



Al Nile Hospital

مستشفى النيل

PLEASE COMPLETE YOUR PERSONAL DETAILS IN BLOCK CAPITALS		Surname/Forenames	MOHAMMED ABU SAYED	
		Nationality	BANGLADESHI	
Mobile No	Home/Leave Address:	Company Number:	Reference Indicator:	
94439917	Bangladesh			
Personal Details				
A	☒ Male ☐ Female	☒ Married ☐ Single ☐ Separated / Divorced / Widow(er)		
Home/Leave Address:		Relationship to employee	No. of children:	
		☐ Wife ☐ Son ☐ Daughter		
Reason for Examination (tick as appropriate)				
Periodic Medical Examination ☒ Final / Retirement ☐ Other Reason ☐				
Employee only				
B Present Job and Location:		Next Job and Location:		
Mekong				
Are you a registered person with special needs? ☐		Do you belong to any Medical Insurance Scheme? ☐		
Previous Medical History: All important medical events should be listed and dated at every medical examination. To be completed together with the interviewing Nurses or Doctor who will be able to help by referring to your notes.				
Please answer the following questions and tick 'N' (no) or 'Y' (yes) in the column. If 'Y' please describe				
		N	Y	Description
Have you, since your last medical been treated by your family doctor or specialist for significant (major) ailments?				
1	Ear, nose, eye or throat problems	✓		
2	Chest problems like asthma, bronchitis, other bad cough	✓		
3	Heart abnormality, chest pains	✓		
4	Abdominal pains, abnormal bowel motions	✓		
5	Urogenital problems (kidney disease, menstrual disorder)	✓		
6	Skin trouble or allergies	✓		
7	Epileptic fits, dizzy spells or migraine	✓		
8	History of mental illness, depression anxiety	✓		
9	Diabetes, thyroid disease	✓		
10	Blood disorder e.g., anaemia, blood cancer e.g., leukaemia	✓		
11	Any history of accidents or fractures	✓		
12	Have you had any serious allergies	✓		
13	Do any dependants have a significant ongoing illness?	✓		
14	Any family history of cancers	✓		
Do you take any regular medicines, or have you taken in the past?				
Do you smoke? If yes, what and how much each day?				
Do you drink alcohol? If yes, what is your average weekly intake?				
Have you ever taken illicit/recreational drugs?				
Are you doing regular sports or physical activities?				
STATEMENT: I have read the above questions and the above answers are correct and no information concerning my present or past state of health has been withheld. I understand and agree that this form will be held as a confidential record by the concerned medical institute and may be copied (by paper or secure electronic transmission) to PDO the Occupational Health Services for the purpose of Health Surveillance and other Occupational Health review				
Date: 29/12/2025		Signature of Applicant:		
		Sayed		





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FOR COMPLETION BY EXAMINING DOCTOR

Further details of medical history and recreational activities:

N = Normal A = Abnormal (please describe)		PHYSICAL EXAMINATION		
N	A			
✓		1. Eyes & Pupils		
✓		2. E.N.T.		
✓		3. Teeth & Mouth		
✓		4. Lungs & Chest		
✓		5. Cardiovascular System		
✓		6. Abdo. Viscera		
✓		7. Hernial Orifices		
✓		8. Anus & Rectum		
✓		9. Genito-urinary		
✓		10. Extremities		
✓		11. Musculo-skeletal		
✓		12. Skin & Varicose Vns.		
✓		13. C.N.S.		
HEIGHT cm	WEIGHT kg	BMI	B.P.	
170	81	28.03	129/85 63 /mins	
PULSE	HEARING	VISION		
	L Pass	DISTANT	NEAR	
	R Pass	R L	R L	
		Uncorrected	6/6 6/6	
		Corrected	6/6 6/6	
N	A	LABORATORY AND OTHER SPECIAL INVESTIGATIONS	N A	
✓		1. Urinalysis	✓	7. Audiogram
✓		2. Hb, Blood count, ESR		8. Lung Function
✓		3. LFT, RFT, RBS		9. Chest X-Ray
		4. Drug Screen		10. ECG
✓		5. Lipids (40 years +)		11. CVS risk for 40 yrs. & above
		6. Sickie Cell test		12. HIV, Hepatitis screening

OTHER FINDINGS (Physique, scars, disabilities, mental stability including behaviour, etc.)

