

DATE: 10/09/2023

Ref No: 236

TO WHOM IT MAY CONCERN

THIS IS TO CERTIFY THAT HE IS MR. MD MAKSUDUR RAHAMAN, AGE 59+ YEARS MALE, CDC NO: C/O/4632, PASSPORT NO: A00337277, 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
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.

04.2023.4739

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 RAHAMAN First MD. Middle MAKSUDUR
Gender: (Male/Female) MALE Nationality: BANGLADESHI Date: 10 SEP 2023
Occupation: Deck/Engine/Catering/Other (specify) ENGINE Rank: ETO
Father's/ Husband's name: LET. MD. MUSTAFIZUR RAHMAN C.D.C No. C/04632
Mother's Name: SAMSUN NAHAR Seaman ID No. 050002755
Address: House No: _____ Street/ Road No: _____ Passport No. A00337277
Locality/Village: CHARNOABAD NID No. 4164748503
P.O.: BHOLA SADAR Date of Birth: 08/06/1964
P.S.: BHOLA SADAR (DD/MM/YYYY)
District: BHOLA

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:

- | | |
|---|----------------------|
| 1. Confirmation that identification documents were checked at the point of examination | YES/NO |
| 2. Hearing meets the standards in section A-I/9 | YES/NO |
| 3. Unaided hearing satisfactory? | YES/NO |
| 4. Visual acuity meets standards in section A-I/9? | YES/NO |
| 5. Colour vision meets standards in section A-I/9? | YES/NO |
| Date of last colour vision test | : <u>10 SEP 2023</u> |
| 6. Fit for lookout duties? | : YES/NO |
| 7. 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 |
| 8. 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) 10 SEP 2023

11. Date of expiry (DD/MM/YYYY) 09 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.

M. Rahman
Seafarer's Signature



DR. MIR. MD. RAIHAN
MBBS (DU), DPM, CCD (Birdem), PGT (Ophth)
BMDC A-55144, MMC-BGD-016
DG Shipping Bangladesh Approver
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/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

10 SEP 2023

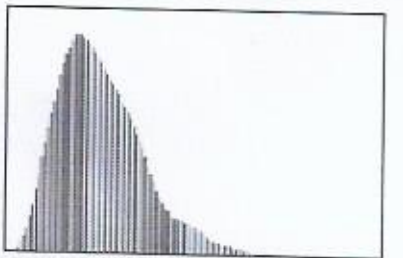
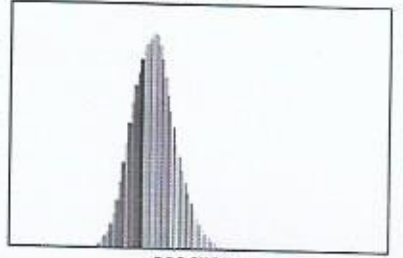
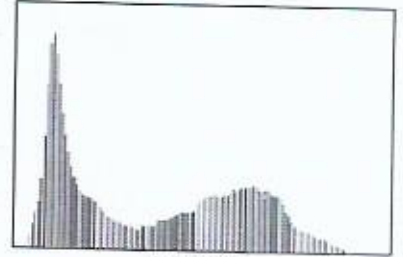
DR. MIR. MD. RAIHAN
MBBS (DU), DFM, CCD (Birdem), PGT (Ophth)
BMDC A-55144, MMC-BGD-016
DG Shipping Bangladesh Approved
General Physician
Radical Hospitals Limited

Id No : 23090407 **Date** : 10-Sep-2023 **D.Date** : 10-Sep-2023
Patient's Name : MD MAKSUDUR RAHAMAN **Age** : 59Y 3M 2D **Gender** : Male
Specimen : Blood
Doctor Name : Dr. Mir Md. Raihan MBBS,(DU),CCD(BIRDEM),PGT(Eye),DFM CDC NO:C/O/4632

