

COOK ISLANDS PHYSICAL EXAMINATION REPORT / CERTIFICATE

Ship Registration FORM. 31 v.3

Surnam	e		HOSSA	AIN		Given 1	Name(s)	1	MD MU	SHAROF
Date of Birt	h	Day 25		Montl	h 11			Yea	ır1977	
Place of b	irth	City CU	MILLA	County BANG			GLADESH			
Examination	n for l	Duty As		Mailing	Addre	ss of Ar	pplicant			
Master				JAMAI	KAND	I, GOA	L MARI,			
Deck Office	er			BANGI		CUMIL	LA			
Engineering	Offic	cer	1	7	ADESI			(affi	x photo o	of applicant here
Radio Offic	er									
Rating	-		1 -							
		11 May 1998		Medi	cal Eva	minatio	n			
			See re			1650	quirements			
Height	We	eight		pressure	Pulse		Respiratio	n	Genera	al appearance
165	60	929	120	By	74	amin	sapi	nn	4	erd
Vision ·	Rig	ght Eye	Left Ey	/e		10	Right	Ear		Left Ear
With				-	Heari	no				
Glasses Without Glasses	60	16	61	16 M		De mas				
					Denta					
The applica	nt is f	ree from v	isual inf				ity or gums	7	es 🗆	No 🗆
		Book	/	, (Colour '	Test		ant.		
Red 🗆	/	Yell			P	Blue		antern	Green	P
Are glasses		ntact lense	s require	d to meet	-		ision standa	rd \	Yes 🖵	- No
		Head and N					Heart (
	,	Va	m	u		-		20	270	mal
		Lungs				De Speech n	eck/Navigation	Speed nal – Of red for n	ficer/Rac	dio Officer ce communication
		No	1871	nae					701	4
	U	pper extre	mities				Low	er extr	emities	
		N	910	ma	1		No	101	me	

Is applicant vaccinated in accordance with WHO requi	rements ** Ye.		N
Is the applicant suffering from any disease likely to be	aggravated by wo	s 🕶	No 🗆
render him/ her unfit for service at sea or likely to end	aggravated by wor	other persons	on board?
1/2.		other persons	on ocard:
100.			
To the small and table			
Is the applicant taking any non-prescription or prescription of prescription of prescription of prescription of prescription or prescription of prescription o	tion medications	Yes	No J
11 yes please describe below			1
		16 MAR 2023	
Signature of Applicant	Av. co	Date	
To be affixed in the presence of t	he examining physicia	n	¥
THE IC TO OPPOWER THE			
THIS IS TO CERTIFY THAT A PHYSICAL EXAMI	NATION WAS G	IVEN TO:	
MD MUSHAROF HOSSAIN	who is / not*	Cade to C	-6
communicable disease	who is / not* certi	fied to be free	of
Name of applicant			
She / he* is found to be fit / not fit* for duty as a Mas	ter / Deck Officer	/ Engineering	Officer /
Radio Officer / Rating * without / with the following re	estrictions:*		
FIT FOR DUTY OF	SOARD SHIP		
[737,07,0077,07	t boras ona		
*delete as appro	priate		
PHYSICIAN NAME : dr. mir md raihan mbbs ,	DU), DFM		
ADDRESS: RADICAL HOSPITALS LIMITED UTTA	D. D. D. L. V. 1220	DANCE IND	
ADDRESS: RADICAL HOSPITALS LIMITED UTTA	KA, DHAKA-1230.	BANGLADE	SH
PHYSICIANS CERTIFICATING AUTHORITY: DG	SHIPPING BANG	LADESH	
LICENCE NUMBER: A-55144			
			1
DATE OF ISSUE*: 16 MAR 2023	al .		
1 E MAD goar	4		
DATE OF EXPIRY*: 15 MAR 2025			20
*of this certificate		- 1	
Mille		16 MAR 2023	
Signature of Physician	4	D	
Signature of Physician DR. MIR. MD. RAIHAN	71	Date	
MBBS (DU): DPM, CCD (Birdem), PGT (Ophth) BMDC A-55144, MMC-BGD-016		_	1 1 1
DG Shipp.ng Bangladesh Approved General Physician			
Radical Hospitals Limited.			
Radical Hospitals Limited.	1		
20/	1/2		

As Perallic 2006

CHANGE VERNER

INSTRUCTIONS

All applicants for an officer certificate, endorsement, seaman's book or certification of special qualifications shall be required to have a physical examination, by a certified physician.