↑ s. creatinine - cholesterol & triglycerides high to int. medicine

ASSESSMENT AND RECOMMENDATIONS:

☒ FIT ALL AREAS

☐ FIT WITH RESTRICTION

☐ TEMPORARY UNFIT

☐ UNFIT

Date: 22-12-2025 Name (Block Capitals): Dr. ISLAM SAKR

Signature

Islam Sakr

REVIEW/CONSULTATION

Seen by intern medicine 1st for j.h.

Date: 22-12-2025 Name (Block Capitals): Dr. ISLAM SAKR





Employee Data	DATE 22/12/2015
NAME: MOHAMMED ABU SAYED	Company:
ID No. 110363948	Occupation: Mechanic

The Epworth Sleepiness Scale

How likely are you to doze off or fall asleep in the following situations? You should rate your chances of dozing off, not just feeling tired. Even if you have not done some of these things recently try to determine how they would have affected you. For each situation, decide whether or not you would have:

- No chance of dozing =0
- Slight chance of dozing =1
- Moderate chance of dozing =2
- High chance of dozing =3

Write down the number corresponding to your choice in the right-hand column. Total your score below.

Situation	Chance of Dozing
Sitting and reading	0
Watching TV	0
Sitting inactive in a public place (e.g., a theater or a meeting)	0
As a passenger in a car for an hour without a break	1
Lying down to rest in the afternoon when circumstances permit	1
Sitting and talking to someone	0
Sitting quietly after a lunch without alcohol	1
In a car, while stopped for a few minutes in traffic	0

Total Score =

3

Analyze Your Score

Interpretation:

- 0-7: It is unlikely that you are abnormally sleepy.
- 8-9: You have an average amount of daytime sleepiness.
- 10-15: You may be excessively sleepy depending on the situation. You may want to consider seeking medical attention.
- 16-24: You are excessively sleepy and should consider seeking medical attention.

Reference: Johns MW. A new method for measuring daytime sleepiness: The Epworth Sleepiness Scale.

ISMAIL SAAD MOHAMMED SAAD
General Practitioner





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Fitness to Work Certificate

Employee Data		Date	22/12/2025
Last Name SAYED		First Name	Mohammed ABU
I.D No.	110363948	Age	35 yrs
		Occupation	mechanic
Type of Medical Evaluation		Mark those applying	
A1 Aircraft refueling		A6 Emergency response team work	
A2 Breathing apparatus		A7 Professional driving	
A3 Business traveler		A8 Remote location work	
A4 Catering and food preparation		A9 Transfers- group A country	
A5 Crane or forklift driving		A10 Transfers-group B country	

Health Advisor statement The Above named person has been examined according to the statements laid down in "Protocols and Guidance Notes on the Medical Evaluation of Fitness to Work". At this time their fitness to work status for the above tasks is as follows

Fit with no restrictions

Fit with following restrictions

FIT

The employee is fit for above work but should avoid the following tasks

Work near moving machinery or sharp edges		Operate motor vehicles, forklifts or heavy machinery	
Working at height		Use a respirator	
Pull push carry weight over Kg		Repetitive twisting of valves or wrenches	
Ascend/descend ladders or stairs		Flying	
Other(Specify)			
These restrictions are permanent			
These restrictions are temporary until		(date)	
Temporary Unfit until		(date)	
Permanently Unfit			

Date 22.12.2025

Signature

Islam Salah

Print Name

ISLAM SALAH





Al Nile Hospital
مستشفى النيل

Patient Name: MOHAMMED ABU
SAYED
File No: 25021068
Age: 35y 8m 14d
Gender : Male
Nationality: Bangladesh

