

OCCUPATIONAL HEALTH SERVICES

Medical Examinations



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SEAFARERS*

BND 258



**Required to fast for at least 12 hours prior to appointment.*

As per International Maritime Organisation (IMO) International Convention on Standards of Training, Certification and Watch keeping for Seafarers (STCW) and Medical Examination Regulations (Department of Marine/Maritime and Port Authority Brunei Darussalam) (MPABD), every seafarer must undergo comprehensive medical examination as follows;

1. Pre-sea (Pre-employment) - before a person embarks upon a seafaring carrier, including Brunei Maritime Academy (BMA) students.
2. Periodic medical examination - periodic interval, there after,

Consultation

- Consultation – Initial

Medical Report

- Medical Report (Brief)

Clinical Examination

- Physical Examination
- Vital Sign
- Visual Acuity
- Resting Electrocardiogram (ECG)
- Audiogram (14 hours unexposed to loud noises)

Laboratory Examination

- Full Blood Count
- Renal Function Test
- Liver Function Test
- Fasting Glucose
- Lipid Profile (Coronary Risk Factors)
- Urine FEME
- Hepatitis B Surface Antigen (HBsAg)
- Hepatitis B Surface Antibodies (HBsAb)
- HIV Test

Radiological Studies

- Chest X-Ray (Posterior Anterior)

Add on: Stool Culture

- Salmonella (*For Food Handlers*)



COMMERCIAL DRIVERS

BND 35

As per Section 98(a) Road Traffic Regulations of Brunei Darussalam, all commercial and professional drivers must undergo periodic medical examinations and obtain a medical fitness certificate in order to apply for driving license (new or renewal).

Consultation

- Consultation – Brief

Medical Report

- Medical Certification

Clinical Examination

- Physical Examination
- Vital Sign
- Visual Tests (Visual Acuity and Colour Vision)
- Blood Glucometer Test
- Urine FEME (OPD)



CHILDCARE GIVERS

BND 168

Child care centre staff should be healthy and free of infectious diseases (e.g. TB, Hep B and C, etc.) in order to provide a safe and effective care for the children.

As per section 14 of Child Care Centre Regulations of Brunei Darussalam, every child care centre staff must undergo thorough medical examination before employment.

Consultation

- Consultation – Brief

Clinical Examination

- Physical Examination
- Vital Sign
- Visual Acuity
- Urine FEME (OPD)

Laboratory Examination

- Full Blood Count
- Hepatitis B Screen (HBsAg & HBsAb)
- Hepatitis C Antibody

Radiological Studies

- Chest X-Ray (Posterior Anterior)

Optional (For Over 40 Years)

- Resting Electrocardiogram (ECG)
- Renal Function Test
- Liver Function Test
- Lipid Profile (Coronary Risk Factors)



PRE-EMPLOYMENT HEALTH SCREENING

BND 100

Pre-employment Health Screening aims to ensure that the employee is medically fit to work in the particular job/task and to bring about correction of any remediable physical defects as well as to create a healthy and productive workforce. This screening will also provide a baseline for health status of employee so that, subsequent assessments can be compared and interpreted.

Fasting glucose, cholesterol tests and resting ECG are recommended for those who are over 35 years of age.

In addition, for those who are exposed to workplace hazards such as noise (hearing test), dusts (lung function test) and chemicals (blood & urine chemical analysis) are recommended.

Consultation at Outpatient Department

- Initial with FIT TO WORK Certification

Clinical Examination

- Body Mass Index
- Visual Acuity

Laboratory Examination

- Full Blood Count
- Urine FEME

Radiological Studies

- Chest X-Ray (Posterior Anterior)



BOATMEN PACKAGE

BND 90

As recommended by Marine Dept. of Brunei Darussalam /Maritime and Port Authority Brunei Darussalam (MPABD) all boatmen/operators must undergo regular medical fitness examinations.

