



Occupational Health : Guidance Notes

PREPARATION FOR THE PERIODIC MEDICAL EXAMINATION (PME)

At the ages of 20,25,30,35,40,45,50,55,60,63,65 and annually thereafter, you will be asked to attend a PME or send us a questionnaire. If you are required to attend a medical examination, this will include testing of your vision, hearing, blood pressure and urine. If you have concerns about health such as your weight, or any other medical problem, we advise you see your GP, Optician or Practice nurse a few weeks before the examination so that you are in tip top order for your PME. The reason we suggest this is to minimise the risk of restriction after this medical examination.

VISION

If you wear glasses or have noticed any difficulty with your vision, please have a vision test. This will identify if you need new glasses or if your vision has deteriorated so you now require them. You should bring your new glasses with you to your PME.

HEARING

If you have noticed any reduction in hearing, you could have a build up of wax, please see your practice nurse or GP as you may need drops or ear syringing. Ears should be syringed at least 48 hours before the PME so as not to affect the result.

HIGH BLOOD PRESSURE(BP)

If you have high blood pressure, and have not seen your GP/nurse in the last 6 months to check this, please make an appointment with them to check if it is still under control. If your BP is not controlled you may require an adjustment to your medication. It is particularly helpful, especially if your BP is not that well controlled that you obtain your latest BP reading recorded at your surgery that is signed and dated by your GP or Nurse. It is also helpful if you suffer from the "White Coat Syndrome" i.e. you always have a raised BP when attending Occupational Health that you show us a recent BP reading taken at your GP's surgery.

DIABETES

If you are diabetic and have not seen your GP or nurse in the last six months please see them to obtain advice on your control and if this is not optimum they can advise you on any adjustments need to be made to your treatment. It is also very helpful for us to know some of your blood results such as your HBA1 and fasting Glucose as this gives us an indication of your control. You should ask your GP or Nurse for a copy of your recent blood results or alternatively, you can ask for a written signed record of the two results. This will assist us in assessing your diabetes and your fitness for your job.

CHRONIC MEDICAL CONDITIONS

If you have any other on going medical problem it would be a good idea to see your doctor or nurse prior to the PME just to check that every thing is stable.

Thank you for taking the time to ensure you are in optimum health for your PME.

Please remember to bring all the names of your current medications, any relevant reports and full details of your GP for your medical.