The completed medical certificate must accompany the application for officer certificate, endorsement, seaman's book or certification of special qualifications.

The physical examination must be carried out not more than 12 months prior to the date of making an application for officer certificate, endorsement, and certification of special qualifications or seaman's book.

The examination shall be conducted in accordance with the International Labour Organization, World Health Organization Guidelines for Conducting Pre-Sea and Periodic Medical Fitness Examinations for Seafarers (ILO/WHO/D.2/1997). Such proof of examination must establish that the applicant is in satisfactory physical and mental condition for the specific duty assignment undertaken by the applicant, and that he/ she is generally in possession of all body faculties necessary in fulfilling the requirements of the seafaring profession.

In conduction the examinations, the certified physician should, where appropriated, 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:

1) Hearing

 a) 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 poor ear at 5 feet (1.52m)

2) Eyesight

- a) Deck officer applicants must have (either with or without glasses) at least 20/20 (1.00) vision in one eye and at least 20/40 (0.50) in the other eye. If the applicant wears glasses, he must have vision without glasses of at least 20/160 (0.13) in both eyes.
- Deck officer applicants must also have normal colour perception and be capable of distinguishing the colours red, green, blue and yellow
- c) Engineer and radio officer applicants must have (either with or without) glasses at least 20/30 (0.63) vision in one eye and at least 20/50 (0.40) in the other. If the applicant wears glasses, he must have vision without glasses of at least 20/200 (0.10) in both eyes. Engineer and radio officer applicants must also be able to perceive the colours red, yellow and green.

3) Dental

- a) Seafarers must be free from infections of the mouth cavity or gums
- 4) Blood Pressure

16 MAR 2023



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

a) An applicant's blood pressure must fall within an average range

5) Voice

 a) Deck /Navigational officer applicants and radio officer applicants must have speech which is unimpaired for normal voice communications.

6) Vaccinations

a) All applicants shall be vaccinates according to the requirements indicated in the WHO publication, International travel and Health, Vaccinations and Requirements and Health Advice (Available at http://www.who.int/ith/chapters/ith2012en_chap6.pdf) and shall be given advice by the certified physicians on immunizations. If new vaccinations are given these shall be recorded.

7) Disease or Conditions

a) Applicants afflicted with any of the following disease or conditions shall be disqualified: epilepsy, insanity, senility, alcoholism, tuberculosis, acute venereal disease or neurosyphilis, AIDS, and / or the use of narcotics.

8) Physical Requirements

- Applicants for able seafarer, bosom, GP-1 ordinary seafarer and junior ordinary seafarer must meet the physical requirements for a deck/navigational officer's certificate.
- b) Applicants for fire/water tender, oiler/motor, pump technician, electrician, wiper, tanker rating and survival craft/rescue boat crewmember must meet the physical requirements for an engineer officers certificate.





INTERNATIONAL LABOUR ORGANIZATION

Sectoral Activities Programme

See text links below.

ILO/WHO/D.2/1997

Guidelines for Conducting Pre-sea and Periodic Medical Fitness Examinations for Seafarers

Part 6

Annex D

Minimum requirements for the medical examination of seafarers

Have you ever had any of the following conditions.

