

DATE: 12/06/2023

Ref No: 228

TO WHOM IT MAY CONCERN

THIS IS TO CERTIFY THAT HE IS MR. MD REZAUL ALAM, AGE 60+ YEARS MALE, CDC NO: C/O/4617, PASSPORT NO: B00765777, 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.

04.2023.4195

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 ALAM First MD. REZAUL Middle OIB14262471
Gender: (Male/Female) MALE Nationality: BANGLADESHI Date: 12 JUN 2023
Occupation: Deck/Engine/Catering/Other (specify) DECK Rank: MASTER
Father's/ Husband's name: LATE: NURUL ALAM MAJUMDER C.D.C No. C/O/A617
Mother's Name: LATE ZAHANARA BEGUM Seaman ID No. 050002916
Address: House No. 123 Street/ Road No. 10 Passport No. B00765777
Locality/Village: BLOCK-F NID No. 1594314328654
P.O.: VATARA Date of Birth: 01-03-1963
P.S.: VATARA (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:

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

12 JUN 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): 12 JUN 2023

11. Date of expiry (DD/MM/YYYY): 11 JUN 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), 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/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

12 JUN 2023

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



NEW POPULAR MEDICAL SERVICES

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NPMS Digital
Diagnostic
Lab Services

Id No : 2305201
Patient's Name : MD REZAUL ALAM
Specimen : Blood
Doctor Name : SELF

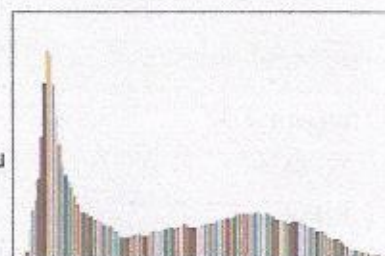
Date : 20-May-2023
Age : 60 YEARS

D.Date : 20-May-2023
Gender : Male

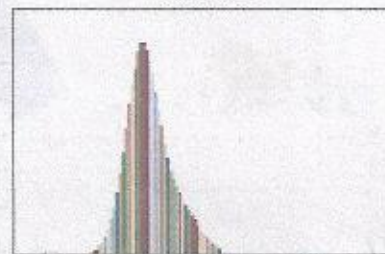
Haematology Report

(Relevant estimations were carried out by Mythic-22 Automated Haematology Analyzer & checked manually)

Parameter Name	Results	
Hemoglobin (Hb)	14.3 gm/dl	M:13-18 gm/dl. F:11.5-16.5 gm/dl. Child:10-13 gm/dl. Infant: (One year):8-10 gm/dl. Male:0-10, F:0-20 mm/1st hr.
ESR(Westergreen)	10 mm/1st hr	Adult: 4000 - 11000/cumm. Children: 5,000-15,000/cumm Infant(One Year): 6,000-18,000/cu
Total WBC Count(TC)	8,900 /cumm	
Differential WBC Count (DC)		
Neutrophils	55 %	Child: 25-66 %, Adult: 40-75 %
Lymphocytes	38 %	Child: 52-62 %, Adult: 20-50 %
Monocytes	03 %	Child: 03-07 %, Adult: 02-10 %
Eosinophils	04 %	Child: 01-03 %, Adult: 01-06 %
Basophils	00 %	Adult: 00-01 %
Total Cir. Eosinophils	356 /cumm	50-400/cumm
Total RBC Count	4.25 m/ul	M: 4.5-6.5, F:3.8-5.8 m/ul
HCT/PCV	40.8 %	M: 40-54%, F:37-47%
MCV	96.0 fL	76 - 94 fL
MCH	33.6 pg	27 - 32 pg
MCHC	35.0 g/dL	29 - 34 g/dL
RDW	13.1 %	11 - 16 %
PDW	15.5 fL	35 - 56 fL
Total Platelete Count (PC)	164,000 /cumm	150,000-450,000/cumm
MPV	9.2 fL	7.0 - 11.0 fL
PCT	0.059 %	0.200 - 0.500%
Bleeding Time(BT)	Min	01 - 07 Min
Cloting Time(CT)	Min	03 - 11 Min



