

DATE: 17/10/2023

Ref No: 239

TO WHOM IT MAY CONCERN

THIS IS TO CERTIFY THAT HE IS MR. MD AMANAT ULLAH, AGE 58+ YEARS MALE, CDC NO: C/O/1472, PASSPORT NO: A04505487, 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.

04.2023.4987

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 ULLAH First MD Middle AMANAT
Gender: (Male/Female) MALE Nationality: BANGLADESHI Date: 16/10/2023
Occupation: Deck/Engine/Catering/Other (specify) MASTER Rank: MASTER
Father's/ Husband's name: MD AFAZ ULLAH C.D.C No. C/O 1472
Mother's Name: DELOWARA BEGUM Seaman ID No. 050000496
Address: House No. 1 Street/ Road No. 12 Passport No. A 04505487
Locality/Village: NIKUNJA - 2 NID No. 820 477 8750
P.O.: KHILKHET Date of Birth: 01/01/1965
P.S.: KHILKHET (DD/MM/YYYY)
District: DHAKA - 1229

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: 16 OCT 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): 16 OCT 2023

11. Date of expiry (DD/MM/YYYY): 15 OCT 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 (Biom), PGT (Ophth)
BMDC A-55144, MMC-BGD-016
DG Shipping Bangladesh Approved
General Physician
Name: DR. MIR. MD. RAIHAN

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

16 OCT 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



Id No : 0599 **Date** : 16-Oct-2023 **D.Date** : 16-Oct-2023
Patient's Name : MD AMANAT ULLAH **Age** : 58Y 9M 15D **Gender** : Male
Specimen : Blood
Doctor Name : Dr. Mir Md. Raihan MBBS,(DU),CCD(BIRDEM),PGT(Eye),DFM CDC NO:C/O/1472

Haematology Report

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

Parameter Name	Results	Reference Range
Hemoglobin (Hb)	15.1 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)	8,800 /cumm	Adult: 4000 - 11000/cumm. Children: 5,000-15,000/cumm Infant(One Year): 6,000-18,000/cumm
Differential WBC Count (DC)		
Neutrophils	64 %	Child: 25-66 %, Adult: 40-75 %
Lymphocytes	32 %	Child: 52-62 %, Adult: 20-50 %
Monocytes	02 %	Child: 03-07 %, Adult: 02-10 %
Eosinophils	02 %	Child: 01-03 %, Adult: 01-06 %
Basophils	00 %	Adult: 00-01 %
Total Cir. Eosinophils	176 /cumm	50-450/cumm
Total RBC Count	4.70 m/ul	M: 4.5-6.5, F:3.8-5.8 m/ul
HCT/PCV	40.2 %	M: 40-54%, F:37-47%
MCV	85.5 fL	76 - 94 fL
MCH	32.1 pg	27 - 32 pg
MCHC	37.6 g/dL	29 - 34 g/dL
RDW	11.7 %	11 - 16 %
PDW	12.9 fL	35 - 56 fL
Total Platelete Count (PC)	1,94,000 /cumm	150,000-450,000/cumm
MPV	9.2 fL	7.0 - 11.0 fL
PCT	0.178 %	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	DIA23100599	Received Date	16/10/2023
Patient's Name	MD AMANAT ULLAH		
Patient's Age	58Y 9M 15D	Patient's Sex	Male
Ref. by	Dr. Mir Md. Raihan MBBS,(DU),CCD(BIRDEM),PGT(Eye),DFM		CDC NO:C/O/1472
Sample	BLOOD		

BIOCHEMISTRY REPORT

<u>Test Name</u>	<u>Result</u>	<u>Reference Range</u>
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 %
<u>Lipid profile</u>		
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	DIA23100599	Received Date	16/10/2023
Patient's Name	MD AMANAT ULLAH		
Patient's Age	58Y 9M 15D	Patient's Sex	Male
Ref. by	Dr. Mir Md. Raihan MBBS,(DU),CCD(BIRDEM),PGT(Eye),DFM	CDC NO	C/O/1472
Sample	BLOOD		

SEROLOGICAL REPORT

Test Name

Result

HBsAg (Method : (ICT)	Negative
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RADICAL
HOSPITAL
LIMITED

Checked By

Medical Technologist.
Radical Hospitals Ltd.

d

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

Bill No	DIA23100599	Received Date	16/10/2023
Patient's Name	MD AMANAT ULLAH		
Patient's Age	58Y 9M 15D	Patient's Sex	Male
Ref. by	Dr. Mir Md. Raihan MBBS,(DU),CCD(BIRDEM),PGT(Eye),DFM		
Sample	URINE	CDC NO: C/O/ 1472	

URINE ROUTINE EXAMINATION

PHYSICAL EXAMINATION MICROSCOPIC EXAMINATION

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

CHEMICAL EXAMINATION CASTS / LPF

Reaction	Acidic	RBC	Nil
Albumin	NIL	WBC	Nil
Sugar	NIL	Epithelial	Nil
Ex.Phosphate	Nil	Granular	Nil
		Hyaline	Nil

ON REQUEST CRYSTALS & 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.

