

Medical Certificate for Service at Sea

As per medical standards of ILO-MLC 2006, as amended STCW 2010

Issue Date: 15th July 2013
Rev. Date: 01 November 2018
Revision No.: 01
Form #: C-43

Name: (last, first, middle)					
SHAIKH	MD			ALMAS	
Date of birth: (day/month/year)	10	09	1997	Gender: (male/female)	MALE
Passport / Discharge book No:	A02077314			Nationality:	BANGLADESHI
Rank:	DECK HAND			Place of Examination:	DHAKA



Signature
of Examinee.

I have evaluated the above-named seafarer/ new entrant after establishing his identity as per the documents mentioned above. On the basis of the seafarer's/ new entrant personal declaration, my clinical examination, the diagnostic test results obtained, and in consideration of the essential requirements of the position applied for, my opinion is –

	Yes	No
a. Hearing meets the standards in STCW Code, section A-I/9:	☒	☐
b. Unaided hearing is satisfactory;	☒	☐
c. Color Vision meets the required STCW Code standards section A-I/9 (testing only required every six years)	☒	☐
d. Date of last color vision test:	☐	☒
e. Fit for lookout duty	☒	☐
f. Is the seafarer free from any medical condition likely to be aggravated by Service at sea or to render the seafarer unfit for such service or to endanger the health of other persons on board :	☒	☐

This seafarer is ☐ UNFIT FOR DUTY ** / ☒ FIT FOR DUTY with / without restriction *as mentioned below.

FIT FOR DUTY ON BOARD SHIP

*This Medical Certificate is issued with following restriction

--

** Reasons for being unfit

--

Date of examination: (Day/Month/Year)	08 OCT 2023
Expiry date of certificate: (Day/Month/Year)	07 OCT 2025
Name of Medical Examiner	DR. MIR MD. RAIHAN MBBS,(DU), DFM
Signature of Medical Examiner	
Official Stamp	



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

04.2023.4937

Medical Declaration

As per medical standards of ILO- MLC 2006, as amended STCW 2010

Issue Date: 15th July
Rev. Date: 01st November 20
Revision No. : 01
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Medical Examination of Seafarers Examinee's Declaration

Name (last, first, middle):	SHAIKH MD ALMAS
Date of birth (day/month/year):	10-SEP-1997
Sex: Male / Female	MALE
Home address:	KASH AMINPUR, AMINPUR, BAZAR AMINPUR-6682 PABNA, BANGLADESH
Passport No./Discharge book No.:	A02077314
Department (Deck/Engine/Radio/Food handling/other):	DECK
Rank:	DECK HAND
Routine and emergency duties (if known):	
Type of ship (Cargo, Tanker, Passenger):	
Trade area (coastal, tropical, worldwide):	

Seafarer's Personal Declaration

(Assistance should be offered by medical staff)

Have you ever had any of the following conditions?

Condition	Yes	No	Condition	Yes	No
1 Eye/vision problem		/	18 Sleep problem		/
2 High blood pressure		/	19 Do you smoke, use alcohol or drugs?		/
3 Heart/vascular disease		/	20 Operation/surgery		/
4 Heart surgery		/	21 Epilepsy/seizures		/
5 Varicose veins/piles		/	22 Dizziness/fainting		/
6 Asthma/bronchitis		/	23 Loss of consciousness		/
7 Blood disorder		/	24 Psychiatric problems		/
8 Diabetes		/	25 Depression/Hepatitis		/
9 Thyroid problem		/	26 Attempted suicide		/
10 Digestive disorder		/	27 Loss of memory		/
11 Kidney problem		/	28 Balance problem		/
12 Skin problem		/	29 Severe headaches		/
13 Allergies		/	30 Ear (hearing, tinnitus)/nose/throat problem		/
14 Infectious/contagious diseases		/	31 Restricted mobility		/
15 Hernia		/	32 Back or joint problem		/
16 Genital disorder		/	33 Amputation		/
17 Pregnancy		/	34 Fractures/dislocations		/