L/1

PTA Test Report

ID:25021068

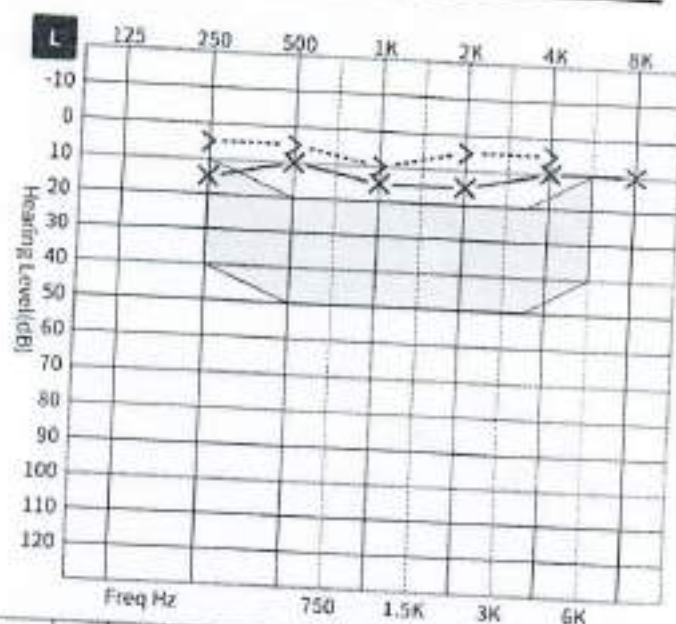
Gender:Male

Name:MOHAMMED ABU SAYED

Age:35Y



	125	250	500	750	1K	1.5K	2K	3K	4K	6K	8K
Air		15	10		10		15		15		10
Bone		5	5		5		10		5		



	125	250	500	750	1K	1.5K	2K	3K	4K	6K	8K
Air		15	10		15		15		10		10
Bone		5	5		10		5		5		

Test Result: NORMAL HEARING SENSITIVITY WITHIN NORMAL LIMITS IN BOTH EARS.



Test Date:2025-12-21 21:03

Printing Date:2025-12-21 21:03

Examiner: _____

Melison



Ainile
Medical Complex
مجمع النيل الطبي

P.O.BOX:300, POSTAL CODE - 511 NIZWA, SULTANATE OF OMAN C.R.NO.1128642
PH : 25426665, 25426228 \ WHATSAPP:94148848
Instagram:https://www.instagram.com/ainile_medical

Lab Report

Patient Name:	MOHAMMED ABU SAYED	Date:	22/12/2025 09:19:15
File No:	25021068	Sid No:	57W#38420
Payer Name:		Collection Date & Time:	22/12/2025 08:35:45
Insurance Card No:	--	Received Date & Time:	22/12/2025 09:19:15
Doctor:	Dr. Islam Ateya Mohammed Sakr	Reported Date & Time:	22/12/2025 09:31:16
Billing Time:	22/12/2025 08:15:36	Id Card No:	110065948
	Mobile:94439917		

Test Name	Result	Biological Reference
BLOOD SUGAR FASTING	5.2 mmol/m	3.3-6.1
CHOLESTEROL	211.8 mg/dl	< 200.0
HDL CHOLESTEROL	31.7 mg/dl	40.0-60.0
LDL CHOLESTEROL	141.5 mg/dl	< 150.0
TRIGLYCERIDE	193.0 mg/dl	40.0-160.0
TOTAL PROTEIN	7.5 g/dl	6.6-8.7
ALBUMIN	4.5 g/dl	3.5-5.2
GLOBULIN	3.0 g/L	2.0-3.9
SGPT	38.0 U/L	< 41.0
SGOT	29.3 U/L	< 40.0
BILIRUBIN TOTAL	0.58 mg/dl	< 1.1
ALKALINE PHOSPHATASE	66.8 U/L	35.0-104.0
UREA	19.0 mg/dl	15.0-45.0
CREATININE	1.46 mg/dl	0.7-1.4
URIC ACID	6.3 mg/dl	3.4-7.0
Complete Blood Count		
Haemoglobin	14.5 mg/dl	13.0-19.0
Total leucocyte count	8,260.0 Cells / Cumm	3,999.0-11,000.0
Differential count		
Neutrophil	43.7 %	40.0-75.0
Lymphocytes	46.6 %	15.0-45.0
Eosinophils	3.2 %	1.0-6.0
Monocyte	5.1 %	2.0-8.0
Basophils	0.8 %	< 10.0
Packed cell volume	46.4 %	< 54.0
RBC count	6.18 millions/mm	4.5-5.5
MCV	75.1 fl	81.8-95.5
MCH	23.5 pg	27.0-32.3
MCHC	31.3 g/dl	32.4-35.0
Platelet count	295,000.0 Cu.mm	150,000.0-450,000.0
RDW-CV	15.1 %	11.0-14.0
RDW-SD	40.9 fl	35.0-56.0
ESR(AUTOMATED)	3.0 mm/hr	< 15.0