2

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

DEPARTMENT OF RADIOLOGY & IMAGING

ID. No. : 23100599 Receive: 16/10/2023 Print: 16/10/2023
Patient's Name : MD AMANAT ULLAH
Age : 58 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: 09

16-10-2023 11:35:52

Mr. Amara Allan

Male 68 Years

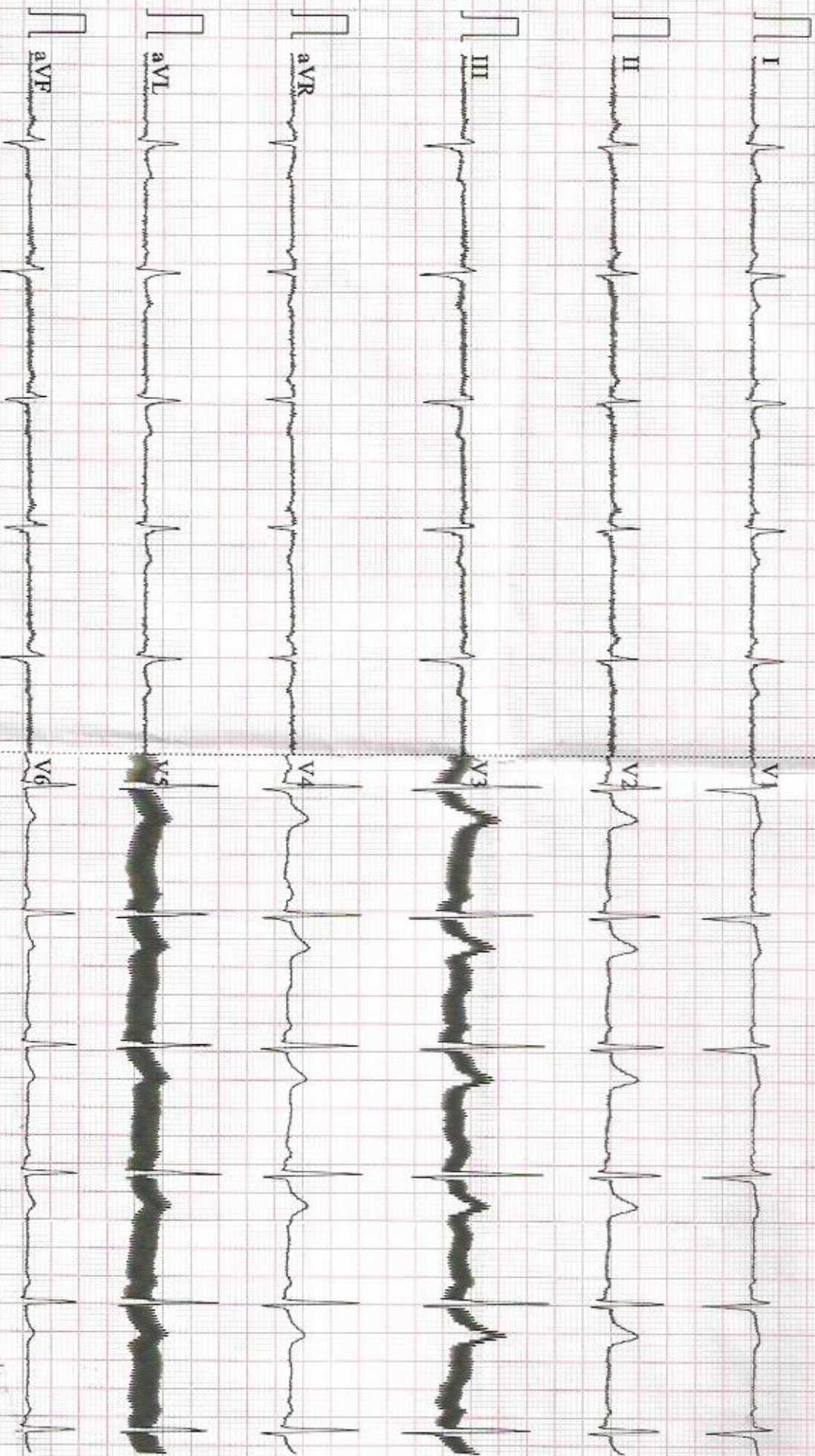
HR	: 65	bpm
P	: 108	ms
PR	: 154	ms
QRS	: 100	ms
QT/QTc	: 366/381	ms
P/QRS/T	: 46/-12/4	°
RV5/SV1	: 1.273/0.867	mV

