

DATE: 12/09/2023

Ref No: 237

TO WHOM IT MAY CONCERN

THIS IS TO CERTIFY THAT HE IS MR. FARHAD AHMAD, AGE 63+ YEARS MALE, CDC NO: C/O/0688, PASSPORT NO: EG0665468, 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) DFM, CCD (Birdem), PGT (Ophth)
Reg- A55144 BGD-016 (MMC)
DG Shipping Bangladesh Approved
Malaysian Medical Council Approved
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.

04.2023.4749

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 (STCW78) and Regulation 1.2 of the Maritime Labour Convention, 2006

SEAFARER INFORMATION:

Name: Last AHMAD First FARHAD Middle
Gender: (Male/Female) MALE Nationality: BANGLADESHI Date: 12.09.2023
Occupation: Deck/Engine/Catering/Other (specify) DECK Rank: MASTER
Father's/ Husband's name: MAHFUZ AHMAD C.D.C No. 10/0688
Mother's Name: BEGUM FARILA TUNNESA Seaman ID No. 050 003 702
Address: House No: D-22 Street/ Road No: R-2 Passport No. EG0665468
Locality/Village: ARAMBAGH HOUSING NID No. 509 295 2455
P.O. MIRPUR-7 Date of Birth: 04/10/1959
P.S. RUPNAGAR (DD/MM/YYYY)
District: DHAKA - 1216

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: 12 SEP 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): 12 SEP 2023

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

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.

12 SEP 2023

FARHAD AHMAD

Age 63Y 8M 12D
Sex Male
Registration ID P-0102439
Bill ID EXE23061600001
Collection site Executive Health Checkup Clinic
Patient Type Payment
Referred by Executive Health Checkup Clinic
Requested tests Electrolyte, Glucose (F), Glucose (2ABF), HbA1C, eGFR, Uric Acid, Lipid Profile, ALT (SGPT), TSH, FT4, Vitamin D (rapid)

Specimen information

Specimen ID	Specimen Type	Collection Date/Time	Receiving Date/Time
B230104581	Blood Plasma (Heparin)	16-Jun-2023 7:44	16-Jun-2023 8:18
B230104582	Blood Serum	16-Jun-2023 7:44	16-Jun-2023 8:18
B230104583	Blood Whole (EDTA)	16-Jun-2023 7:44	16-Jun-2023 8:18
B230104584	Blood Plasma with Fluoride (F)	16-Jun-2023 7:44	16-Jun-2023 8:18
B230104585	Blood Plasma with Fluoride (ABF)	16-Jun-2023 12:10	16-Jun-2023 12:42

Test Name	Result	Unit	Ref. Value
Electrolyte			
Sodium	141.21	mmol/L	136.0-145.0
Potassium	4.20	mmol/L	3.5-5.1 (Serum), 3.5-4.5 (Plasma)
Chloride	105.77	mmol/L	98.0-107.0
TCO2/Bicarbonate	29.72	mmol/L	23.0-29.0 (Adult)
Anion Gap	9.92	mmol/L	7.0-21.0
Glucose (F)	5.73	mmol/L	4.20-6.10
Glucose (2ABF)	7.16	mmol/L	4.20-7.80
HbA1C	5.59	%	4.0 - 6.2
eGFR¹			
Creatinine	88.10	μmol/l	Adult: 64 - 104 (Men)
eGFR (MDRD)	80.53	ml/min/1.73 sq.m	>60
Uric Acid	304.33	μmol/l	208.3-428.4 (Men)
Lipid Profile			
T. Cholesterol	4.93	mmol/L	Desirable: < 5.16 , borderline high: 5.16-6.19 , High: > 6.20;
HDL - Cholesterol	1.17	mmol/L	low: < 1.03 (major risk factor for CHD), high: = 1.55 (desirable, Negative risk factor for CHD)
LDL - Cholesterol (Calculated)	3.26	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	1.20	mmol/L	Normal: < 1.70 , Borderline high: 1.70-2.25 , High: 2.26-5.64, very high =5.65
T.Chol/HDL ratio	4.21		< 5.0 (Men), < 4.4 (Women)
LDL/HDL ratio	2.79		< 3.3 (Men), < 2.9 (Women).
ALT (SGPT)	34.31	U/L	< 50 (Men), < 35 (Women)
TSH	4.8633	μIU/ml	0.35-4.94 (adult), 0.5-8.9 (55-87y)
FT4	11.60	pmol/l	10.3-25.8 (2 wk-20 y), 9.01-19.05 (21-87 y)
Vitamin D (rapid)	16.0	ng/mL	30 - 100

