

DATE: 31/01/2023

Ref No: 214

TO WHOM IT MAY CONCERN

THIS IS TO CERTIFY THAT HE IS MR. MD MONIRUL ISLAM, AGE 60+ YEARS MALE, CDC NO: C/O/0788, PASSPORT NO: EH0089774, 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 (Birdem), PGT (Ophth)

Reg- A55144 BGD-016 (MMC)

DG Shipping Bangladesh Approved

Malaysian Medical Council Approved

General Physician

Radical Hospitals Limited

Id No : 0752 **Date** : 30-Jan-2023 **D.Date** : 30-Jan-2023
Patient's Name : MD MONIRUL ISLAM **Age** : 60Y 11M 15D **Gender** : Male
Specimen : Blood
Doctor Name : Dr. Mir Md. Raihan MBBS,(DU),CCD(BIRDEM),PGT(Eye),DFM CDC NO:C/O 0788

Haematology Report

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

Parameter Name	Results	Reference Range
Hemoglobin (Hb)	13.5 gm/dl	M:13-18 gm/dl. F:11.5-16.5 gm/dl. Child:10-13 gm/dl.
ESR(Westergreen)	06 mm/1st hr	Infant: (One year):8-10 gm/dl. Male:0-10, F:0-20 mm/1st hr.
Total WBC Count(TC)	8,200 /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	164 /cumm	50-450/cumm
Total RBC Count	4.96 m/ul	M: 4.5-6.5, F:3.8-5.8 m/ul
HCT/PCV	39.4 %	M: 40-54%, F:37-47%
MCV	79.4 fL	76 - 94 fL
MCH	27.2 pg	27 - 32 pg
MCHC	34.3 g/dL	29 - 34 g/dL
RDW	14.4 %	11 - 16 %
PDW	17.3 fL	35 - 56 fL
Total Platelete Count (PC)	2,68,000 /cumm	150,000-450,000/cumm
MPV	8.7 fL	7.0 - 11.0 fL
PCT	0.233 %	0.1 - 0.5 %
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	DIA23010752	Received Date	30/01/2023
Patient's Name	MD MONIRUL ISLAM		
Patient's Age	60Y 11M 15D	Patient's Sex	Male
Ref. by	Dr. Mir Md. Raihan MBBS,(DU),CCD(BIRDEM),PGT(Eye),DFM	CDC NO	C/O/0788
Sample	BLOOD		

BIOCHEMISTRY REPORT

Test Name	Result	Reference Range
Random Blood Sugar (RBS)	5.0 mmol/l	4.2 – 6.4 mmol/l
HbA1C	4.4 %	4.2 - 6.7 %
Serum Creatinine	1.2 mg/dl	0.3 - 1.3 mg/dl
Lipid profile		
Serum Cholesterol	165 mg/dl	up to 200 mg/dl
Serum HDL- Cholesterol	41 mg/dl	>35 mg/dl
Serum Triglyceride	138 mg/dl	50 - 150 mg/dl
Serum LDL- Cholesterol	96 mg/dl	<130 mg/dl

Checked By


Medical Technologist
Radical Hospitals Ltd.


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

Bill No	DIA23010752	Received Date	30/01/2023
Patient's Name	MD MONIRUL ISLAM		
Patient's Age	60Y 11M 15D	Patient's Sex	Male
Ref. by	Dr. Mir Md. Raihan MBBS,(DU),CCD(BIRDEM),PGT(Eye),DFM	CDC NO	C/O/0788
Sample	BLOOD		

SEROLOGICAL REPORT

Test Name
Result

HBsAg (Method : (ICT)	Negative
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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	DIA23010752	Received Date	30/01/2023
Patient's Name	MD MONIRUL ISLAM		
Patient's Age	60Y 11M 15D	Patient's Sex	Male
Ref. by	Dr. Mir Md. Raihan MBBS,(DU),CCD(BIRDEM),PGT(Eye),DFM	CDC NO	C70/0788
Sample	URINE		

URINE ROUTINE EXAMINATION

PHYSICAL EXAMINATIONMICROSCOPIC EXAMINATION

Quantity	Sufficient	CELLS / HPF	
Color	Straw	R B C	Nil
Appearance	Clear	Pus Cells	0-2/HPF
Sediment	Nil	Epithelial	1-2/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

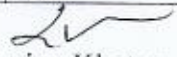
ON REQUESTCRYSTALS & OTHERS

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

Bangladesh Eye Hospital Uttara Limited

Name – Md. Monirul Islam, Age – 60 years

Eye examination report:

Visual Acuity of right eye: 6/6 – 1.25 with +1.50 DC 005 and left eye: 6/6 with + 0.75 DS / +1.25 DC 170

Near vision: N5 of both eyes with addition + 2.50

Anterior Segment: Normal

Field of vision: within normal range

Color vision: trichromatic (red, green and blue)

Ocular motility: full in all gazes

Fundus: NAD, C : D = 0.3 : 1 of both eyes

IOP: 17mm Hg of right eye & 16 mm Hg of left eye (at 8.00 pm)

Comment: All parameters of both eyes are normal.


