



## Improvement to Health Management system

2014 has witnessed a slight increase in the number of Non Accidental Deaths (NADs) among employees working within PDO concession areas. In our strive to improve health management system and minimize incidences of NADs, PDO management has introduced new additional mandatory heart risk assessment that is needed to be implemented by PDO and its contractors and be incorporated during medical examination, aimed at early identification of those at high risk of heart attack and other cardiovascular problems.

### The heart risk assessment Process:

1. All new employees who are above 50 years of age have to undergo a tread mill test (TMT) during pre-employment medical examination. Positive result should trigger a referral to heart specialist for evaluation and opinion.
2. For staff (40 years and above) who are already employed will be required to have their heart risk assessed by the examining doctor using the **Framingham Calculator** during their two yearly periodic medical examination or fitness to work. Any employee falling on the amber or red zone on the Framingham chart will need further physician assessment to evaluate the need for Trade mill stress test to assess the risk of heart attack.
3. Medical personnel in the interior clinics (PDO and contractors) shall ensure that each employee's Framingham Chart is preserved and attached to the medical report for PDO doctors to review during their regular quarterly audit. Medical examinations conducted in the coast (Muscat) must be sent to respective employees files in the interior locations.
4. Number of Framingham assessments shall be included in the monthly Health performance indicators (HPI) report sent by contractors to the respective interior PDO doctor, OH advisor and the Chief Medical Officer.
5. All employees aged 60 and above working in the interior are expected to seek a waiver from the PDO medical team.
6. The maximum age limit to work in interior locations with a waiver is 64.

**Framingham Calculator** is a tool that is readily available online and at no cost. The following is the link to be used by examining doctor or nurse <http://cvrisk.mvm.ed.ac.uk/calculator/framingham.htm>



7. Contractors and subcontractors shall only use a PDO approved clinics for conducting PDO pre-employment and specific Fitness to Work medical examinations. Below is the list of PDO approved clinics

KIMS hospital  
Badr Al-Samaa Ruwi  
Hatat polyclinic  
Muscat private  
Al-Rusayl Medical centre  
NOVA Medical centre  
Al-Rafaah hospital- Ghubra  
Atlas Medical centre- Ghubra  
Al-Lamki clinic  
Al-Amal polyclinic  
Al-Masarat  
Al-Bashayir  
Sagar polyclinic  
Starcare- Al Khoudh  
Starcare – Al Khuwair  
Bombay Medical centre- Ruwi  
Al Maha polyclinic  
Lifeline Medical center- Muscat,Salalah and Sohar  
Al-Hayat international Hospital  
Apollo Medical centre- Ruwi  
Blue Medical centre  
Haima Medical Complex  
Farah Medical center