Name (last, first,	middle): HOSSAIN MD MUSHAROF
Date of birth (day	y/month/year): 25 / 11/ 1977 Sex: ✓ male • □ female
Home address:	JAMAL KANDI, GOAL MARI, DAUDKANDI,CUMILLA BANGLADESH
Passport No./Dis	charge Book No.: CDC NO: C/O/4019
Type of ship (cor	ntainer, tanker, passenger, fishing):
Trade area (e.g.,	coastal, tropical, worldwide):
	sonal declaration Id be offered by medical staff)

	Condition	Yes No	Condition **	Yes No
1.	Eye/vision problem	D. 10 18.	Sleep problems	0. 10.
2.	High blood pressure	D. Z. 19.	Do you smoke?	0. 6.
3.	Heart/vascular disease	D. Xi. 20.	Operation/surgery	D. 10.
4.	Heart surgery	D• Z• 21.	Epilepsy/seizures	D. 2.
5.	Varicose veins	Hospitar 22.	Dizziness/fainting	0.
6.	Asthma/bronchitis	As Per-MLC-2400 23.	Loss of consciousness	0. 2.
	04.2023.3583	7 Departments		\

			1			
Blood disorde	r .		1/1	24.	Psychiatric problems	
8. Diabetes			de :	25.	Depression	
Thyroid proble	em		61:	26.	Attempted suicide	
0. Digestive diso	rder		6/ :	27.	Loss of memory	
1. Kidney proble	m		6/	28.	Balance problem	
12. Skin problem			10/	29.	Severe headaches	
3. Allergies			6/:	30.	Ear/nose/throat problems	
4. Infectious/con	tagious diseases		do :	31.	Restricted mobility	
5. Hernia			1	32.	Back problems	
6. Genital disord	ers		1 :	33.	Amputation	
Pregnancy		□ ↑	(D)	34.	Fractures/dislocations	
Additional questio						
Additional questio	iis				Yes No	. 1
35. Have you e	ver been signed of	f as sic	k or repatr	iate		
36. Have you e						1
	ver been hospitaliz	zed?	,			/

35.	Have you ever been signed off as sick or repatriated from a ship?	
36.	Have you ever been hospitalized?	1
37.	Have you ever been declared unfit for sea duty?	1/
38.	Has your medical certificate ever been restricted or revoked?	1
39.	Are you aware that you have any medical problems, diseases or	1

- 40. Do you feel healthy and fit to perform the duties of your designated position/occupation?
- 41. Are you allergic to any medications?

Comments:

FIT FOR DUTY ON BOARD SHIP

42. Are you taking any non-prescript medications?

					c.25. 2-15						
hereby	certify	that th	ne personal	declara	tion a	above is	a tru	e staten	nent to the	e best of my l	knowledge.
Signatu	re of exa	mine	e:			Date	e (day	//month	/year):	1,6 MAR 20	23
Witness	sed by: (Signa	ture)				_ Na	me: (Ty		MB88 (DU), DFM, CCI BMDC A-55144 DG Shipp.ng Ban General	, MMC-BGD-01
hereby ealth in xamine	nstitutio	ze the	release of a l public auth	all my p norities	orevio to Di	ous med	ical r	records M Pu		Radical Hos health profes the approved	pitals Limited. sionals,
(Th)	re of exa			fun	95	_Date (USAF N	month/y ame: <i>(T</i>)	ear):	6 MAR 2023 DR MIR. N M889(6U), DFM, CCI BMDC A-55144, DG Shipping Bang	MMC-BGD-01
Sight			Visual	acuity							
	Unaid	ed		Aided					-	al fields	
	Right eye	Left eye	Binocular	Right eye	Left	Binoc	ular	Right	Normal	Defective	
Distant	6/6				-			eye Left			
Near	6/1	/	//					eye	,		
Colour Hearin	g		ot tested \(\Bar\)					□ Defe	12	and whisper	tort (matra
	500	4,00	and the second second	3,00		4,000		000	Speeci	Normal	Whisper
Right ear	Hz 20	Hz	1 200	Hz	8	Hz	Hz	2	Right ea	ur 21	u
Left	20	2	· 2x	2	0	oical Hos	pitals		Left ear	9	4
ear			1	1		A: Per-MI	111	211			/

