road 17, Block C
Baran, Dhaka 1213

32 Years

Normal sinus rhythm
Normal ECG

QRS 84 ms
QT/QTc 364 / 409 ms
PR 130 ms
P 102 ms
RR/PP 786 / 788 ms
P/QRS/T 39 / 11 / 33 degrees

Dr. Mohammed M. Zahid Rahman
Consultant Cardiologist
PRAVA HEALTH
BMDCL No. A-26778
BANGLADESH LTD



GE MAC2000

11

12SL™ V241

25 mm/s

10 mm/mV

ADS

0.50-20 Hz

50 Hz

4x2.5x3.25 R3

Unconfirmed

1/1

76 bpm
mmHg

PRAAVA HEALTH
Plot 9, Road 17, Block C, Banani
Dhaka -1213

Station
Telephone:

EXERCISE STRESS TEST REPORT

Patient Name: MR MAHMUD, LATEEF
Patient ID: PHBL 000360129
Height: 165 cm
Weight: 80 kg
Study Date: 19.08.2023
Test Type: --
Protocol: BRUCE
Medications:

DOB: 31.03.1961
Age: 62yrs
Gender: Male
Race: Asian
Referring Physician: --
Attending Physician: Dr. Mohammed Mizanur Rahman
Technician: Mukta Akter Meghla

Medical History:

Reason for Exercise Test:

Exercise Test Summary

Phase Name	Stage Name	Time in Stage	Speed (mph)	Grade (%)	HR (bpm)	BP (mmHg)	Comment
EXERCISE	STAGE 1	03:00	1.70	10.00	126	135/80	
	STAGE 2	03:00	2.50	12.00	136	135/80	
	STAGE 3	03:00	3.40	14.00	153	145/80	
	STAGE 4	00:04	4.20	16.00	153		
RECOVERY	RECOVERY1	02:00	0.00	0.00	114	160/80	
	RECOVERY2	02:00	0.00	0.00	104	130/80	
	RECOVERY3	02:00	0.00	0.00	105	130/80	
	RECOVERY4	01:04	0.00	0.00	101	130/80	

The patient exercised according to the BRUCE for 9:04 min:s, achieving a work level of Max. METS: 10.20. The resting heart rate of 92 bpm rose to a maximal heart rate of 155 bpm. This value represents 98 % of the maximal, age-predicted heart rate. The resting blood pressure of --/-- mmHg, rose to a maximum blood pressure of 160/80 mmHg. The exercise test was stopped due to Fatigue, Target heart rate achieved.

Interpretation

Summary: Resting ECG: normal.
Functional Capacity: above average (>20%).
HR Response to Exercise: appropriate.
BP Response to Exercise: normal resting BP - appropriate response.
Chest Pain: none.
Arrhythmias: none.
ST Changes: Depression upsloping in II,III,aVF V4 to V6.
Overall impression: Normal stress test.

Conclusions

Normal stress test by inducible myocardial ischaemia

Physician

Dr. Mohammed Mizanur Rahman
Cardiologist and Medicine Specialist
BMD Reg No A-28779
PRAAVA HEALTH
BANGLADESH LTD

Technician