

DATE: 02/03/2023

Ref No: 219

TO WHOM IT MAY CONCERN

THIS IS TO CERTIFY THAT HE IS MR. MD NOZIR HOSSAIN, AGE 60+ YEARS MALE, CDC NO: C/O/5747, PASSPORT NO: A02536427, 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.

04.2023.3482

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 HOSSAIN First MD Middle NOZIR
Gender: (Male/Female) Male Nationality: BANGLADESHI Date: 02 MAR 2023
Occupation: Deck/Engine/Catering/Other (specify) ENGINE Rank: ELECTRICAL ENGINEER
Father's/ Husband's name: OSMAN MONDAL C.D.C No. C/015747
Mother's Name: JALIMON BAYA Seaman ID No. 050002118
Address: House No. 234/10 (CB) Street/ Road No. Passport No. A02536427
Locality/Village: PURAN KACHUKHET NID No. 6409569255
P.O. DHAKA CANTONMENT Date of Birth: 22-03-1962
P.S. DHAKA-1206 (DD/MM/YYYY)
District:

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: 02 MAR 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): 02 MAR 2023

11. Date of expiry (DD/MM/YYYY): 01 MAR 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 (Birdem), PGT (Opth)

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

02 MAR 2023

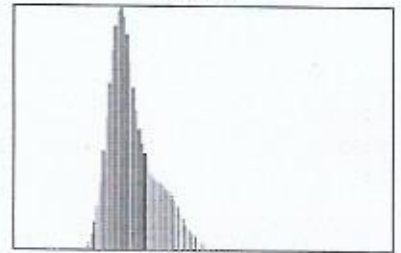
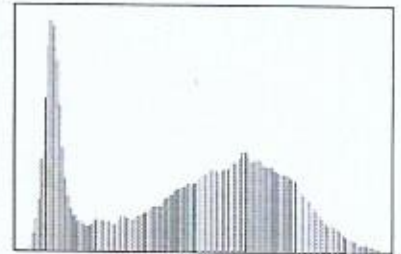
DR. MIR. MD. RAIHAN
MBBS (DU), DPM, CCD (Birdem), PGT (Ophth)
BMDC A-55144, MMC-BGD-016
DG Shipping Bangladesh Approved
General Physician
Radical Hospitals Limited

Id No : 0039 **Date** : 02-Mar-2023 **D.Date** : 02-Mar-2023
Patient's Name : MD NOZIR HOSSAIN **Age** : 60Y 11M 8D **Gender** : Male
Specimen : Blood
Doctor Name : Dr. Mir Md. Raihan MBBS,(DU),CCD(BIRDEM),PGT(Eye),DFM CDC NO: C/O/ 5747

Haematology Report

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

Parameter Name	Results	Reference Range
Hemoglobin (Hb)	11.8 gm/dl	M:13-18 gm/dl. F:11.5-16.5 gm/dl. Child:10-13 gm/dl.
ESR(Westergreen)	25 mm/1st hr	Infant: (One year):8-10 gm/dl. Male:0-10, F:0-20 mm/1st hr.
Total WBC Count(TC)	8,400 /cumm	Adult: 4000 - 11000/cumm. Children: 5,000-15,000/cumm Infant(One Year): 6,000-18,000/cumm
Differential WBC Count (DC)		
Neutrophils	69 %	Child: 25-66 %, Adult: 40-75 %
Lymphocytes	24 %	Child: 52-62 %, Adult: 20-50 %
Monocytes	02 %	Child: 03-07 %, Adult: 02-10 %
Eosinophils	05 %	Child: 01-03 %, Adult: 01-06 %
Basophils	00 %	Adult: 00-01 %
Total Cir. Eosinophils	420 /cumm	50-450/cumm
Total RBC Count	4.49 m/ul	M: 4.5-6.5, F:3.8-5.8 m/ul
HCT/PCV	33.6 %	M: 40-54%, F:37-47%
MCV	74.8 fL	76 - 94 fL
MCH	26.3 pg	27 - 32 pg
MCHC	35.1 g/dL	29 - 34 g/dL
RDW	12.5 %	11 - 16 %
PDW	15.4 fL	35 - 56 fL
Total Platelete Count (PC)	1,76,000 /cumm	150,000-450,000/cumm
MPV	10.1 fL	7.0 - 11.0 fL
PCT	0.178 %	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	DIA23030039	Received Date	02/03/2023
Patient's Name	MD NOZIR HOSSAIN		
Patient's Age	60Y 11M 8D	Patient's Sex	Male
Ref. by	Dr. Mir Md. Raihan MBBS,(DU),CCD(BIRDEM),PGT(Eye),DFM	CDC NO	C/O/ 5747
Sample	Blood		

BIOCHEMISTRY REPORT

Test Name	Result	Reference Range
Random Blood Sugar (RBS)	7.0 mmol/l	4.2 – 7.8 mmol/l
HbA1C	5.6%	4.2 - 6.7 %
Serum Creatinine	1.1 mg/dl	0.3 - 1.3 mg/dl
Lipid profile		
Serum Cholesterol	166 mg/dl	up to 200 mg/dl
Serum HDL- Cholesterol	41 mg/dl	>35 mg/dl
Serum Triglyceride	132 mg/dl	50 - 150 mg/dl
Serum LDL- Cholesterol	96 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 Hospitals Ltd.