Comments:

¹ Height: 168.80 cm, Weight: 67.30 kg

208
SRU Received
16-Jun-2023 7:46

296
Lab Received
16-Jun-2023 8:18

device
Technical
16-Jun-2023 9:40

255
Verification
16-Jun-2023 14:38


Authorization
16-Jun-2023 14:41

FARHAD AHMAD

Age 63Y 8M 12D
Sex Male
Registration ID P-0102439
Bill ID EXE23061600001
Collection site Executive Health Checkup Clinic
Patient Type Payment
Referred by Executive Health Checkup Clinic
Requested tests Urine RME

Specimen information

Specimen ID	Specimen Type	Collection Date/Time	Receiving Date/Time
P230025229	Urine	16-Jun-2023 9:15	16-Jun-2023 10:15

Test Name	Result	Unit	Ref. Value
Urine RME			
Physical examination			
Color	Light yellow		Colorless, pale yellow or straw
Appearance/Turbidity	Clear		Clear
Specific gravity	1.005		Fresh Urine: 1.002 - 1.030; 24 hrs Urine: 1.015 - 1.030
Chemical Examination			
Reaction (pH)	5.0		4.5 - 8.0
Protein	Negative		Negative
Glucose/Sugar	Negative		Negative
Ketone bodies	Negative		Negative
Bilirubin	Negative		Negative
Urobilinogen	Normal		Normal/Not increased
Nitrite	Negative		Negative
Leukocyte esterase	Negative		Negative
Cells/HPF			
RBC	0 - 1		0 - 2
Pus cells	0 - 1		0 - 5
Epithelial cells	0 - 1		0 - 10
Casts/LPF	Not Found		
Crystals/LPF	Not Found		
Others/HPF	Not Found		

shamim.talukder
SRU Received
16-Jun-2023 9:16

ifranp
Lab Received
16-Jun-2023 10:15

device
Technical
16-Jun-2023 11:56

195p
Verification
16-Jun-2023 15:13


Authorization
16-Jun-2023 15:21

Plot 15 Road 71 Gulshan Dhaka-1212

Hotline: 10666 | www.uhlbd.com

Patient ID 1000383335

DOB 04-Oct-1959

Gender Male

Patient Name FARHAD AHMAD

Age 63 Y 9 M 23 D

Ref. By Dr. Tangia Muquith

Department of Pathology Laboratory

Haematology Report

Specimen Information

Blood

Collected 26-Jul-2023 11:28 am

Received 26-Jul-2023 2:23 pm

Report Generated 26-Jul-2023 4:15 pm

Test	Result	Unit	Reference Value	Methodology
CBC + ESR				
*RBC (Total Count)	4.6	$\times 10^6/\mu\text{l}$	M: 4.5-5.5 F: 3.8-4.8	Optical Impedence
*Haemoglobin	12.2	gm/dl	M: 13-18 F: 11.5-16.5 Newborn: 14.0-22.0 3 Months: 11.1-14.1 1 Year: 11.1-14.1	Photometric (Sulfolyzer)
*HCT	40.4	%	M: 40-54 F: 37-47	Calculated Parameter
*MCV	87.1	fl	76-94	Calculated Parameter
*MCH	26.3	pg	27-32	Calculated Parameter
*MCHC	30.2	gm/dl	31-35	Calculated Parameter
*RDW	14.6	%	11.0 -14.0	Calculated Parameter
*Platelets Count	150.0	$\times 10^3/\mu\text{l}$	150-450 New born: 84-478	Optical Impedence
*MPV	---	fl	5.0-11.0	Calculated Parameter
*TC-WBC	5.5	$\times 10^3/\mu\text{l}$	Adult: 4.0-11.0 0-30 Days: 9.1-34.0 1-23 Mo: 6.0-14.0 2-9 Yr: 4.0-12.0 10-17 Yr: 4.0-10.5	Optical Flowcytometry
Differential Count				
*Neutrophil	61.4	%	40-75	Optical Flowcytometry
*Lymphocyte	29.5	%	20-50	Optical Flowcytometry
*Monocyte	5.8	%	2-10	Optical Flowcytometry
*Eosinophil	2.9	%	1-6	Optical Flowcytometry
*Basophil	0.2	%	<1	Optical Flowcytometry
IG	0.2	%	0-0.6	Optical Flowcytometry
*ESR	27	mm/1st Hr	M: <29 F: <38	Westergren/Capillary