Diagnosis Information:

Sinus rhythm

Normal ECG

Report Confirmed by:



DEPARTMENT OF RADIOLOGY & IMAGING

ID. No. : 23100599 Receive: Print: 16/10/2023
Patient's Name : MD AMANAT ULLAH
Age : 58 YRS Sex : M
Refd. by : Dr. Mir Md. Raihan MBBS,(DU),CCD(BIRDEM),PGT(Eye),DFM

ELECTROCARDIOGRAM (E.C.G) REPORT

Rate : 71 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

Lubana LUBANA GENERAL HOSPITAL (PVT) LTD
9, Garib-e-Newaz Avenue, Sector#13,
Uttara, Dhaka

Station
Telephone:

EXERCISE STRESS TEST REPORT

Patient Name: MD AMANAT ULLAH,
Patient ID: 321619
Height: 167 cm
Weight: 72 kg

DOB: 17.10.1965
Age: 58yrs
Gender: Male
Race: Asian

Study Date: 17.10.2023
Test Type: Treadmill Stress Test
Protocol: BRUCE

Referring Physician: Raihan Medical Hospital
Attending Physician: Prof. Dr. Dipal K. Adhikary MD
Technician: MD. M RAHMAN

Medications:

Medical History:

Reason for Exercise Test:
Suspected Angina

Exercise Test Summary

Phase Name	Stage Name	Time in Stage	Speed (mph)	Grade (%)	HR (bpm)	BP (mmHg)	Comment
PRETEST	SUPINE	00:01			72		
	WARM-UP	01:38	1.00	0.00	69	120/80	
EXERCISE	STAGE 1	03:00	1.70	10.00	90	130/80	
	STAGE 2	03:00	2.50	12.00	96	150/80	
	STAGE 3	03:00	3.40	14.00	118	160/90	
	STAGE 4	01:54	0.00	16.00	115	170/90	
RECOVERY	Recovery1	02:00	0.00	0.00	76	160/80	
	Recovery2	02:00	0.00	0.00	75	140/80	
	Recovery3	00:03	0.00	0.00	75		

The patient exercised according to the BRUCE for 10:53 min:s, achieving a work level of Max. METS: 13.40. The resting heart rate of 72 bpm rose to a maximal heart rate of 148 bpm. This value represents 91 % of the maximal, age-predicted heart rate. The resting blood pressure of 120/80 mmHg, rose to a maximum blood pressure of 170/90 mmHg. The exercise test was stopped due to Target heart rate achieved.

Interpretation

Summary: Resting ECG: normal.
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

ETT is NEGATIVE for ECG evidence of exercise induced myocardial ischaemia

Prof. Prof. Dr. Dipal K. Adhikary MBBS, MD (Card), BSMMU.
Physician

Technician

17/10/23

IBN SINA D. LAB & CONSULTATION CENTER, UTTARA

ISO 9001:2015 Certified

ECHO-CARDIOGRAPHY REPORT

2-D & M-MODE, DOPPLER & COLOUR FLOW IMAGING



I.D. No	:	U1279640	Received date :16 Oct 2023	Printed date: 16 Oct 2023 08:03PM
Name of Patient	:	MD.AMANAT ULLAH	Age : 58 y(s), 9 m(s)	Gender: Male
Examination	:	ECHO 2D		
Ref. By	:	RADICAL HOSPITAL LTD		

PROCEDURES: 2D & M Mode Study.

AO	32	mm	IVSTd	09	mm	FS	42	%
LA	28	mm	PWTd	08	mm	RVOT		mm
ACS	21	mm	LVIDd	41	mm	PA		mm
RVIDd	24	mm	LVIDs	21	mm	MVA		cm ²
TAPSE	18	mm	EF	70	%	AVannulus		mm

DESCRIPTION:

LA : Normal. No intra atrial clot or mass. **LAA**: Clear.

LV : Normal in chamber dimension, morphology and motion.
Normal wall thickness. Regional wall motion abnormality absent.

RA : Normal

RV : Normal in chamber dimension, morphology. Normal right ventricular systolic function.

VALVES : All valves are normal in morphology and motion.

IAS : Intact **IVS** : Intact

GREAT VESSEL : Great arteries are normal in size and orientation.

IVC : Normal in dimension with normal respiratory variation.

PERICARDIUM : No effusion seen.

THROMBUS/VEGETATION/OTHER MASS: Not seen.

IMPRESSION:

1. Normal 2D-M mode study.
2. Good LV & RV systolic function.

Dr. Md. Abul Khair

MBBS (DMC) D-Card(NICVD), FCPS (CARD)
CARDIOLOGIST

Associate Professor, Cardiology, NICVD

Advance training on Echocardiography JROP (India)

Consultant, IBN SINA D.Lab& Consultation center, Uttara.