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

Bill No	DIA23030039	Received Date	02/03/2023
Patient's Name	MD NOZIR HOSSAIN		
Patient's Age	60Y 11M 8D	Patient's Sex	Male
Ref. by	Dr. Mir Md. Raihan MBBS,(DU),CCD(BIRDEM),PGT(Eye),DFM	CDC NO	C/O/ 5747
Sample	Blood		

SEROLOGICAL REPORT

Test Name	Result
HbsAg (Method : (ICT)	Negative

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	DIA23030039	Received Date	02/03/2023
Patient's Name	MD NOZIR HOSSAIN		
Patient's Age	60Y 11M 8D	Patient's Sex	Male
Ref. by	Dr. Mir Md. Raihan MBBS,(DU),CCD(BIRDEM),PGT(Eye),DFM	CDC NO	C/O/ 5747
Sample	URINE		

URINE ROUTINE EXAMINATION

PHYSICAL EXAMINATIONMICROSCOPIC EXAMINATION

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

DEPARTMENT OF RADIOLOGY & IMAGING

ID. No.	: 23030039	Receive: 02/03/2023	Print: 02/03/2023
Patient's Name	: MD NOZIR HOSSAIN		
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

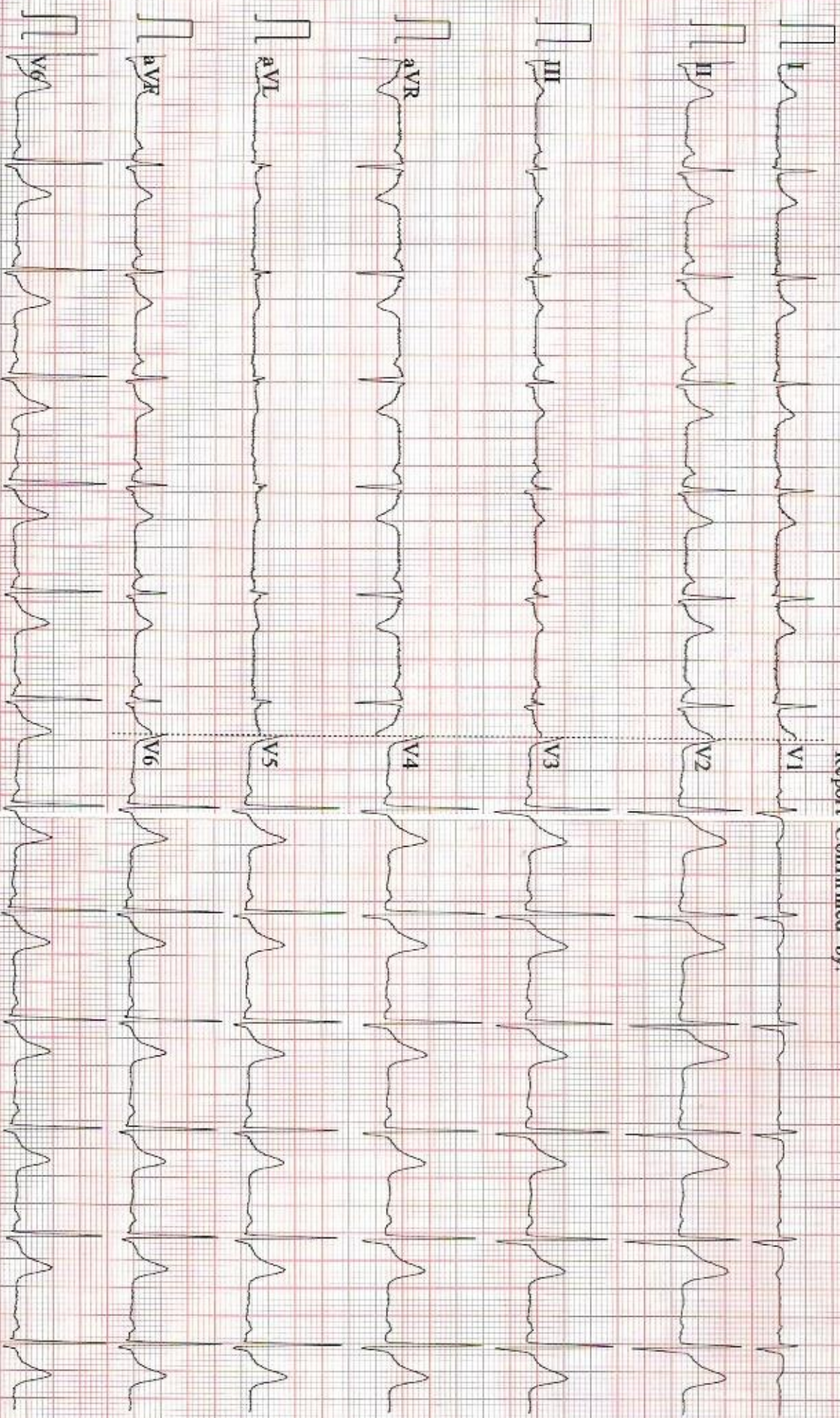
ID: 5
MD NOZIR HOSSAIN
Male 60Years

02-03-2023 11:20:55 AM

HR : 75 bpm
P : 114 ms
PR : 148 ms
QRS : 86 ms
QT/QTc : 370/414 ms
P/QRS/T : 74/42/50 °
RV5/SVI : 1.720/0.489 mV