Halim

Mr. Halim Mia

Diploma in Medical Technology

Medical Technologist-Laboratory

* ISO 15189-2012 accredited parameter

Nazia

Dr. Nazia Hasan Khan

MBBS,MD (Virology)

Junior Consultant-Laboratory

Prof. Brig Gen Zahid Mahmud (Retd)

FCPS(Haematology)

Chief Consultant - Laboratory

Page 1 of 1

PIN- MR. Farhad Ahmmed

02-Aug-23 8:19:00 AM

NHFH&RI (123)

Age- 65y

Rate 94

ECG (45)

PR 142

QRSD 84

QT 355

QTc 444

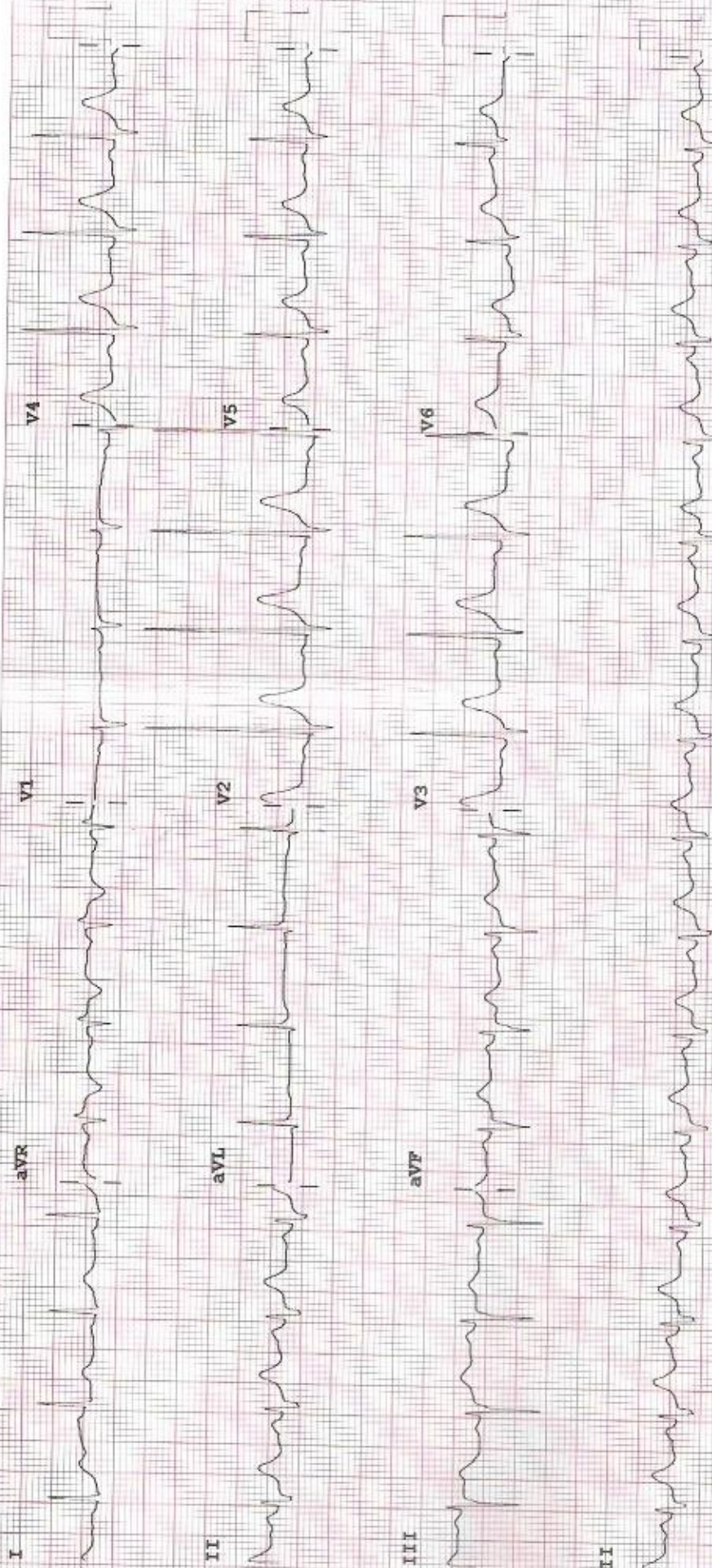
--AXIS--

P 66

QRS -34

T 54

12 Lead; Standard Placement



Device:

Speed: 25 mm/sec

Limb: 10 mm/mV

Chest: 10.0 mm/mV

P 50~ 0.15~ 40 Hz

PH10

CL

P?

ডাঃ এ.এইচ.এম. আলমগীর

এম বি বি এস, ডি ও (ডি ইউ)

রেজিঃ ১৯০২৩

চক্ষু বিশেষজ্ঞ ও সার্জন

সিনিয়র মেডিকেল অফিসার (অবঃ)

বি টি সি এল, ঢাকা।

সময় : প্রতিদিন বিকাল ৫টা থেকে রাত ৮টা।

মোবাইল : ০১৭১৫-০২৪৪০২ (ডাক্তার)

NAME : Fazhan Ahmed

Dr. A. H. M. Alamgir

MBBS, DO (DU)

Reg. No. A-19023

Eye Specialists & Surgeon