WBC CURVE



RBC CURVE



PLT CURVE

Md. Habibullah Bhuiyan
Diploma in Laboratory Medicine.
Chief Medical Technologist
NPMS Dhaka

Dr. Lokesh Chakraborty
MBBS, M-Phil (Clinical Pathology)
Assistant Professor & Head of The Department
of Clinical Pathology
National Institute of ENT & Hospital. Dhaka



Address: TA-143, Middle Badda, Gulshan 1, Badda Link Road, Dhaka-1212 Bangladesh
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NEW POPULAR MEDICAL SERVICES

A Digital Diagnostic & Consultation Center



**NPMS Digital
Diagnostic
Lab Services**

REGI. ID NO.	2305201	DATE OF EXAM	20 MAY 2023
FULL NAME	MD REZAUL ALAM	SEX	MALE
DATE OF BIRTH	01 MAR 1963	AGE	60 Years
PP NO.	B00765777		C/O/4617

LABORATORY REPORT

BIO-CHEMISTRY

(Result estimations were carried out by EVOLUTION-3000 Automated Chemistry Analyzer)

Liver Function Test:

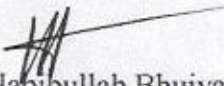
Test Name	Result	Unite	Normal Range
S. Bilirubin Total	0.6	mg/dl	< 1.1 mg/dl
SGPT (ALT)	46	U/L	< 40 U/L
SGOT (AST)	36	U/L	< 40 U/L
Alkaline Phosphate	45	U/L	< 135 U/L

Diabetics Test:

Random Blood Sugar	15.2	mmol/ L	< 7.8 mmol/ L
CUS	(++)		

Kidney Function Test:

S. Creatinine	1.3	mg/dl	< 1.3 mg/dl
Blood Urea	26	mg/dl	20 - 50 mg/dl


Md. Habibullah Bhuiyan
Chief Medical Technologist
D M T (Lab Medicine), FMP (CDC USA)
R C O (NSRCD) DNA Sample Collector
USA Embassy Dhaka.

Checked By


DR. LOKESH CHAKRABORTY
M.B.B.S, M.Phil (Pathology),
Consultant & Head of Dept of Pathology
Mugda Medical College & Hospital. Dhaka



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LABORATORY REPORT

HbA1C Test

(Result estimations were carried out by Sebia Fully Automated Capillarys2 Flex Analyzer)

HbA1c Capillarys Electrophoresis

Test Name	Result	Unit	Reference Range
HbA1C	8.2	%	< 6.2 %

Md. Habibullah Bhuiyan
D M T (Pathology), R C O (NSRCD)
DNA Sample Collector
USA Embassy Dhaka.

DR. LOKESH CHAKRABORTY
M.B.B.S., M.Phil (Pathology),
Consultant & Head of Dept of Pathology
Mugda Medical College & Hospital, Dhaka



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BIO-CHEMISTRY

LABORATORY REPORT

(Result estimations were carried out by EVOLUTION-3000 Automated Chemistry Analyzer)

Lipid Profile

Test Name	Result Units
S. Cholesterol Total	208 mg/dl
S. Triglyceride	264 mg/dl
HDL Cholesterol	40 mg/dl
LDL Cholesterol	115 mg/dl

❖ Reference Value (American Heart Association, NCEP III Guidelines.

- ❖ Total Cholesterol : Desirable < 200 mg/dl; Borderline high 200-239 mg/dl; High > 240 mg/dl
- ❖ S. Triglycerides : Normal < 150 mg/dl; Borderline high 150-199 mg/dl; High > 200-499 mg/dl; Vary high >500 mg/dl.
- ❖ HDL Cholesterol : Desirable >40 mg/dl.
- ❖ LDL Cholesterol : Optimal < 100 mg/dl near optimal 100-129 mg/dl Borderline high 130-159 mg/dl; High > 160 mg/dl.

Md. Habibullah Bhuiyan
DMT (Pathology), RCO (NSRCD)
DNA Sample Collector
USA Embassy Dhaka.

