

# CERTIFICATE OF MEDICAL FITNESS

This is to certify that I have conducted the clinical examination

of Ms Santis Kala on 4/5/2019

After reviewing the medical history and on clinical examination it has been found that he/she is

	Tick
<ul style="list-style-type: none"><li>• Medically Fit</li></ul>	<input type="checkbox"/>
<ul style="list-style-type: none"><li>• Fit with restrictions/recommendations</li></ul> <p>Though following restrictions have been revealed, in my opinion, these are not impediments to the job.</p> <p>1. <u>Abnormal LFT</u> .....</p> <p>2. ....</p> <p>3. ....</p> <p>However the employee should follow the advice/medication that has been communicated to him/her.</p> <p>Review after <u>1 wk</u>, <u>Repeat LFT</u>.</p>	<input type="checkbox"/>
<ul style="list-style-type: none"><li>• Currently Unfit.</li></ul> <p>Review after _____ recommended</p>	<input type="checkbox"/>
<ul style="list-style-type: none"><li>• Unfit</li></ul>	<input type="checkbox"/>

Dr. Anup

Medical Officer  
**ANUP K. GUPTA**  
MBBS, MD  
The Apollo Clinic, (Location)  
Consulting Physician  
Regd. No. 7513 (HMC)

*This certificate is not meant for medico-legal purposes*



# VIVEKANAND AROGY KENDRA HOSPITAL

## Patient Details

Name: santu kala ID: 006449

Age: 34 y

Clinical History: mild SOB on exertion

Date: 04-May-19

Sex: F

Time: 11:20:58 AM

Height: 152 cms

Weight: 60 Kgs

Medications: nil

## Test Details

Protocol: Bruce

Total Exec. Time: 9 m 6 s

Max. BP: 126 / 82 mmHg

Test Termination Criteria: THR achieved

Pr.MHR: 186 bpm

Max. HR: 183 ( 98% of Pr.MHR )bpm

Max. BP x HR: 23058 mmHg/min

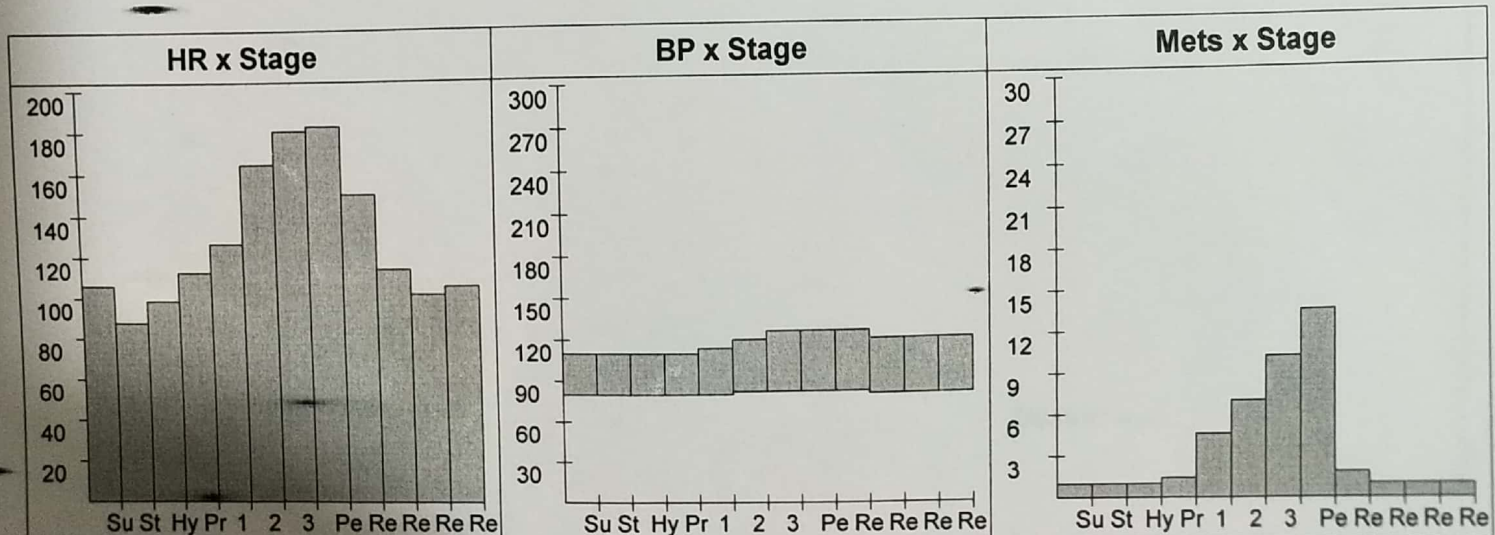
THR: 158 (85 % of Pr.MHR) bpm

Max. Mets: 13.50

Min. BP x HR: 7040 mmHg/min

## Protocol Details

Stage Name	Stage Time (min : sec)	Mets	Speed (mph)	Grade (%)	Heart Rate (bpm)	Max. BP (mm/Hg)	Max. ST Level (mm)	Max. ST Slope (mV/s)
Supine	0 : 15	1.0	0	0	106	110 / 80	-0.42 III	1.42 V3
Standing	0 : 7	1.0	0	0	88	110 / 80	-0.42 III	1.42 V3
Hyperventilation	0 : 6	1.0	0	0	99	110 / 80	-0.21 III	1.06 V3
1	3 : 0	4.6	1.7	10	127	114 / 80	-0.85 III	2.12 II
2	3 : 0	7.0	2.5	12	165	120 / 82	-1.27 III	5.31 V3
3	3 : 0	10.2	3.4	14	181	126 / 82	-1.49 aVR	5.66 V3
Peak Ex	0 : 6	13.5	4.2	16	183	126 / 82	-1.06 aVR	5.66 V3
Recovery(1)	1 : 0	1.8	1	0	151	126 / 82	-1.91 aVR	5.66 II
Recovery(2)	1 : 0	1.0	0	0	115	120 / 80	-1.91 aVR	5.66 V2
Recovery(3)	1 : 0	1.0	0	0	103	120 / 80	-0.64 aVR	4.60 V3
Recovery(4)	0 : 14	1.0	0	0	107	120 / 80	-0.64 III	2.48 V3



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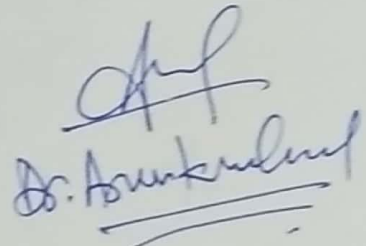
Time: 11:20:58 AM

Height: 152 cms

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## Interpretation

No significant ST-T changes during TMT study.  