Consultation

- Consultation – Brief

Medical Report

- Medical Report (Brief)

Clinical Examination

- Visual Acuity
- Blood Glucometer Test
- Urine FEME (OPD)
- Audiogram (14 hours unexposed to loud noises)



FOREIGN WORKER HEALTH SCREENING

All new contract foreign workers must undergo a Pre-Departure Medical Examination in their country of origin/residence.

Foreign employees of ASEAN and Indian sub-continent countries - they must undergo medical examination in a facility that is accredited by the Government of Brunei Darussalam before arrival.

Nationals of other countries with valid employment visa, may undergo their medical examination in JPMC (as approved by the Ministry of Health) upon arrival, if they have not undergone pre-departure medical examination in their country of origin/residence.

BND 318

Consultation

- Consultation – Brief

Medical Report

Medical Report (Brief)

Clinical Examination

- Physical Examination
- Visual Acuity Examination



Laboratory Examination

- Full Blood Count
- Liver Function Test
- Urine FEME
- Hepatitis B Surface Antigen (HBsAg)
- Hepatitis C Antibody
- Glucose Random
- Electrolytes, Creatinine & Urea
- HIV-1 p24 Ag & HIV-1/-2 Ab*
- Malaria Screen (Thick & Thin smear screening)*
- RPR Screen
- Urine Drug Screen for Employment

Radiological Studies

- Chest X-Ray (Posterior Anterior)

Add on: Ala-Carte Service

- Resting ECG
- Urine Pregnancy Dipstick Test



FOREIGN WORKER RENEWAL OF EMPLOYMENT CONTRACT AND ON ARRIVAL HEALTH SCREENING

BND 88

Renewal of Employment Contract

Any foreign employees who wish to renew their employment contract must undergo 3 investigations (i.e. HIV, Malaria Parasites and Chest X-Ray), to obtain their work permit.

On Arrival Health Screening

All foreign employees, who arrive in Brunei Darussalam with valid Pre-departure medical certificate must repeat 3 investigations (i.e. HIV, Malaria Parasites and Chest X-Ray) upon arrival in Brunei Darussalam.

Foreign employees may undergo the above examinations in JPMC (Ministry of Health Approved health facility) to renew their employment contract.

Consultation

- Consultation – Brief

Laboratory Examination

- HIV-1 p24 Ag & HIV-1/-2 Ab*
- Malaria Screen (Thick & Thin Smear Screening)*

Radiology Examination

- Chest X-ray (Posterior Anterior)

WORK PERMIT PROCESSES

Candidate (EXPAT) to complete in home country

- Collection of Work Pass and Work Visa from Brunei Embassy in their respective country.
- Collection of Medical Report For Foreign Worker for Employment in Brunei Darussalam.
- Endorsement of Medical Health Results by Brunei Embassy.
- Stamping of Work Pass/Work Visa by Brunei Embassy.

Recruiter (HR) assistant for deployment of candidates

- Checking registrability and eligibility to be able to be registered with Government health care bodies /council in Brunei.
- Job clearance from Manpower Planning & Employment Council (MPEC), Ministry of Energy.
- Foreign workers license from Department of Labour, Ministry of Home Affairs.
- Work pass and work visa from Department of Immigration & National Registration, Ministry of Home Affairs.

Candidate (EXPAT) to complete upon arrival, with assistance of recruiter (HR)

- Set up pre employment check up for Expatriates With Wellness Clinic.
- Once results are out, HR will get it endorsed at Berakas health screening centre.
- With the endorsed Medical Certificate, HR will bring it to the Brunei immigration together with staff's passport for stamping of Employment Pass.
- With presence of Employment pass, the candidate can start to report for duty.



OFFSHORE EMPLOYEES*

BND 160



**Required to fast for at least 12 hours prior to appointment.*

All offshore workers must undergo periodic medical examination to determine their medical fitness to work offshore, as required by Brunei Shell Joint Venture Companies.