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FULL NAME	MD REZAUL ALAM	SEX	MALE
DATE OF BIRTH	01 MAR 1963	AGE	60 Years
PP NO.	B00765777		C/O/4617

Test Name	X-ray Chest P/A View
-----------	----------------------

X-Ray Report

Diaphragm	:	NORMAL IN OUTLINE AND POSITION
Heart	:	NORMAL IN TRANSVERSE DIAMETER.
Lungs	:	BOTH LUNGS FIELDS ARE CLEAR.
Skeleton and Soft Tissue	:	NORMAL
Hilar & Lymphatic Glands	:	NORMAL
Evidence of Tuberculosis (TB)	:	ABSENT
Comments	:	NORMAL CHEST

EX. Prof. Dr. Nasir Uddin Miah
MBBS, DMRD,
Who Fellow, Tokyo University Hospital, Japan
Professor Radiology & Imaging Department
NICRH Mohakhali Dhaka



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NATIONAL HEALTHCARE NETWORK

An Enterprise of the Diabetic Association of Bangladesh

Laboratory Division



NHN Bashundhara Centre

Print Date & Time: 06-Jun-2023 6:01 pm

Collection Date: 06-Jun-2023

Test Order Date: 06-Jun-2023

Order No.	BC1000642	Age:	63 Y	Sex:	Male
Name:	MD. REZAUL ALAM	ID No.	BC00484/15	P Type:	Diabetic
Specimen:	Blood	Location:	OPD	Phone/ Mob:	01814262471
Ref by-	DR. SUBRATA RANJAN DAS, MBBS, CCD(Birdem), PGT Urology/10016				

Biochemical Report

(All the estimations are carried out by Auto Analyzer Dimension RxL & ExL, D-10, Premier Hb9210, SENSE-CORE)

TEST NAME	RESULT	UNIT	REFERENCE VALUE
Plasma Glucose			
FBS (Fasting blood sugar)	6.1	mmol/L	3.5-6.0
ABF(2hrs After Breakfast)	12.5	mmol/L	< 7.8

Checked by

S.S. SHAHJAHAN AZAD

B.Sc.(Hons), M.Sc, M.Phil

Consultant & Lab-in-Charge

* This laboratory remains open round the clock including holidays. *

Mr. Rezaul Alam

Age 60Y 0M 0D
 Sex Male
 Registration ID P-0525786
 Bill ID SRA23032200061
 Collection site icddr,b Dhaka Main Campus
 Patient Type Payment
 Referred by Prof. Dr. A K M Shaheen Ahmed
 Requested tests HbA1C, Creatinine, Lipid Profile, ALT (SGPT)

Specimen information

Specimen ID	Specimen Type	Collection Date/Time	Receiving Date/Time
B230055171	Blood Plasma (Heparin)	22-Mar-2023 8:24	22-Mar-2023 8:28
B230055172	Blood Whole (EDTA)	22-Mar-2023 8:24	22-Mar-2023 8:28

Test Name	Result	Unit	Ref. Value
HbA1C	7.63	%	4.0 - 6.2
Creatinine	92.49	μmol/l	Adult: 64 - 104 (Men)
Lipid Profile			
T. Cholesterol	4.87	mmol/L	Desirable: < 5.16, borderline high: 5.16-6.19, High: > 6.20;
HDL - Cholesterol	0.99	mmol/L	low: < 1.03 (major risk factor for CHD), high: = 1.55 (desirable, Negative risk factor for CHD)
LDL - Cholesterol (Calculated)	3.19	mmol/L	optimal: <2.58, near or above optimal: 2.58-3.35, borderline high: 3.36-4.12, High: 4.13-4.9, very high: =4.91.
Triglyceride	1.62	mmol/L	Normal: < 1.70, Borderline high: 1.70-2.25, High: 2.26-5.64, very high =5.65
T.Chol/HDL ratio	4.92		< 5.0 (Men), < 4.4 (Women)
LDL/HDL ratio	3.22		< 3.3 (Men), < 2.9 (Women).
ALT (SGPT)	27.44	U/L	< 50 (Men), < 35 (Women)

174

SR Code

200

Tech Code

316md

Sup Code



Sign

22-Mar-2023 16:33

Reporting Date/Time

Mr. Rezaul Alam

Age 60Y 0M 0D
 Sex Male
 Registration ID P-0525786
 Bill ID SRA23032200061
 Collection site icddr,b Dhaka Main Campus
 Patient Type Payment
 Referred by Prof. Dr. A K M Shaheen Ahmed
 Requested tests Urine RME