31.1.23

Prof. (Dr.) Md Abdul Quader
DO FCPS MS Fellow Cornea
Professor of Cornea
National Institute of Ophthalmology, Dhaka

Professor Md. Abdul Quader

MBBS D Ophth. FCPS MS Fellow: Cornea

Professor of Cornea

National Institute of Ophthalmology & Hospital, Agargaon, Dhaka, Bangladesh.

Consultant, Cornea & Refractive Services, Bangladesh Eye Hospital, Uttara.

Tel: +8801511 22 1716

Email: dr.quader.cornea@gmail.com



DEPARTMENT OF RADIOLOGY & IMAGING

ID NO. : 23010752 Receive: 31/01/23 07:52 PM
Patient's Name : Md Monirul Islam
Age : 61Y 0M 0D Sex : Male
Refd.By : Dr. Mir Md. Raihan MBBS,(DU),CCD(BIRDEM),PGT(Eye),DFM

Electrocardiography (ECG)

RATE : 84 bpm

RHYTHM : Irregular

P-WAVE : Normal

P-R INTERVAL : Normal

QRS COMPLEX : Normal

Q-WAVE : Normal

ST SEGMENT : Normal

T. WAVE : Normal

QT INTERVAL : Normal

AXIS : Normal

ANY OTHER ABNORMALITY :

COMMENTS : AF.


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

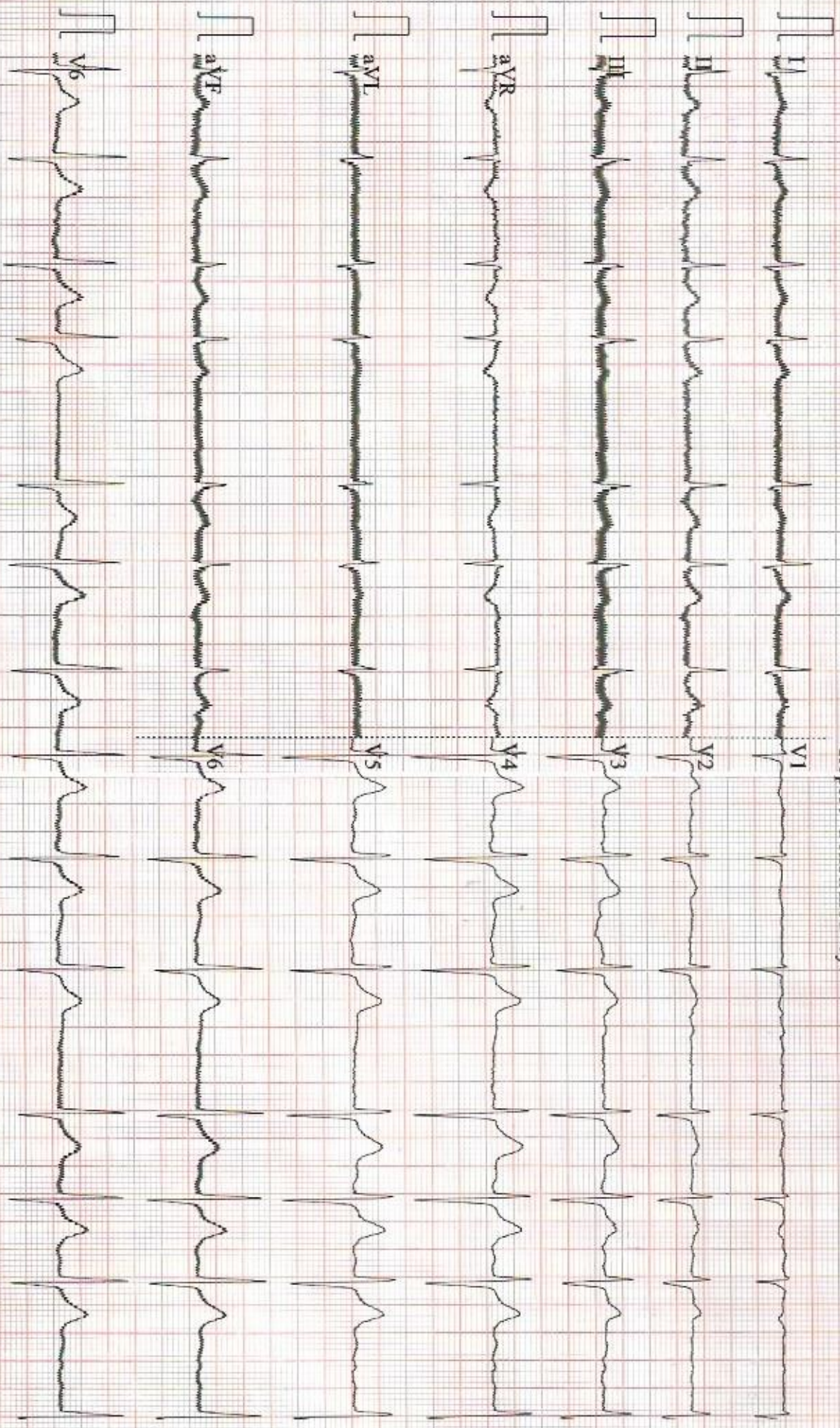
ID: 752
Mr. Monirul Islam
Male 63 Years

30-01-2023 09:00:14 PM

HR	: 81	bpm
P	: 10	ms
PR	: 54	ms
QRS	: 98	ms
QT/QTc	: 382/44	ms
P/QRS/T	: 86/57/45	°
RV5/SV1	: 0.68/0.518	mV