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P.O.BOX:300, POSTAL CODE - 611 NIZWA, SULTANATE OF OMAN C.R.NO.112864Z
PH : 25428665, 25425228 \ WHATSAPP:94146048
Instagram:https://www.instagram.com/alnile_medical

Test Name	Result	Biological Reference
URINE ANALYSIS		
Color	Yellow	
Transparency	Clear	
Specific Gravity	1.015	
PH	Alkaline	
Glucose	NIL	
Acetone	NIL	
Bilirubin	NIL	
Blood	NIL	
Urobilinogen	NIL	
Protein	NIL	
Nitrate	NIL	
Leukocyte	NIL	
Pus cells	1-2	
Erythrocytes	0-2	
Squamous Epithelial Cell	few	
Crystal	NIL	
Cast	NIL	
Bacteria	NIL	
Others	NIL	

2025-12-22 09:40:51
End of Report



Technician: Hajar Mohammad
Hussin Mousa
License No: 9245



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P.O.BOX:300, POSTAL CODE - 511 NIZWA, SULTANATE OF OMAN C.R.NO.1128642
PH : 25426665, 25426228 \ WHATSAPP:94146648
Instagram:https://www.instagram.com/alnile_medical

Medical Report

Patient Name: MOHAMMED ABU SAYED		Date: 22/12/2025 11:07:56
File No: 25021068	Age/Gender: 35y 8m 14d / M	Nationality: Bangladesh
Payer Name: --		Doctor: Dr. Bassel Ali Al Ratel
Insurance Card No:	ID Card No: 110363948	Phone: 94439917

Vitals:-

Temperature	BP (SBP/DBP)	Pulse Rate	Respiratory Rate	Weight	Height	SpO2	RBS	Pain Level	Abdominal Circumference	Head Circumference	CVP	Body Mass Index
36.4° C	129 / 85 mmHG	63 bpm	0 bpm	81.0kg	170.0 cm	0 SP02	4.9	0	0.0	0.0		28.027602

Chief Complaints:-

hyperlipidaemia, elevated creatinine

Patient History:-

The patient was referred by their general practitioner for evaluation of hyperlipidemia (total cholesterol 211 mg/dL, LDL 141 mg/dL, HDL 31 mg/dL, TG 193mg/dl), and abnormal creatinine= 1.46 mg/dl. The patient is undergoing evaluation for contract renewal with Truck Oman Company and is employed as a mechanic. Regarding symptoms, the patient denies visual disturbances, chest pain, dyspnoea, abdominal pain, palpitations, polyuria, polydipsia, or urinary issues. Past medical history is significant for hyperlipidaemia which is neglected and without treatment. Family history is significant for hyperlipidaemia in his brother. The patient is a lightly smoker as he claims to smoke 4 cigarettes every day, does not consume alcohol, and moderately consumes caffeine. Dietary habits reveal overconsumption of carbohydrates and sugary drinks. Physical examination reveals respiratory and cardiovascular systems within normal limits. Abdomen is soft and non-tender.

Management Plan:-

assessment: - the patient Has a history of moderate hyperlipidemia without genetic predisposition and without treatment plan. - The patient is considered low risk for atherosclerotic cardiovascular disease. Framingham's risk score= 7% - Low fat, low carb and rich in fibers Diet, lifestyle modification and exercise have been emphasized. - Advise to stop smoking. - Recent eGFR= 51 ml/min/kg - His serum creatinine should be reevaluated after 6 weeks to address his creat and uric acid elevations. - A new appointment for reassessment has been scheduled after three months. - The patient is deemed fit to resume his job as a mechanic for a truck Oman company.

Dr. Bassel Ali Al Ratel

Licence Number : 19770

2025-12-22 11:15:09