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If you answered "yes" to any of the above questions, please give details:

Additional questions

		Yes	No
35	Have you ever been signed off as sick or repatriated from a ship?		☒
36	Have you ever been hospitalized?		☒
37	Have you ever been declared unfit for sea duty?		☒
38	Has your medical certificate even been restricted or revoked?		☒
39	Are you aware that you have any medical problems, diseases or illnesses?		☒
40	Do you feel healthy and fit to perform the duties of your designated position/occupation?	☒	
41	Are you allergic to any medication?		☒

Comments:

FIT FOR DUTY ON BOARD SHIP

42	Are you taking any non-prescription or prescription medications?		☒
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If yes, please list the medications taken, and the purpose(s) and dosage(s):

I hereby certify that the personal declaration above is a true statement to the best of my knowledge

Signature of
Examinee:

Day
(day/month/year)

08 OCT 2023

Witnessed by:
(signature)

Name (Typed or
Printed)

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.

I hereby authorize the release of all my previous medical records from any health professionals, health institutions and public authorities to Dr. Mir Md. Raihan (the approved medical practitioner)

Signature of Examinee

Day (day/month/year)

08 OCT 2023

Witnessed by: (signature)

Name (Typed or Printed)

DR. MIR. MD. RAIHAN
MBBS (DU), DFM, CCD (Birdem), PGT (Ophth)
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File No.: L #4 (2nd/O)

Retention : 3 Years / Agency : As Required



Medical Declaration

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Medical Examination by Doctor

☒ Pre-sea

☐ Periodic

☐ Other

Sight

Visual Acuity						
Unaided			Aided			
Right Eye	Left Eye	Binocular	Right Eye	Left Eye	Binocular	
Distance	6/6	6/6	/			
Near						

Visual Fields		
	Normal	Defective
Right Eye	/	
Left Eye	/	

Color vision:

☐ Not tested

☒ Normal

☐ Doubtful

☐ Defective

Hearing

	500 Hz	1000 Hz	2000 Hz	3000 Hz	4000 Hz	6000 Hz
Right Ear	20	20	20			
Left Ear	20	20	20			

Speech and whisper test (metres)

	Normal	Whisper
Right Ear	/	
Left Ear	/	

Height (cm)	165	Weight: (kg)	60
Pulse rate: (/minute)	77	Rhythm:	Regular
Blood pressure:	Systolic:(mm/Hg) 110	Diastolic: (mm/Hg)	75
Urinalysis:	Glucose: Nil	Protein: Nil	Blood: Nil

	Normal	Abnormal		Normal	Abnormal
Head	/		Skin	/	
Sinuses, nose, throat	/		Varicose veins	/	
Mouth/teeth	/		Vascular (inc. pedal pulses)	/	
Ears (general)	/		Abdomen and viscera	/	
Tympanic membrane	/		Hernia	/	
Eyes	/		Anus (not rectal exam)	/	
Ophthalmoscopy	/		G-U system	/	
Pupils	/		Upper and lower extremities	/	
Eye movement	/		Spine (C/S, T/S and L/S)	/	
Lungs and chest	/		Neurologic (full/brief)	/	
Breast examination	NA		Psychiatric	/	
Heart	/		General appearance	/	

Chest X-ray	Not performed	NORMAL	Performed on (day/month/year): 08 OCT 2023
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Medical Declaration

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Other diagnostic test(s) and result(s):

Test	Results
BLOOD TEST	NORMAL
URINE TEST	NORMAL
ECG	NORMAL

Medical practitioner's comments and assessment of fitness, with reasons for any limitations:

No Restrictions

Vaccination status recorded:

☒ Yes

☐ No

Assessment of fitness 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:

☒ Fit for look out duty

☐ Not fit for look out duty

	Deck service	Engine service	Catering service	Other services
Fit				
Unfit				

☒ Without Restriction

☐ With Restrictions

Describe restrictions (e.g., specific position, type of ship, trade area)

Action taken by Medical Examiner (e.g. referral):