Height:	(cm)	V	Veight:	8	(kg)	
Pulse rate: 70	(/(minute)	j	Rhythm:	2900	R	
Blood pressure:	Systolic:	120	(mm Hg)	Diastolie: _	20	_(mm Hg)
Urinalysis:	Glucose:	NI		Protein:	NIT	
	Normal A	bnormal			Normal A	Abnormal
Head	1		Varicose veins		1	
Sinuses, nose, throat	1/	П	Vascular (inc. pe	edal pulses)	11	
Mouth/teeth	7/		Abdomen and vi		1	
Ears (general)	1		Hernia		11	
Tympanic membrane	9/		Anus (not rectal	exam.)	61	
Eyes	1/		G-U system		1	П
Opthalmoscopy	4,,		Upper and lower	rextremities	/.	П
Pupils	4//		Spine (C/S, T/S		//	
Eye movement	1/	D _	Neurologic (full		7	П
Lungs and chest	1		Psychiatric		/	П
Breast examination	NAS		General appeara	nce		
Heart	11/					ш
Skin						
					16	MAR 2023
Chest X-ray:	☐ Not perfor	med _	Performed on	(day/month/ye	ear):/	/
Results:	(6H)	me	m	DA	Pas	
Other diagnostic test(s	s) and result(s)):				
D	7	7,	•	_		2
1est	act,	121101	PResult	1/00	nas	
			, _ /	0000		•
Medical examiner's	ommonto.					
redical examiner 5	comments.	EITEOD	METHONOLOGIC			
		I'll run	DUTY ON BOARD	SHIP		*
Vaccinatio	n status record	ded:	→ ☐ Yes	'x .	□ No	1
	41.722.00					
	Asses	sment of fi	itness for service	at sea		

On the basis of the examinee's personal declaration, my clinical examination and the diagnostic test results recorded above, I declare the examinee medically:



	$\overline{}$			
	Deck service	Engine service	Catering service	Other services
t	П			Other services
nfit			П	П
	/			
With	out restrictions []•	With restrictions	•	
		fic position, type of		
36 18 36				
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As Per-MLC-2006



Bill No	23030416	Received Da	Date 16/03/2023		
Patient's Name	MD MUSHAROF HOSSAIN				
Patient's Age	45 Y0M 0D	Patient's Sex Male			
Ref. by	Dr. Mir Md. Raihan MBBS,(DU),CCD(BIRDI	EM),PGT(Eye),DFM	CI	OC NO	C/O/4019
Sample	Blood		-		

SEROLOGYCAL REPORT

Test Name Result

HBsAq	g (Method : (ICT)	Negative
HIV	(Method : (ICT)	Negative

Checked By

Medical Technologist, Radical Hospitals Ltd. Dr. Sunraiya Khatun MBBS, MD (Microbiology) Assistant Professor Dept. of Microbiology East West Medical College and Hospital

RADICAL HOSPITAL

radical_hospitals@yahoo.com, www.radicalhospital.com

Test Name

Bill No	DIA23030416	Received Date	16/0	3/2023
Patient's Name	MD MUSHAROF HOSSAIN			
Patient's Age	45 Y 0M 0D	Patient's Sex	MAL	E
Ref. by	Dr. Mir Md. Raihan MBBS,(DU),CCD(BIRDEN),PGT(Eye),DFM	CDC	C/O/4019
Sample	URINE			4

Result

DRUG ABUSE TEST

METHOD: Immunochromatographic Assay (Rapid one Step Test)

Cocaine	Negative
Morphine	Negative
Marijuana	Negative
Barbiturates	Negative
Amphetamines	Negative
Phencyclidine	Negative
Alcohol	Negative
Benzodiazepines	Negative
Methadone	Negative
Propoxyphene	Negative