Diagnosis Information:
Atrial fibrillation
Abnormal ECG

Report Confirmed by:



DEPARTMENT OF RADIOLOGY & IMAGING

ID. No. : 23010752 Receive: 31/01/2023 Print: 31/01/2023
Patient's Name : MD MONIRUL ISLAM
Age : 61 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

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



Form No: SMC

SL NO.

04, 2023, 3145

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 ISLAM First MD Middle MONIRUL
Gender: (Male/Female) MALE Nationality: BANGLADESHI Date: 31 JAN 2023
Occupation: Deck/Engine/Catering/Other (specify) ENGINE Rank: CHIEF ENGINEER
Father's/ Husband's name: MD. AZHAR ALI MIAH C.D.C No. C1010788
Mother's Name: SHAMSUN NAHAR Seaman ID No. _____
Address: House No: 45 Street/ Road No: R.K. MISSION RD Passport No. EH0089774
Locality/Village: _____ NID No. 19622691651183539
P.O.: KOTWALI MYMENSINGH Date of Birth: 15-02-1962
P.S.: KOTWALI (DD/MM/YYYY)
District: MYMENSINGH

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:

1. Confirmation that identification documents were checked at the point of examination YES/NO
 2. Hearing meets the standards in section A-I/9 YES/NO
 3. Unaided hearing satisfactory? YES/NO
 4. Visual acuity meets standards in section A-I/9? YES/NO
 5. Colour vision meets standards in section A-I/9? YES/NO
Date of last colour vision test 31 JAN 2023
 6. Fit for lookout duties? YES/NO
 7. 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
 8. 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) 31 JAN 2023

11. Date of expiry (DD/MM/YYYY) 30 JAN 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.

MD. ISLAM

Seafarer's Signature



DR. MR. MD. RAIHAN
MBBS (DU), DFM, CCD (Birdem), PGT (Ophth)
BMDC A-55144, MMC-BGD-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/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

31 JAN 2023

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

Evercare Hospital Dhaka
Plot # 81, Block # E, Bashundhara
Dhaka-1229

Station
Telephone:

EVERCARE HOSPITAL DHAKA

Patient Name: MD.MONIRUL ISLAM / 60 YRS,
Patient ID: 171897
Height:
Weight:
Study Date: 28.01.2023
Test Type: --
Protocol: BRUCE
Medications:

DOB: 15.02.1962
Age: 60yrs
Gender: Male
Race:
Referring Physician: EVERCARE HEART CHECK
Attending Physician: DR. REZAUR RAHMAN
Technician: SHYAMOLI

--
Medical History

--
Reason for Exercise Test:

Exercise Test Summary

Phase Name	Stage Name	Time in Stage	Speed (mph)	Grade (%)	HR (bpm)	BP (mmHg)	Comment
PRETEST	SUPINE	00:11	0.00	0.00	84	120/85	
	STANDING	00:03	0.00	0.00	84		
	WARM-UP	01:01	1.00	0.00	83		
EXERCISE	STAGE 1	03:00	1.70	10.00	126	125/85	
	STAGE 2	03:00	2.50	12.00	148	130/85	
	STAGE 3	01:01	3.40	14.00	173		
RECOVERY	Recovery1	02:00	0.00	0.00	122	150/80	
	Recovery2	02:00	0.00	0.00	93	140/80	
	Recovery3	01:18	0.00	0.00	93	120/80	

The patient exercised according to the BRUCE for 7:00 min:s, achieving a work level of Max. METS: 10.10. The resting heart rate of 83 bpm rose to a maximal heart rate of 179 bpm. This value represents 111 % of the maximal, age-predicted heart rate. The resting blood pressure of 120/85 mmHg, rose to a maximum blood pressure of 150/80 mmHg. The exercise test was stopped due to Fatigue.

Interpretation

Summary: Resting ECG: PAC noted at rest and recovery..

Functional Capacity: normal.

HR Response to Exercise: appropriate.

BP Response to Exercise: normal resting BP - appropriate response.

Chest Pain: none.

Arrhythmias: none.

ST Changes: none.

Overall impression: Normal stress test.

Conclusions

TMT is NEGATIVE for ECG evidence of Exercise induced provokable Myocardial Ischaemia.

Physician

Fahim
19902

Technician

Shyama
13448

Dr. Kazi Atiqur Rahman
MBBS, MD (Cardiology), MRCP (UK)
Senior Consultant - Interventional Cardiology
Evercare Hospital Dhaka