--

Date of examination: (Day/Month/Year)	08 OCT 2023
Expiry date of certificate: (Day/Month/Year)	07 OCT 2025
Name of Medical Examiner	DR. MIR MD. RAIHAN MBBS,(DU), DFM
Signature of Medical Examiner	
Official Stamp	



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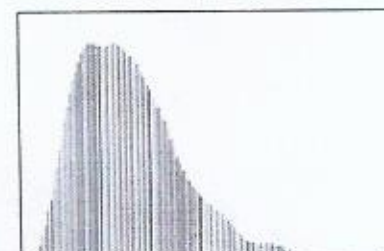
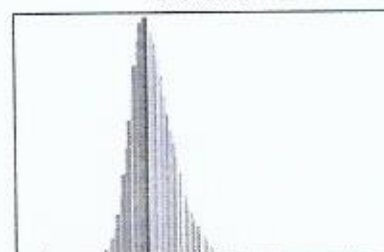


Id No : 23100252 **Date** : 07-Oct-2023 **D.Date** : 07-Oct-2023
Patient's Name : MD ALMAS SHAIKH **Age** : 26Y 0M 27D **Gender** : Male
Specimen : Blood
Doctor Name : Dr. Mir Md. Raihan MBBS,(DU),CCD(BIRDEM),PGT(Eye),DFM

Haematology Report

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

Parameter Name	Results	Reference Range
Hemoglobin (Hb)	15.5 gm/dl	M:13-18 gm/dl. F:11.5-16.5 gm/dl. Child:10-13 gm/dl.
ESR(Westergreen)	05 mm/1st hr	Infant: (One year):8-10 gm/dl. Male:0-10, F:0-20 mm/1st hr.
Total WBC Count(TC)	8,000 /cumm	Adult: 4000 - 11000/cumm. Children: 5,000-15,000/cumm Infant(One Year): 6,000-18,000/cumm
Differential WBC Count (DC)		
Neutrophils	51 %	Child: 25-66 %, Adult: 40-75 %
Lymphocytes	44 %	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	160 /cumm	50-450/cumm
Total RBC Count	4.66 m/ul	M: 4.5-6.5, F:3.8-5.8 m/ul
HCT/PCV	39.7 %	M: 40-54%, F:37-47%
MCV	85.2 fL	76 - 94 fL
MCH	33.3 pg	27 - 32 pg
MCHC	39.0 g/dL	29 - 34 g/dL
RDW	12.5 %	11 - 16 %
PDW	16.7 fL	35 - 56 fL
Total Platelete Count (PC)	1,96,000 /cumm	150,000-450,000/cumm
MPV	9.9 fL	7.0 - 11.0 fL
PCT	0.194 %	0.1 - 0.4 %




Checked By
Medical Technologist


Dr. Sumaiya Khatun
MBBS,MD(Gold Medalist) (BSMMU)
Associate Professor
Dept. Of Microbiology
East West Medical College & Hospital.

Bill No	DIA23100252	Received Date	07/10/2023
Patient's Name	MD ALMAS SHAIKH		
Patient's Age	26Y 0M 27D	Patient's Sex	Male
Ref. by	Dr. Mir Md. Raihan MBBS,(DU),CCD(BIRDEM),PGT(Eye),DFM		
Sample	BLOOD		

BIOCHEMISTRY REPORT

Test Name	Result	Reference Range
Random Blood Sugar (RBS)	4.9 mmol/l	4.2 – 6.4 mmol/l
Serum Creatinine	0.84 mg/dl	0.3 - 1.3 mg/dl
Serum AST (SGOT)	19.0U/L	Up to 37 U/L
Urice Acid	4.3 mg/dl	3.8 - 8.0 mg/dl
Lipid profile		
Serum Cholesterol	136 mg/dl	up to 200 mg/dl
Serum HDL- Cholesterol	40 mg/dl	>35 mg/dl
Serum Triglyceride	147 mg/dl	upto 220 mg/dl
Serum LDL- Cholesterol	66 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
M BBS, MD (Microbiology)
Associate Professor
Dept. of Microbiology
East West Medical College and Hospital