Checked By

Medical Technologist, Radical Hospitals Ltd. Dr. Sumaiya Khatun MBBS, MD (Microbiology) Assistant Professor Dept. of Microbiology East West Medical College and Hospital



Patient ID	23030416	Voucher No	
Test Name	USG OF WHOLE ABDOMEN	Delivery Date	16/03/2023
Patient Name	MD MUSHAROF HOSSAIN		
Age	45 YRS Sex Ma		Male
Refd. By	DR. MIR MD. RAIHAN MBBS,(DU),DFM		

THANK YOU FOR THE COURTESY OF THIS REFERRAL

LIVER :- Is normal in size 13.1cm shape and position. The echogenicity of the parenchyma is normal.

Intrahepatic biliary channel are not dilated. No focal lesion is seen.

GALL BLADDER: - Normal size regular in shape. Lumen is normal.

Wall thickens is normal.

CBD & Intrahepatic biliary trees are not dilated. Diameter of CBD is normal.

PANCREASE: Is normal in size margin are regular parenchyma show normal echo-texture pancreatic duct is not dilated. No focal area of altered echogenicity or calcification is seen.

SPLEEN: - Is normal in size and shape uniform in echo-texture.

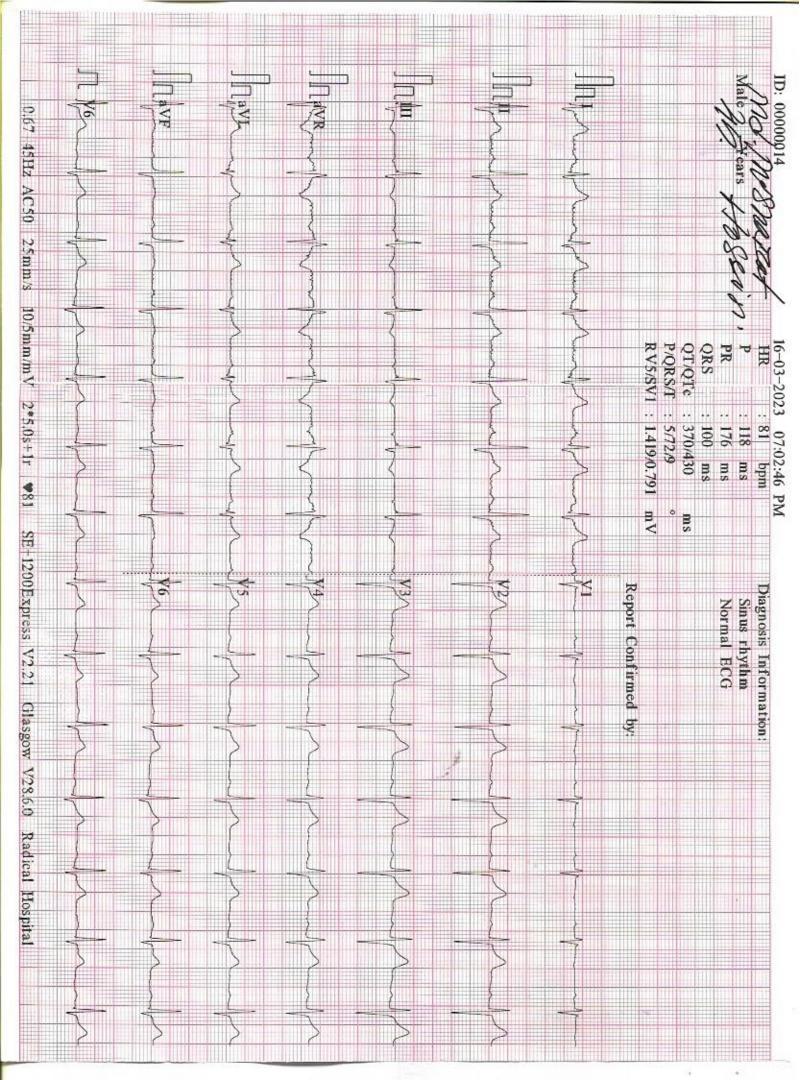
BOTH KIDNEYS: Are normal in size. RK-8.9cm, LK-9.2cm The cortical echogenicity are normal with clear cortico-medullar differentiation. The cortical thicknesses are normal. The renal sinus shows normal echogenicity and thickness. P-C systems are not dilated.