Consultation

- Consultation – Initial

Medical Report

- Medical Report (Brief)

Clinical Examination

- Physical Examination
- Vital Signs
- Visual Acuity
- Audiogram (14 hours unexposed to loud noises)

Laboratory Examination

- Fasting Glucose
- Lipid Profile (Coronary Risk Factors)
- Urine FEME

Dental Examination

- Dental Consultation – Initial



Note: Those workers who are required to use Breathing Apparatus (BA) as an integral part of the job, should undergo Spirometry test with an additional charge.



CHEMICAL HANDLERS

BND 150

Chemicals cause wide range of health hazards such as skin irritation, sensitization, organ damage (liver, kidney, lung, nervous system), cancer etc.

Early identification through health surveillance is mandatory to prevent and mitigate such adverse health effects.

As such it is highly recommended that all chemical handlers should undergo thorough medical examination conducted by occupational health trained doctors, at the recruitment and periodically.

Consultation

- Consultation – Brief

Clinical Examination

- Physical Examination
- Vital Sign
- Visual Acuity
- Lung Function Test

Laboratory Examination

- Full Blood Examination (Including ESR)
- Renal Function Test
- Liver Function Test
- Urine FEME



Note: Chemical handlers exposed to heavy metals (e.g. mercury, lead, cadmium, chromium etc.) and solvents (eg. benzene) should be subjected to “Biological Monitoring” (assessment of specific chemical or its metabolites in the body) and “Biological Effect Monitoring” (detection of biological parameters of early effects of chemical exposure).



PESTICIDE HANDLERS/ VECTOR CONTROL WORKERS

BND 238

Pesticide handlers and vector control workers are exposed to various types of pesticides (i.e. insecticides, rodenticides, weedicides, fungicides etc.), that can cause organ damage (lungs, liver, nervous system, kidney, blood, skin etc.)

Occupational health surveillance is mandatory for these workers, in order to prevent and reduce such adverse health effects.

As such, thorough medical examinations conducted by occupational health practitioners are important at the recruitment and periodically, to prevent and reduce such undesirable health effects.

Consultation

- Consultation – Brief

Clinical Examination

- Physical Examination
- Vital Sign
- Visual Acuity
- Audiogram
- Lung Function Test

Laboratory Examination

- Full Blood Examination (Including ESR)
- Blood Cholinesterase
- Renal Function Test
- Liver Function Test
- Urine FEME

TERMS AND CONDITIONS

- The content is accurate at the time of writing and is subject to change without prior notice.
- Medical advice and recommendations will be based on case findings, clinical investigations, medical history and personal profile.
- Additional tests and procedure may be recommended based on Clinical Judgement of our Doctors upon screening or medical examination which will be charged accordingly. Additional consultation may be required.
- Package inclusions are non-exchangeable with other services and any unutilized tests or services are non-refundable or will not be entitled to any further discount.
- *HIV Test and Malaria Screen turn around time will approximately take 2-3 working days.

PREPARATION BEFORE THE SCREENING

- Make an appointment with the Outpatient clinic.
- You may take your medication (with plain water max 100ml), in the morning of your appointment. Bring along your medications / prescription in the case where there is an existing medical condition during the consultation with the doctor.
- For Spirometry test, it is advisable not to consume a large meal two hours before taking the test. If you are a smoker, please refrain from smoking one hour before the test. It is recommended to wear a loose fitting / comfortable attire.
- For Audiogram service, it is advisable to avoid from being exposed to loud extreme noise at least 14 hours prior to the appointment.
- For newly registered clients, a one-time registration fee of BND10.00 and the original passport or identity card is required for the registration process which can be done at the Main Reception.
- Please be advised to arrive 30 minutes prior to appointment.

OCCUPATIONAL HEALTH SERVICES

Monday to Friday 8.00am - 5.00pm

Saturday 8.00am - 12.00noon

GENERAL PRACTICE & URGENT CARE

Open 24 Hours

JERUDONG PARK MEDICAL CENTRE

Jerudong Park BG3122, Brunei Darussalam

T +673 261 1433 F +673 261 2461 E marketing@jpmc.com.bn

Emergency Line 261 2612 | 717 2172