Bill No	DIA23100252	Received Date	07/10/2023
Patient's Name	MD ALMAS SHAIKH		
Patient's Age	26Y 0M 27D	Patient's Sex	Male
Ref. by	Dr. Mir Md. Raihan MBBS,(DU),CCD(BIRDEM),PGT(Eye),DFM		
Sample	BLOOD		

SEROLOGICAL REPORT

Test Name

Result

HIV 1 & 2 (Method : (ICT)	Negative
HBsAg (Method : (ICT)	Negative
VDRL	Non-reactive

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Associate Professor
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Bill No	DIA23100252	Received Date	07/10/2023
Patient's Name	MD ALMAS SHAIKH		
Patient's Age	26Y 0M 27D	Patient's Sex	Male
Ref. by	Dr. Mir Md. Raihan MBBS,(DU),CCD(BIRDEM),PGT(Eye),DFM		
Sample	BLOOD		

QuantiFERON-TB Gold (TB-IGRA)TEST REPORT

Investigation	Result
QuantiFERON -TB Gold(TB-IGRA)	Negative

Method : ELISA

Interpretation:

1. In this sample positive control (P) is 536.3, Negative control (N) is 7.20, Patient value (T) is 7.37 pg/ml. Result calculation are done according to WANTAI TB -IGRA test protocol.
2. This assay can not be differentiate between latent infection and active tuberculosis.
3. False negative may be obtained if sample is taken prior to development of immune response.
4. Negative result does not preclude the possibility of mycobacterium tuberculosis infection.

-----End of Report -----

Checked By


Medical Technologist
Radical Hospitals Ltd.


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Associate Professor
Dept. of Microbiology
East West Medical College and Hospital

Bill No	DIA23100252	Received Date	07/10/2023
Patient's Name	MD ALMAS SHAIKH		
Patient's Age	26Y 0M 27D	Patient's Sex	Male
Ref. by	Dr. Mir Md. Raihan MBBS,(DU),CCD(BIRDEM),PGT(Eye),DFM		
Sample	URINE		

URINE ROUTINE EXAMINATION**PHYSICAL EXAMINATIONMICROSCOPIC EXAMINATION**

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


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 Associate Professor
 Dept. of Microbiology
 East West Medical College and Hospital

Bill No	DIA23100252	Received Date	07/10/2023
Patient's Name	MD ALMAS SHAIKH		
Patient's Age	26Y 0M 27D	Patient's Sex	Male
Ref. by	Dr. Mir Md. Raihan MBBS,(DU),CCD(BIRDEM),PGT(Eye),DFM		
Sample	URINE		

DRUG ABUSE TEST

METHOD: Immunochromatographic Assay (Rapid one Step Test)

Test Name	Result
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Drug Level of Urine

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.


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Associate Professor
Dept. of Microbiology
East West Medical College and Hospital

DEPARTMENT OF RADIOLOGY & IMAGING

ID. No.	: 23100252	Receive: 07/10/2023	Print: 07/10/2023
Patient's Name	: MD ALMAS SHAIKH		
Age	: 26 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: 23091425

