



Framework of an all-inclusive medical Medicals are charged at R450 Exl Vat

Lifestyle Questionnaire

The following questions will be asked:

- Do you smoke? How many cigarettes a day?
- Are you a former smoker? How long ago did you quit?
- Do you drink alcohol? Regularly or per occasion? What do you prefer to drink?
- Do you take any drugs? If yes, which type of drugs and how often?
- What hobbies / exercise do you do? How many days a week and duration per session?

Covid 19 Screening

As Covid 19 is currently a risk at work, our medicals include a Covid 19 screening that involves the following data collection:

- Current temperature
- BMI (Height & Weight)
- Blood Pressure
- Blood Glucose reading
- Questions regarding pre-existing conditions including
- Diabetes
- Hypertension
- Obesity
- COPD (Chronic Obstructive Pulmonary Disorder)
- Asthma
- HIV
- Tuberculosis
- Renal Failure
- Reduced Immunity (eg. Cancer)
- Cardiac Disease.
- Pregnancy

Questions regarding lifestyle include

- Have you travelled to a Covid 19 hotspot in the last 14 days?
- In the last 14 days have you or anyone you are living with been in contact with someone who is confirmed to have Covid-19?
- In the last 14 days, have you attended any gatherings with 30 or more people?
- In the last 14 days, have you consulted a doctor or sought medical help at a clinic or a hospital?
- In the last 14 days, have you had any accident or operations?
- In the last 14 days, have you been admitted to hospital?
- In the last 14 days, have you started any new medication?
- In the last 14 days, have you stopped taking or skipped any chronic medication?
- In the last 14 days, have you been booked off sick for more than 4 days?
- In the last 14 days, have you been tested for Covid-19?

Medical History

The following questions will be asked:

- Have you ever been diagnosed with Diabetes?
- Have you ever been diagnosed with Heart disease including hypertension?
- Have you ever been diagnosed with high cholesterol?
- Have you ever been diagnosed with any mental health disorder?
- Do you have any chronic illness not previously mentioned?
- Any previous major operations or hospitalizations?
- Any other past medical history?
- Are you taking any chronic medication?

Urine Screening

By making use of reagent strip for urinalysis the following will be looked at after obtaining a urine sample from the employee:

- Leukocytes
- Nitrite
- Urobilinogen
- Protein
- pH
- Blood
- Specific Gravity
- Ascorbate
- Ketone
- Bilirubin
- Glucose

Vital Signs

The following vital signs will be obtained from the patient by making use of different kinds of equipment:

- Blood Pressure
- Pulse
- Temperature
- Height
- Weight

Blood Screening

- Blood glucose reading where requested or indicated. A finger prick will be performed and a drop of blood will be collected and used on a blood glucose device.

Drug Screening

- If the employer requests it, a drug urine test can be done using a urine sample of the employee.

Audio Screening

Baseline testing and full hearing test

Vision Screening

By making use of the Snellen Charts, a vision screening will be done to assess the eyesight of an employee.

- The charts must be placed on a white or matt painted wall, at a height of 1.7m from the floor.
- The room must be correctly lit, using a white light.
- The employee will stand at a distance of 6 meters away from the charts.
- The employee will be asked to cover his/her right eye using the palm of his or her hand, then start testing the 6/6 line on the left eye.
- The employee will then cover the left eye in the same way and results for the right eye will be recorded.
- After testing the right eye, the employee will rest for approximately 1 minute allowing for adaptation, then both eyes will be tested simultaneously.
- Record readings for left, right and both eyes.

Physical Examination

By using different techniques and equipment the following areas will be inspected and examined.

- Appearance
 - Skin
 - ENT (currently we do not inspect ears unless necessary as it increase the risk of Covid 19)
 - Teeth
 - Scars
 - Extremities
 - Back
 - Chest / Lungs
 - Heart
 - Abdomen
 - Other
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