Senior Medical Officer (Ret.)

BTCL, Dhaka

Time: 5pm to 8pm

Mobile: 01715-024402

চেষ্টার:



নিউঅভি অপটিক্স
“হাকিম সেন্টার”

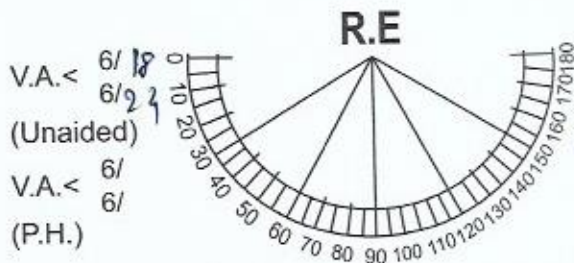
প্লট নং-১৫, সেকশন-১, মিরপুর, ঢাকা-১২১৬
কম্পিউটার ও প্লিট ল্যাম্পে চক্ষু পরীক্ষা করা হয়।

এপয়েন্টমেন্টের জন্য :

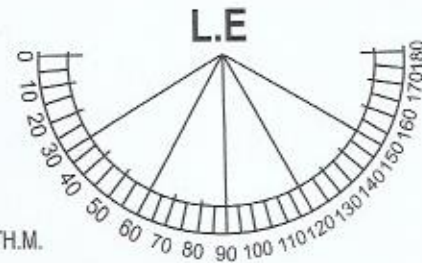
মোবা: ০১৯৪০৬৩৭১১০ (চেষ্টার)

08 5 - 2023

AGE: ৫৩ Years. DATE: 08 5 - 2023



Correction : B / R / L
Full / Under.
1st Spec./Bifocal / Verilux
ARC : B / R / L
✓ pseudophakia : B / R / L
Aphakia : B / R / L
ILLITY / ARABIC ONLY
DM / HTN / ASTH / MIG / PATH.M.



Next Visit:

After: ✓

Month / Year

Fundus: Disc (R/E, L/E, B/E) - Papilloedema- Present / Absent.

RIGHT							LEFT					
SPH	CYL	AXIS	PRISM	BASE	V.A	VISION	SPH	CYL	AXIS	PRISM	BASE	V.A
/	0.75	85	—		6/-	DISTANCE	1.50	—	—	—		6/-

Add: + 2.50

Add: + 2.50

IPD :

Remarks- Unifocal/Bifocal/Plastic D/Executive/Verlux/Contact Lens/ 2 Spectacles-1 for near & 1 for distance.