Haematology Report

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

Parameter Name	Results	Reference Range
Hemoglobin (Hb)	12.9 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)	5,300 /cumm	Adult: 4000 - 11000/cumm. Children: 5,000-15,000/cumm Infant(One Year): 6,000-18,000/cumm
Differential WBC Count (DC)		
Neutrophils	60 %	Child: 25-66 %, Adult: 40-75 %
Lymphocytes	34 %	Child: 52-62 %, Adult: 20-50 %
Monocytes	04 %	Child: 03-07 %, Adult: 02-10 %
Eosinophils	02 %	Child: 01-03 %, Adult: 01-06 %
Basophils	00 %	Adult: 00-01 %
Total Cir. Eosinophils	106 /cumm	50-450/cumm
Total RBC Count	4.22 m/ul	M: 4.5-6.5, F:3.8-5.8 m/ul
HCT/PCV	37.7 %	M: 40-54%, F:37-47%
MCV	89.3 fL	76 - 94 fL
MCH	30.6 pg	27 - 32 pg
MCHC	34.2 g/dL	29 - 34 g/dL
RDW	13.6 %	11 - 16 %
PDW	15.3 fL	35 - 56 fL
Total Platelete Count (PC)	2,17,000 /cumm	150,000-450,000/cumm
MPV	8.9 fL	7.0 - 11.0 fL
PCT	0.193 %	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	DIA23090407	Received Date	10/09/2023
Patient's Name	MD MAKSUDUR RAHAMAN		
Patient's Age	59Y 3M 2D	Patient's Sex	Male
Ref. by	Dr. Mir Md. Raihan MBBS,(DU),CCD(BIRDEM),PGT(Eye),DFM CDC NO:C/O/4632		
Sample	BLOOD		

BIOCHEMISTRY REPORT

Test Name	Result	Reference Range
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 %
Lipid profile		
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. Sunaiya Khatun
M BBS, MD (Microbiology)
Associate Professor
Dept. of Microbiology
East West Medical College and Hospital

Bill No	DIA23090407	Received Date	10/09/2023
Patient's Name	MD MAKSUDUR RAHAMAN		
Patient's Age	59Y 3M 2D	Patient's Sex	Male
Ref. by	Dr. Mir Md. Raihan MBBS,(DU),CCD(BIRDEM),PGT(Eye),DFM CDC NO:C/O/4632		
Sample	BLOOD		

SEROLOGICAL REPORTTest NameResult

HBsAg (Method : (ICT)

Negative

RADICAL
HOSPITAL
LIMITED

Checked By


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



Bill No	DIA23090407	Received Date	10/09/2023
Patient's Name	MD MAKSUDUR RAHAMAN		
Patient's Age	59Y 3M 2D	Patient's Sex	Male
Ref. by	Dr. Mir Md. Raihan MBBS,(DU),CCD(BIRDEM),PGT(Eye),DFM		
Sample	URINE	CDC NO:C/O/4632	

URINE ROUTINE EXAMINATION

PHYSICAL EXAMINATIONMICROSCOPIC EXAMINATION

Quantity	Sufficient	CELLS / HPF	
Color	Straw	R B C	Nil
Appearance	Clear	Pus Cells	2-3/HPF
Sediment	Nil	Epithelial	1-2/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. : 23090407 Receive: 10/09/2023 Print: 10/09/2023
Patient's Name : MD MAKSUDUR RAHAMAN
Age : 59 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.



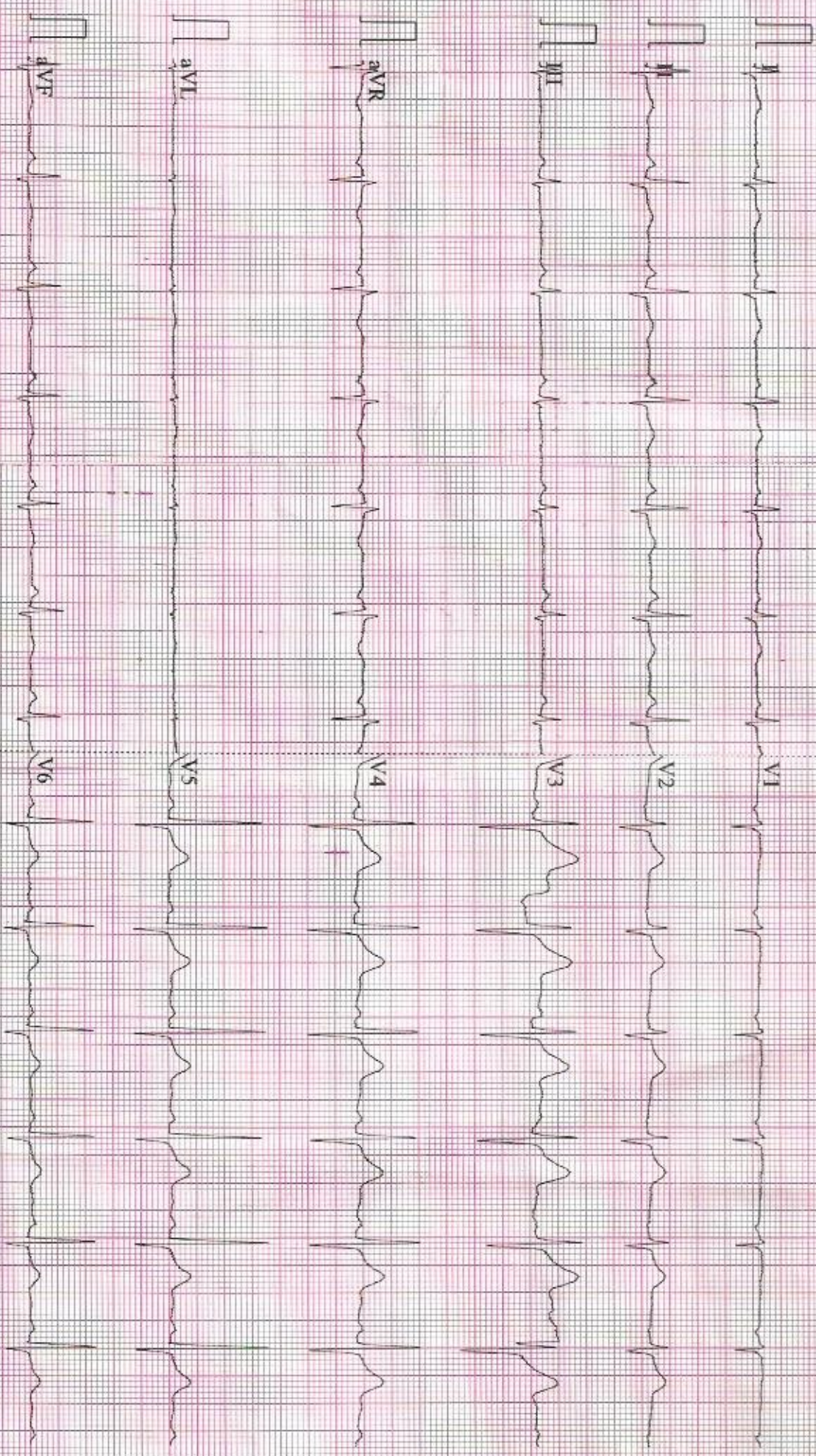
Prof. Dr. Md. Mojibor Rahman
MBBS, DMRD (Radiology & Imaging)
Head of the Department (Radiology & Imaging)
Sylhet Women's Medical College Hospital