URINARY BLADDER: Is well filled. Wall thickness is within normal limit. No intravesicle lesion is seen Prostate: Normal size regular in shape. Echogenicity is homogenous.

COMMENT: Normal Study.

Sonologist

Dr. Asma Ahmed MBBS,CMU,DMU PGT(Gynae & obs) Advanced Training in TVS





DEPARTMENT OF RADIOLOGY & IMAGING

ID. No.

23030416

Receive: Print: 16/03/2023

Sex

: M

Patient's Name

MD MUSHAROF HOSSAIN

Age

45 YRS

Refd. by

Dr. Mir Md. Raihan MBBS,(DU),CCD(BIRDEM),PGT(Eye),DFM

ELECTROCARDIOGRAM (E.C.G) REPORT

Rate

81 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



Date: 16/03/2023

EYE EXAMINATION REPORT

NAME:	MD MUSHAROF HOSSAIN		
AGE:	45 YRS	RANK: CH.ENG	CDC NO: C/O/4019

VISUAL ACUITY:

RIGHT

LEFT

UNAIDED

616

616

AIDED

COLOUR VISION:

NORMAL / BLIND.

OPINION

*UNFIT / FIT FOR EMPLOYMENT ON BOARD

Dr. Mir Md. Raihan MBBS, PGT (Ophthalmology) Assistant Registrar (EX)

East west Medical College & Hospital

TREADMILLSTRESS TEST

Patient ID	23030416	Test Date	16-03-20	23	
Patient Name	MD MUSHAROF HOSSAIN	Age	45 Yrs	Sex	Male
Attending Dr.	Dr. ROSEYAT PERVEEN				

Total Exercise Time : 09:10 Min

Max.HR attained

: 163 bpm.

% of max.pred. hR

: 98 %

Max. Pred HR

: 167 bpm.

Maximum BP

: 150/90 mmHg.

Max. work load attained

:13.10METS.

Indication

: Screening for IHD.

Risk Factors

Reason for Termina : Attainment of THR.

Test Profile

: BRUCE

Symptoms

Summary Result ⇒

NEGATIVE

Comments

- MD MUSHAROF HOSSAIN 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 showed no abnormality.
- ECG during exercise & Recovery showed no significant ST-T changes.

Conclusion : Stress test is NEGATIVE for ECG evidence of promotable myocardial ischemia.

Dr. ROSEYAT

MBBS, MD (Cardiology), NICVD, Dhaka Consultant, IBN SINA D-Lab, Uttara, Dhaka

INTERNATIONAL CERTIFICATE OF VACCINATION OR REVACCINATION AGAINEST CHOLERA

CERTIFICAT INTERNATIONUAX DE VACCINATION OU DE REVACCINATION CON IRE LE CHOLERA

This is to certify that	OF HOSSON		
This is to certify that JE Soussigne' (e) certifie que	no' (e) le	Sex	MAUE
Whose signature follows			

has on the Date indicated been vaccinated or revaccinated against cholera a e'te' vaccine (e) ar revaccine' (e) contre le fievre jaune a la datc indiquee.