Diagnosis Information:
Sinus rhythm
Normal ECG

Report Confirmed by:



DEPARTMENT OF RADIOLOGY & IMAGING

ID. No. : 23030039 Receive: Print: 02/03/2023
 Patient's Name : MD NOZIR HOSSAIN
 Age : 61 YRS Sex : M
 Refd. by : Dr. Mir Md. Raihan MBBS,(DU),CCD(BIRDEM),PGT(Eye),DFM

ELECTROCARDIOGRAM (E.C.G) REPORT

Rate : 75 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

This report has been electronically signed

Page 1 of 1

ডাঃ মোঃ ফেরদৌস হোসেন

এম.বি.বি.এস, এফ.সি.পি.এস (চক্ষু)

চক্ষু বিশেষজ্ঞ ও সার্জন

সহকারী অধ্যাপক

অফথালমোলজি বিভাগ

বারডেম জেনারেল হাসপাতাল, ঢাকা।



চেম্বারঃ

নিউ ওয়ার্ল্ড ভিশন

৮৩/১, সালাম প্রাজা, কচুক্ষেত বাজার রোড, ইব্রাহিমপুর

ঢাকা ক্যান্টনমেন্ট, ঢাকা-১২০৬

সাক্ষাৎের সময়ঃ বিকাল ৫.৩০ থেকে রাত ৮.৩০ মিনিট পর্যন্ত।

মোবাইলঃ ০১৪২১-৭৪৪৪৪৭, শুক্রবার চেম্বার বন্ধ।

নামঃ NOZIR HOSSAIN বসয়ঃ ৬৫ yr. তারিখঃ ১/৩/২৩

✓ ΔR: 616 C

✓ AL: 616 C 13 14 A

Ant. Segment: NAD.

Δ (B) Pseudophakia.

Ocular motility: NAD.

Colour vision: NAD.

Fundi: NAD.

Fit for any kind of job.

R. 1/3/23

Signature



ন্যাশনাল হার্ট ফাউন্ডেশন হাসপাতাল অ্যান্ড রিসার্চ ইনস্টিটিউট
NATIONAL HEART FOUNDATION HOSPITAL & RESEARCH INSTITUTE

EXERCISE TOLERANCE TEST (ETT)

Patient Id :- 230301/92 **Patient Name :-** MD. NAZIR HOSSAIN

Age :- 60Yrs **Gender :-** Male

Height :-

Weight :-

Refd. By :-

Date :- 01/03/2023

Clinical Data :- IHD

Previous ETT :- No

Medication :- None

Indication :- Evaluation of Chest pain

Treadmill :- Modified Bruce protocol.

Target HR :- 136 bpm. **Peak HR Achieved :-** 162 bpm...(101% of Max. Predicted 160 bpm. **METS :-** 10.40

Resting 12 lead ECG :- Within normal limits

Total Exercise Time :- 15.00 min.

Stage	Speed (mph)	Inclination (%)	HR	BP	Angina / Dyspnoea / Arrhythmia
Resting			81	130/85	Nil
0	1.7	10.0	106	135/85	Nil
0.5	1.7	10.0	115	140/90	Nil
I	1.7	10.0	126	145/90	Nil
II	2.5	12.0	141	150/90	Nil
III	3.4	14.0	162	155/90	Max HR attained
IV	4.2	16.0			
Recovery Period					
2 min.			126	160/90	Nil
4 min.			109	140/90	Nil
6 min.			104	120/80	Nil
8 min.					
10 min.					

REASONS FOR TERMINATION :-

Resting ECG :- Within normal limits. Total exercise time was 15.00 mins (Stage III Modified Bruce protocol.). THR 136(bpm) was reached 101%(160 bpm) of Max. Pred. HR was achieved at the work load of 10.40 METS. BP response was Good. There was no significant ST depression throughout the procedure. Test was terminated due to Max HR attained. There was no chest pain or arrhythmia during exercise or at recovery. Recovery was uneventful.

Conclusion :- Good exercise capacity.

Good haemodynamic response to exercise.

Negative for exercise induced myocardial ischaemia.

Recommendation :-

Prepared by :- SANJIDA

Dr. Mohammad Shahidullah
MBBS, D.Card
Consultant Cardiologist
NHFH&RI

PLOT NO-7/2, SECTION-2, MIRPUR, DHAKA-1216, BANGLADESH.

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