Specimen information

Specimen ID P230012428 Specimen Type Urine
 Collection Date/Time 29-Mar-2023 12:26 Receiving Date/Time 29-Mar-2023 12:27

Test Name	Result	Unit	Ref. Value
Urine RME			
Physical examination			
Color	Light yellow		Colorless, pale yellow or straw
Appearance/Turbidity	Clear		Clear
Specific gravity	1.022		Fresh Urine: 1.002 - 1.030; 24 hrs Urine: 1.015 - 1.030
Chemical Examination			
Reaction (pH)	5.5		4.5 - 8.0
Protein	2+		Negative
Glucose/Sugar ¹	4+		Negative
Ketone bodies	Negative		Negative
Bilirubin	Negative		Negative
Urobilinogen	Normal		Normal/Not increased
Nitrite	Negative		Negative
Leukocyte esterase	Negative		Negative
Cells/HPF			
RBC	8 - 10		0 - 2
Pus cells	0 - 1		0 - 5
Epithelial cells	0 - 1		0 - 10
Casts/LPF			
Crystals/LPF	Not Found		
Others/HPF	Not Found		

Comments:

1 Assay Repeated



Sign



STRESS TEST REPORT

Patient's Name	: MR REZAUL ALAM	
Voucher No	: 12305071488	Exam
Age & Sex	: 59 Y M	Date:05/06/23
Referred by	: DR. BINOY GUHA	Exam type :ETT

Clinical Information:

Height	: 174cm	Smoking	: No	H/O CABG	:
Weight	: 73.9 kg	Dyslipidaemia	: no	H/O PTCA	: yes
HTN	: yes	F/H IHD	: no	Medication	: yes
DM	: yes			Indication	:

Protocol - Bruce

- Base line ECG - Normal
- Exercise capacity - Moderate (7.3 METs), Exercise time 09.11 min.
- Hemodynamic Response - Normal, 88% of THR achieved. Maximum heart rate 121 beats/min achieved at stage IV. Maximum blood pressure 200/90mmHg in the stage 3 of exercise.
- HRR - normal.
- Reason for termination - target heart rate achieved, Fatigue.
- NO chest pain developed.
- Significant Arrhythmia - Occasional PVC.
- Neurogenic complication - None
- ST - Changes - depression Upsloping ST - T changes Developed on exercise & recovery period.

Comments : Good exercise capacity
Normal Haemodynamic response
No chest pain developed
No significant ST depression
ETT is equivocal for provokable myocardial ischemia

Bino
Dr. Bino Guha
M.B.B.S, BCS (Health)
MD (Cardiology)
Assistant Prof. (Cardiology)
Dhaka Medical Collage Hospital.



NON-INVASIVE CARDIAC LAB REPORT



Invoice : 12305071488	Invoice Date : 29/05/2023 06:05 PM	Delivery Date : 30/05/2023
Patient Name : MR. REZAUL ALAM		
Age / Gender : 59Y / M		Report No : 12305014946
Ref. Doctor : Dr. Binoy Guha MBBS, BCS (Health), MD (Cardiology), Assistant Professor (Cardiology)		
Test name : Echo		

MEASUREMENTS:

IVS : 13 mm	LVIDS : 38 mm	AO : 31 mm	Ao Ring : mm
LVPWT : 8 mm	EF : 57 %	LA : 38 mm	Mitr, Ann : mm
LVIDd : 55 mm	FS : 30 mm	ACS : 19 mm	MVA : cm ²

DESCRIPTION:

AV: Normal
PV: Normal
TV: Normal
MV: Normal
PA: Normal
RA: Normal
RV: Normal

LA: Normal, appendage clear
AO: Normal.
LV: Cavity size normal.

Wall Motion

Apical level-No regional wall motion abnormality at rest.
Mid level-No regional wall motion abnormality at rest.
Basal level--No regional wall motion abnormality at rest.

Wall Thickness

Normal

Pericardium: No pericardial effusion is noted.

IAS: Intact.

IVS: Intact.

No Thrombus or vegetation seen.

PASP = 12 mmHg & mean pulmonary arterial pressure = 7 mmHg.