Date 1023	Signature and professional Status of Vaccinator Signature et qualité profess sionelle accineteur		Approved Stamp Cechet Cauthentification ORAL CHOLERA
3 1 1	Miles .	LQ.FOT	Valid Upto 2 yrs
2	DR. MIR. MD. RAIHAN MBBS (DU), DFM, CCD (Birdem), PGT (Option) BMDC A-55144, MMC-BGD-018 DG Shipping Bangladesh Approved General Physician Radical Hospitals Limited.	0 1	Avenue and Union Typhoid Vaccination Typherix Valid upto one Years
3	The section of the se	-	
4	1 Plans	AR / E	

The validity of this certificate shall extend for a period of two years, beginning six days after the first injection of vaccine or in the event of revaccination within such period of two years, on the date of that revaccination.

Notwithstanding the above provision in the case of a pilgrim, tins certificate shall indicate that two injections have been given at an interval of seven days and its validity shall commence from the date of the second injection.

The approved stamp mentioned above must be in a form prescribed by the health administration of the territory in which the vaccination is perforned.

Any amendment of this certificate or erasure or failure to complete any pan of it. May render in invalid,

La validity dece certificate couvre une period de six mois commencent six Jours a prea is premiere injection du vaccin ou, dans le cai a" une revaccination a, cour. d;;gtte period do six mois jour de cette revaccination.

Nonobstant les, despositions ci-dessue dans le cas d'un pelerin le present certificate dottlalre mention de deux injections partiquees a sept jours d'. intervaile et sa validite cofllmence lejour de la seconde, injection;

De cachet d' authentification doit etre c anforme au modele present per I, administration sanitaite du territoire ou la vaccination est effectuee. j

Toute correction ou rahfe sur le certificate ou I o. mission d' une quelconque des mantions qu il comporte pe ut effectersa validite.

INTERNATIONAL CERTIFICATE OF VACCINATION OR REVACCINATION AGAINEST YELLOW FEVER CERTIFICAT INTERNATIONUAX DE VACCINATION OU DE REVACCINATION CONTRE LA FIEVRE JAJINE

MD. MUSHAROI	-HOSEON
This is to certify that JE Soussigne' (e) certifie que	date of birth 25-11-77 Sex sexe
Whose signature follows don't la signature suit	

has on the Date indicated been vaccinated or revaccinated against cholera a e'te' vaccine (e) ar revaccine' (e) contre le fievre jaune a la datc indiquee,

	Signature and professional Stahtus of Vaccinator Signature et titre du vaccinateur R. MR. MD. RAIHA BS (DU). DPM. 660 (Birdem). PGT (Oph MDC A-55144, MMC-BGD-016 Shipp.ng Bangladesh Approve General Physician Radical Hospitals Limited.		Official sump of vaccinating centre Cachet official du centre de vaccination
3		3	
4	Tit.		2. 9.

This certificate is valid only if the vaccine used has been approved by the world I Icalih organization and vaccinating centre has been designated by health administration for the territory in which that centre is situated.

The validity of his certificate shall extend for a period of ten years, beginning in days after the date of vaccination or in the event of a revaccination within sch period often years, from the date of the revaccination.

This certificate must be signed by a medical practitioner in his own hand; his official stamp is not an accepted substitute for die signature.

Any amendment of this certificate, or erasure, of failure to complete any part of it, may render it invalid.

Ce certificate n' est avalable que si lc vaccina employe" a c-' tc,' a approve" par l' organisa_ tion Mondiale de la santc" et sile centre a" uaiiif,aiion ae" tc'tra6fiiiie pali-aminstralion sanitaire du (erriloire dans lcqucl'ce centre est siture:.

La validite' de ce certilicat couvrc une pe'riodo de dix ans comencant dix joursapros la date de,la vaccination ou, dans le cas dune reiaccination.u.ou., a.-citto lie,lio,i. a" dix ans. lejour de cetto revaccination.

Ca certificate do it ctrc signc'uq1 un me'decin de sa propre main, son cachet offiiciar no pouvant cue conside' commo Icnant lieu de signature.

Toute eoreciion ou rahire sur le certificate ou l'omission d' une quelconque des mentions qu'il comporte pent allecter sa validite.