MD: ALMAS
Male Years *Shah*

07-10-2023 12:20:30

HR : 69 bpm

P : 98 ms

PR : 126 ms

QRS : 94 ms

QT/QTc : 366/392 ms

P/QRS/T : 44/70/33 °

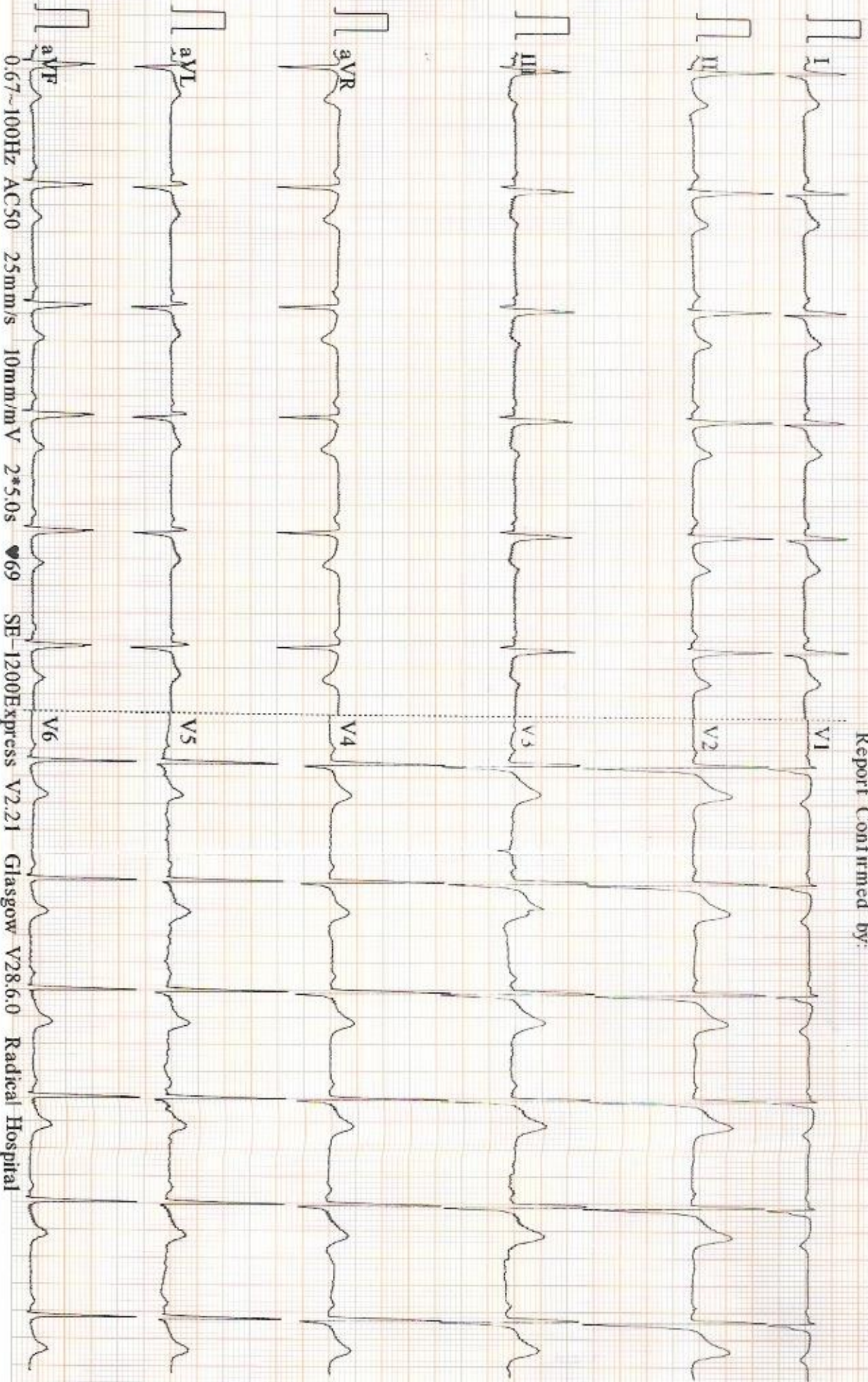
RV5/SV1 : 2.199/0.732 mV

Diagnosis Information:

Sinus rhythm

Normal ECG

Report Confirmed by:



DEPARTMENT OF RADIOLOGY & IMAGING

ID. No. : 23100252 Receive: Print: 07/10/2023
Patient's Name : MD ALMAS SHAIKH
Age : 26 YRS Sex : M
Refd. by : Dr. Mir Md. Raihan MBBS,(DU),CCD(BIRDEM),PGT(Eye),DFM

ELECTROCARDIOGRAM (E.C.G) REPORT

Rate : 69 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

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