

CERTIFICATE OF MEDICAL FITNESS

This is to certify that I have conducted the clinical examination

of Nidhi 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"> • Medically Fit 	<input type="checkbox"/>
<ul style="list-style-type: none"> • Fit with restrictions/recommendations <p>Though following restrictions have been revealed, in my opinion, these are not impediments to the job.</p> <p>1. <u>LSS shows Mild Hepatomegaly & SLD Fatty Liver</u></p> <p>2. <u>Uncontrolled Diabetes Mellitus</u></p> <p>3. <u>Dyslipidemia</u></p> <p>However the employee should follow the advice/medication that has been communicated to him/her.</p> <p>Review after <u>15 days 15 days</u> <u>Apr</u></p>	<input checked="" type="checkbox"/>
<ul style="list-style-type: none"> • Currently Unfit. Review after _____ recommended • Unfit 	<input type="checkbox"/>

Dr. 

Medical Officer
The Apollo Clinic, (Location)
DR. ASHOK K. GUPTA
 Consulting Physician
 Reg. No. 7513 (HMC)

This certificate is not meant for medico-legal purposes

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)
- ओ.पी.जी. (Dental X-Ray)
- हॉल्टर टेस्ट (Holter Test)

Ref. No.:.....

Date:.....

Name of patient: Mrs. Nidhi	Age: 32	M/F: F
Consultant:	Speciality: Package	
MR No : MR006456	Visit No: OP013239	Date: 04-05-2019

My O.M.
On Insulin + OAD

WT = 79.5 kg
HT = 4'10"

BP = $\frac{138}{90}$ mmHg

RA = 78 / min

Chest: clear

CVS = S, S₂ - N/0
No murmurs

Adv
Echo - normal

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)
- ओ.पी.जी. (Dental X-Ray)
- हॉल्टर टेस्ट (Holter Test)

Ref. No.:.....

Date: 4/5/19

Name of patient: Mrs. Nidhi	Age: 32	M/F: F
Consultant:	Speciality: Package	
MR No : MR006456	Visit No: OP013239	Date: 04-05-2019

M/F - 6 year

M/H - 3-4 / 29-32 days / 3rd - III° infertility.

O/H + A₁ at 3 month.
(2016). Dye done

Emp - 17/4/19.

Sample for
pap smear

P/H - known case of Dm.

- Diamicon 400 mg
- dequenta 5mg.
- insulin 24 unit at night

S/H -

- daily walk 45 min.
- diet control
- avoid stress.

gavin T reports

Not for Medico Legal Purpose

खून एवं मल-मूत्र की जाँच NABL द्वारा मान्यता प्राप्त MoIQ लैब द्वारा की जाती है।

सम्पर्क सूत्र: 0124-2224102 / 103 / 104 | Mob.: 8683061905, 8683061906

ओपीडी सर्विस का शुल्क केवल तीन दिनों के लिए मान्य रहेगा।

Radiology Report

Name : Mrs. Nidhi
Age/Gender : 32 Y/F
Prescribed Doctor : Self

MR No : MR006456
Visit ID : OP013239
Report Date : 04-05-2019 11:51

Ultrasound

USG EXAMINATION : WHOLE ABDOMEN

Liver shows normal shape with **mild increase in size (16.2cm)** with **mildly increased echogenicity, suggestive of fatty change**. 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 113 x 50 mm.

Left kidney show normal shape & size. Cortico-medullary differentiation is maintained. Left kidney show no calculus or hydronephrosis. Left kidney measures 115 x 50mm.

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 64 x 37 x 26mm. Endometrial thickness is 7mm..

Adnexae and Ovaries show no mass.


Right ovary measures 29 x 26 x 23mm (vol-9.4cc).

Left ovary measures 22 x 23 x 19mm (vol-5.1cc).

Cul-de-sac is clear.

IMP : Mild hepatomegaly with fatty liver grade II.

PLEASE CORRELATE CLINICALLY


Dr. Pawan Joon
MD (Radio- diagnosis)

TRANSTHORACIC ECHO-DOPPLER REPORT

Name	- Mrs. Nidhi	Age/Sex	- 32 YEARS FEMALE
Regn No.	- 006456	Date	-04/05/2019
Diagnosis	- ECHOCARDIOGRAPHY	OPD NO.-	013239

M-Mode/2 -D Description:

Left Ventricle: No LVRWMA seen, normal LVEF=55%

Left Atrium: It is normal sized.

Right Atrium: It is normal sized.

Right Ventricle: It is normal sized. RV systolic function normal.

Aortic Valve: Aortic cusps normal.

Mitral Valve: It opens normally.

Tricuspid Valve: It appears normal.

Pulmonic Valve: its appears normal.

Main Pulmonary artery & its branches: Appear Normal.

Pericardium: There is no pericardial effusion.

Inter atrial septum: It is intact

Inter ventricular Septum: It is intact.

IVC: Normal size & respiratory variability.

Measurement (mm)

LEFT HEART			RIGHT HEART		
	<u>Observed values (mm)</u>	<u>Normal values</u>		<u>Observed values (mm)</u>	<u>Normal values</u>
Aortic root	26	20-36 (22mm/m ²)	IVC size	1.1	17-24 mm
Aortic valve opening	13	15-26(mm/m ²)	IVC respiratory variability	normal	>50%
La size	34	19-40(mm/m ²)	RA size	normal	<18cm ²

LA volume index (ml/m ²)		<34ml/m ²		-	
LVID(D)	41	(ED=37-56)	RV basal	-	24-42mm
LVID(S)	29		RV mid cavity	-	20-35mm
IVS(D)	06	(ED=6-12)	RV longitudinal	-	56-86mm
IVS(S)	12		RVOT PROXIMAL	-	18-33mm
PW(D)	06	ED=(5-10)	RVTDI	-	>12cm/sec
PW(S)	08		RV free wall thickness	-	<5mm
LVEF (%)	55%	55%-80%	RVEF	normal	>44%

Doppler velocities (cm/sec)

Aortic valve			Pulmonary valve	
Max/Mean velocity cm/sec	115		Max velocity	normal
Max / PG	5.27mmHg		Max PG	-
Mitral valve			Tricuspid valve	
E cm/sec	94	Max PG =	Max Velocity cm/sec	226
A cm/sec	69	Max Velocity =	E/A (0.8 -2.1)	-
DT	-	Max PG =	E/E(>6)	-
E/E'	-	Mean Velocity =	S, Velocity(10 cm ² /sec)	-

Regurgitation

MR		TR	
Severity	NIL	Severity	TRIVIAL
VC (mm)		VC (mm)	
ERO (mm)			
RV (ml)			
Max velocity		RVSP	~ 25mmHg

AR		PR	
Severity	nil	Severity	nil
PHT (m sec)			
VC (mm)			

Final Interpretation

Study done at HR of 77 beats per minute.

1. No LVRWMA seen, normal LVEF=55% seen.
2. Rest CCD normal.
3. Nial MR, Trivial TR (RVSP~ 25 mmHg), RV function normal present.
4. MIP- Normal.
5. Aortic cusps normal, nil AR seen. Peak Aortic Velocity around 115 cm/sec.
6. IVC small calibre and respiratory variability >50% Present.
7. No I/C Clot / no Vegetation / no PE seen.

DR. ARUN KUMAR GARG
(MBBS PGDCC FNIC FICC)
(CLINICAL CARDIOLOGIST)