ID: 196
 Mr. Prakash Kumar
 Male 59 Years

10-09-2023 14:21:40
 HR : 78 bpm
 P : 106 ms
 PR : 148 ms
 QRS : 88 ms
 QT/QTc : 396/452 ms
 P/QRS/T : 68/63/45 °
 RV5/SV1 : 1.72/2.0438 mV

Diagnosis Information:
 Sinus rhythm
 Normal ECG

Report Confirmed by:



DEPARTMENT OF RADIOLOGY & IMAGING

ID. No. : 23090407 Receive: Print: 10/09/2023
Patient's Name : MD MAKSUDUR RAHAMAN
Age : 59 YRS Sex : M
Refd. by : Dr. Mir Md. Raihan MBBS,(DU),CCD(BIRDEM),PGT(Eye),DFM

ELECTROCARDIOGRAM (E.C.G) REPORT

Rate : 78 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: MAKSUDUR RAHMAN,
Patient ID: 297751
Height: 166 cm
Weight: 67 kg

DOB: 10.09.1964
Age: 59yrs
Gender: Male
Race: Asian

Study Date: 10.09.2023
Test Type: Treadmill Stress Test
Protocol: BRUCE

Referring Physician: REDICAL Hospital
Attending Physician: Dr. Dipal K. Adhikary MBBS, 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	01:22	1.00	0.00	85		
EXERCISE	STAGE 1	03:00	1.70	10.00	110		
	STAGE 2	03:00	2.50	12.00	123	150/80	
	STAGE 3	03:00	3.10	14.00	134	160/90	
	STAGE 4	00:06	4.20	16.00	134		
RECOVERY	Recovery1	02:00	0.00	0.00	93	150/80	
	Recovery2	02:00	0.00	0.00	89	130/80	
	Recovery3	00:04	0.00	0.00	89		

The patient exercised according to the BRUCE for 9:05 min:s, achieving a work level of Max. METS: 10.10. The resting heart rate of 73 bpm rose to a maximal heart rate of 144 bpm. This value represents 89 % of the maximal, age-predicted heart rate. The resting blood pressure of --/-- mmHg, rose to a maximum blood pressure of 160/90 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

Assoc Prof. Dr. Dipal K. Adhikary MBBS, MD (Card), BSMMU.
Physician *[Signature]* 16/9/23 Technician

5128

MEDICAL COLLEGE HOSPITAL

ডিকেল কলেজ হাসপাতাল

r # 9, Sonargaon Janapath, Uttara Model Town
600, 8932330, 8932343, 8959071, 8919672