TMT is negative for reversible myocardial ischaemia with good exercise capacity.  
Corelate clinically..

  
Dr. Arunkumar

**उपलब्ध ओ.पी.डी. सुविधाएँ**

हृदय रोग चिकित्सा  
(Cardiology)

बाल एवं भ्रूण रोग चिकित्सा  
(Paediatrics & Fetal Medicine)

बाल रोग चिकित्सा  
(Paediatrics)

स्त्री रोग चिकित्सा  
(Gynaecology)

हड्डी रोग चिकित्सा  
(Orthopaedics)

दन्त चिकित्सा  
(Dental Care)

सामान्य चिकित्सा  
(General Physician)

फिजियोथैरेपी  
(Physiotherapy)

चर्म रोग चिकित्सा  
(Dermatology)

मूत्र रोग चिकित्सा  
(Urology)

गुर्दा रोग चिकित्सा  
(Nephrology)

**उपलब्ध जाँच**

डायलिसिस (Dialysis)

अल्ट्रासाउण्ड (Ultrasound)

ईको (Echo)

स्ट्रेस ईको (Stress Echo)

टी.एम.टी. (T.M.T.)

पी.एफ.टी. (Lung Function Test)

ई.सी.जी. (E.C.G.)

ई.ई.जी. (E.E.G.)

एक्स-रे (X-Ray)

मैमोग्राफी (Mammography)

Ref. No.: .....

Date: 4/5/19

Name of patient: Mrs. Santu Kala	Age: 34	M/F: F
Consultant:	Speciality: Package	
MR No : MR006449	Visit No: OP013225	Date: 04-05-2019

M/f → 8 year.

M/H → 3-4 / 32-34 day.

O/H → 2SCS ₹ 5 year.

LMP → 20/4/19.

P/H. N/S.

Adv

Sample for Paps smear

1) Tabs folic acid.

2) Calcisial Sachet & milk  
once a week  
revisit & all  
reports

## Radiology Report

Name : Mrs. Santu Kala  
Age/Gender : 34 Y/F  
Prescribed Doctor : Self

MR No : MR006449  
Visit ID : OP013225  
Report Date : 04-05-2019 10:53

## Ultrasound

### USG EXAMINATION : WHOLE ABDOMEN

**Liver** shows normal shape and size with homogenous echo texture. Intrahepatic biliary radicals are not dilated. No focal lesion is seen. **Portal Vein** shows normal calibre.

**Gall bladder** shows physiological distension and normal wall thickness. No calculus or mass is seen in the lumen.

**CBD** is normal in diameter. No calculus is seen

**Pancreas** is normal in size, shape and echo texture.

**Spleen** is normal in shape, size and echo texture.

**Right kidney** show normal shape & size. Cortico-medullary differentiation is maintained. Right kidney show no calculus or hydronephrosis. Right kidney measures 105 x 38mm.

**Left kidney** show normal shape & size. Cortico-medullary differentiation is maintained. Left kidney show no calculus or hydronephrosis. Left kidney measures 106 x 41mm.

No free fluid is seen in the intra-peritoneal cavity. No evidence of mesenteric lymphadenopathy is seen.

**Urinary bladder** is normal shape and size with normal wall thickness. No mass or calculus is seen.

**Uterus** shows normal shape, size and echo texture. No focal lesion is seen. Uterus measures 95 x 46 x 40mm. Endometrial thickness is 4.2mm.

**Adnexae and Ovaries** show no mass.

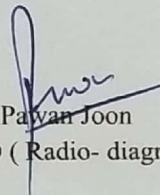
Right ovary measures 28 x 30mm.

Left ovary measures 25 x 17mm.

**Cul-de-sac** is clear.

Imp:- Normal Study

PLEASE CORRELATE CLINICALLY

  
Dr. Pawan Joon  
MD ( Radio- diagnosis)