While / Photochromic/Antireflection/Blue Cut/Blue Cut Photosun/Plastic frame / Plastic Lens.

For constant use / for near Vision only / for distance vision only/As required/for computer only.

ডাক্তারকে না দেখিয়ে চশমা ব্যবহার করবেন না।

অনুগ্রহ পূর্বক পরবর্তী সাক্ষাতের সময় ব্যবস্থাপত্র সঙ্গে আনবেন।
ভবিষ্যৎ সূত্রের জন্য সকল ব্যবস্থাপত্র সংরক্ষণ করুন।

* দিন পর সাক্ষাৎ করবেন। পরবর্তী সাক্ষাতের সময় ব্যবস্থাপত্র সাথে নিয়ে আসবেন।



সময় থাকতে চোখ বাঁচান



পর পুনরায় চোখ পরীক্ষা করাবেন।



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

EXERCISE TOLERANCE TEST (ETT)

Patient Id :- 230802/139 **Patient Name :-** MR. FARHAD AHMAD **Age :-** 63Y **Gender :-** Male
Height :- **Weight :-** **Refd. By :-** Associate Professor Dr. M. A. Mazid Khan **Date :-** 02/08/2023
Clinical Data :- IHD
Previous ETT :- No
Medication :- CC-Bloker
Indication :- Evaluation of Chest pain
Treadmill :- Bruce protocol
Target HR :- 133 bpm. **Peak HR Achieved :-** 173 bpm...(110% of Max. Predicted 157 bpm **METS :-** 10.20
Resting 12 lead ECG :- Within normal limits **Total Exercise Time :-** 9.03 min.

Stage	Speed (mph)	Inclination (%)	HR	BP	Angina / Dyspnoea / Arrhythmia
Resting			99	140/90	Nil
I	1.7	10.0	137	150/90	Nil
II	2.5	12.0	157	160/90	Nil
III	3.4	14.0	171	170/90	Max HR attained
IV	4.2	16.0			
Recovery Period					
2 min.			129	165/90	Nil
4 min.			115	150/80	Nil
6 min.			115	150/80	Nil
8 min.			115	120/80	Nil
10 min.					

REASONS FOR TERMINATION :-

Resting ECG :- Within normal limits. Total exercise time was 9.03 mins (Stage III Bruce protocol). THR 133(bpm) was reached 110%(157 bpm) of Max. Pred. HR was achieved at the work load of 10.20 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. Quazi Shafiqul Islam
 MBBS, D-Card
 Registrar (Cardiology)
 National Heart Foundation Hospital
 & Research Institute.

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

Phone : +88-02-58054708-12, Fax: +88-02-48039237, Facebook: www.facebook.com/bangladesh.heartfoundation

www.nhf.org.bd E-mail : nhfadmin@agni.com, admin@nhf.org.bd

IBN SINA DIAGNOSTIC & CONSULTATION CENTER, MIRPUR

ISO 9001:2015 Certified



338185242837

XRAY REPORT

ID No. : **N330105**

Receiving Date: 05/12/2022

Reporting Date: 6 Dec 22 01:08PM

Name : FARHAD AHAMAD

Age : 62 year(s)

Sex : M

Refd. By : PROF.DR.MOHAMMED MOSTAFIZUR RAHMAN MBBS,FRCS

Thanks for your kind Referral

RADIOLOGICAL REPORT

CHEST P/A VIEW.

Diaphragm : Normal in position, contour & definition.
CP angles are free.

Heart : Normal in transverse diameter.

Lung fields : No evidence of consolidation, collapse & pleural effusion .

Bony thorax : Unremarkable.

Impression : Normal chest.

Dr.Sultana Amena Ferdoucy

Assistant Professor
MBBS,MD(BIRDEM)

USG,X-Ray,CT Scan,MRI & Intervention
Head of the Department of Radiology & Imaging
Dr.M R Khan Shishu Hospital & ICH, Dhaka.
BMDC Reg.No.A-32596