লেজ হাসপাতাল

College Hospital

NAME
SEP/10/2023 18:38

VD=12.00mm

(R) S C A
+ 0.50 + 0.75 138 8
+ 0.75 + 0.50 140 8
+ 0.75 + 0.50 139 8
< + 0.75 + 0.50 139 >

L. DATA
+ 0.50 + 0.25 145
PS 5.3

(L) S C A
+ 0.25 + 0.50 165 8
+ 0.50 - 0.75 134 6
+ 0.00 - 0.50 132 8
< + 0.25 - 0.50 132 >

L. DATA
+ 0.25 - 0.50 125
PS 5.4

PD 97

IS

SPH	CYL	AXIS
PL		

UAMCH-UTTARA ADHUNIK MEDICAL COLLEGE HOSPITAL

f Ophthalmology (চক্ষু বিভাগ)

SUR RAHMAN Age 59
Date 10/9/23

Left Eye

10-SEP-23 03:24pm
Ophthalmology
Dr. Bipul Chondra Roy
Professor
385354
k.700

০৭

ADD. +2.50 0.8

IPD

Remarks

VA

Signature

PROF. DR. BIPUL CHONDRA ROY
MBBS, DCO, MCPS, FCPS
Professor & Head
Dept. of Ophthalmology
Uttara Adhunik Medical College

Please preserve this paper for future reference.

X CONCERN

IF THAT MD

MAN OF 59

D BY MD

WAS FOUND

6 LEFT 8x6 6/6

U WAS ALSO

CAL

SEASE WAS FOUND

HIS EYES.

DEETLY FIT FOR

ANY JOB

PROF. DR. BIPUL CHONDRA ROY
MBBS, DCO, MCPS, FCPS
Professor & Head
Dept. of Ophthalmology
Uttara Adhunik Medical College

Sign & Seal of Doctor

Issued By: Md. Nurul Islam

নিয়মিত বহির্বিভাগঃ সকাল
সময়-সকাল ০৮.০০ ঘটিকা হইতে দুপুর ০২.০০ ঘটিকা পর্যন্ত।

বিশেষজ্ঞ বহির্বিভাগঃ বৈকালীন
সময়-বৈকাল ০৩.০০ ঘটিকা হইতে রাত ০৭.০০ ঘটিকা পর্যন্ত।

আপনার আই ডি নং সংরক্ষণ করুন পরবর্তী পরামর্শের জন্য এই টিকেট প্রয়োজন হবে।

House # 34, Road # 4, Sector # 9, Sonargaon Janapath, Uttara Model Town, Dhaka-1230.
Phone : 8932330, 8932343, 8919672, Fax : 7914655, E-mail: uamch@yahoo.com, www.bmsri.org



উত্তরা আধুনিক মেডিকেল কলেজ হসপিটাল

Uttara Adhunik Medical College Hospital

EVENING CONSULTATION

Room No : 309

Patient ID : 1978054/001
Visit No : 1
Patient's Name : MD MASUDUR RAHMAN
Age : 59y
Gender : Male
Mobile No : 01824667285

Date : 10-SEP-23 03:24pm
Departement : Ophthalmology
Name of Doctor : Dr. Bipul Chondra Roy
Designation : Professor
Receipt No : 2385354
Amount Received : Tk.700

০৭

Description of Diseases

Treatment

TO WHOM IT MAY CONCERN
THIS IS TO CERTIFY THAT MD
MASUDUR RAHMAN OF 59
WAS EXAMINED BY MD.
HIS VISION WAS FOUND
RIGHT $8 \times 8 \frac{6}{6}$ LEFT $8 \times 8 \frac{6}{6}$
COLOUR VISION WAS ALSO
FOUND NORMAL.
NO ACTIVE DISEASE WAS FOUND
EITHER OF HIS EYES.

Clinical Diagnosis

Advice

COMMENT: COMPLETELY FIT FOR
ANY JOB

Behroozul
PROF. DR. BIPUL CHONDRA ROY
MBBS, DCO, MCPS, FCPS
Professor & Head
of Ophthalmology
Uttara Adhunik Medical College

Sign & Seal of Doctor

Issued By : Md. Nurul Islam

নিয়মিত বহির্বিভাগঃ সকাল
সময়-সকাল ০৮.০০ ঘটিকা হইতে দুপুর ০২.০০ ঘটিকা পর্যন্ত।

বিশেষজ্ঞ বহির্বিভাগঃ বৈকালীন
সময়-বৈকাল ০৩.০০ ঘটিকা হইতে রাত ০৭.০০ ঘটিকা পর্যন্ত।

আপনার আই ডি নং সংরক্ষণ করুন পরবর্তী পরামর্শের জন্য এই টিকেট প্রয়োজন হবে।