



Fitness to Work Certificate

Employee Data:		Date	16/7/2015	
Last Name		YOUNAS CHAUDHRY	First Name	MUHAMMED
I.D No.	Age	50	Occupation	DRIVER
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

Fit with no restrictions

Fit with following restrictions

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	20/07/2015	Signature
		Print Name





Al Nile Hospital

مستشفى النيل

PLEASE COMPLETE YOUR PERSONAL DETAILS IN BLOCK CAPITALS

Surname/Forenames: **MUHAMMED YOUNAS CHAUDHRY**

Nationality: **PAKISTAN**

Mobile No: **94969001** Home/Leave Address: _____ Company Number: _____ Reference Indicator: _____

Personal Details

A. Male Female Married Single Separated / Divorced / Widow(er)

Home/Leave Address: _____ Relationship to employee: Wife Son Daughter No. of children: **4**

Reason for Examination (tick as appropriate):
 Periodic Medical Examination Final / Retirement Other Reason

Employee only

B. Present Job and Location: **driver.** Next Job and Location: _____

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 columns. 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		Y	
2. Chest problems like asthma, bronchitis, other bad cough		Y	
3. Heart abnormality, chest pains		Y	
4. Abdominal pains, abnormal bowel motions		Y	
5. Urogenital problems (kidney disease, menstrual disorder)		Y	
6. Skin trouble or allergies		Y	
7. Epileptic fits, dizzy spells or migraine		Y	
8. History of mental illness, depression anxiety		Y	
9. Diabetes, thyroid disease		Y	
10. Blood disorder e.g. anaemia, blood cancer e.g. leukaemia		Y	
11. Any history of accidents or fractures		Y	
12. Have you had any serious allergies		Y	
13. Do any dependants have a significant ongoing illness?		Y	
14. Any family history of cancer		Y	
Do you take any regular medicines, or have you taken in the past?		Y	
Do you smoke? If yes, what and how much each day?		Y	2 pack/day for more than 10 years
Do you drink alcohol? If yes, what is your average weekly intake?		Y	
Have you ever taken recreational drugs?		Y	
Are you doing regular sports or physical activities?		Y	

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 PDD the Occupational Health Services for the purpose of Health Surveillance and other Occupational Health review.

Date: **16/7/25** Signature of Applicant: *[Signature]*





FOR COMPLETION BY EXAMINING DOCTOR

Further details of medical history and recreational activities

N = Normal A = Absent (please describe) PHYSICAL EXAMINATION

N	1. Eyes & Vision	with glasses
N	2. ENT	
N	3. Teeth & Mouth	
N	4. Lungs & Chest	
N	5. Cardiovascular System	
N	6. Abdo. Viscera	
N	7. Hemal. Offices	
N	8. Anus & Rectum	
N	9. Genito-urinary	
N	10. Extremities	
N	11. Musculo-skeletal	
N	12. Skin & Vascular Vnts	
N	13. C.N.S.	

HEIGHT cm	WEIGHT kg	BMI	B.P.	PULSE	HEARING	VISION
197	90.5	23.3	138/82	80/min	L H	DISTANT NEAR Uncorrected Corrected
						R L R L 6/6 6/6 6/6 6/6

N	A	LABORATORY AND OTHER SPECIAL INVESTIGATIONS	N	A
N		1. Urinalysis		A
N		2. Hb. Blood count, ESR		
N		3. LFT, RFT, RBS	N	
		4. Drug Screen	N	
A		5. Lipids (40 years +)	A	
		6. Sickie Cell test		
		7. Audiogram		
		8. Lung Function		
		9. Chest X-Ray		
		10. ECG		
		11. CVS risk for 40 yrs. & above		
		12. HBV Hepatitis screening		

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

Need cardiac consultation for high Framingham score and DLAP - Abnormal audiometry for ENT consultation

ASSESSMENT AND RECOMMENDATIONS

FIT ALL AREAS FIT WITH RESTRICTION TEMPORARY UNFIT UNFIT

Date: 16/07/2025 Name (Block Capitals): Dr. Aljassiah

Signature

[Handwritten Signature]
Signature
16/07/2025
[Stamp]

REVIEW/CONSULTATION

After cardiac and ENT consultation see fit

Date

Name (Block Capitals): Dr.

Signature





Employee Data	DATE 16/7/25
NAME: MUHAMMAD YOUSUF CHOUDHRY	Company: TRUCK OMAN
ID No.	Occupation: DRIVER

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	• 0
Lying down to rest in the afternoon when circumstances permit	• 2
Sitting and talking to someone	• 0
Sitting quietly after a lunch without alcohol	• 2
In a car, while stopped for a few minutes in traffic	• 0

Total Score =

4

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.





MUHAMMAD YOUNAS

Estimated 10-year Global CVD Risk: >30%

Risk Category: High Risk

Estimated Vascular Age: >80 Years

Answers calculated to formulate result:

1. Gender? — Male
2. Age? — 50-54
3. Total Cholesterol? — 6.20-7.24 mmol/L
4. HDL? — <0.9 mmol/L
5. Systolic Blood Pressure? — 130-139 mmHg
6. On Medication for Hypertension? — No
7. Smoker? — Yes
8. Diabetic? — No
9. Known Vascular Disease (CAD, PVD, Stroke)? — No








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Instagram:https://www.instagram.com/ainile_medical

Lab Report

Patient Name:	MUHAMMAD YOUNAS	Date:	16/07/2025 08:17:42
File No:	35011870	Age/Gender:	50y Am 15d / M
Payer Name:		Sid No:	88828795
Insurance Card No:		Collection Date & Time:	16/07/2025 08:10:43
Doctor:	Dr. Ali Mohammad Ghassah	Received Date & Time:	16/07/2025 08:17:42
Billing Time:	16/07/2025 08:06:33	Reported Date & Time:	16/07/2025 08:25:02
	Mobile: 94968601	Id Card No.:	78284596

Test Name	Result	Biological Reference
ESR(AUTOMATED)	1.0 mm/hr	< 15.0
Complete Blood Count		
Haemoglobin	15.5 mg/dl	13.0-18.0
Total leucocyte count	7,730.0 Cells / Cumm	3,999.0 - 11,000.0
Differential count:		
Neutrophil	55.7 %	40.0-75.0
Lymphocytes	35.4 %	15.0-45.0
Eosinophils	3.2 %	1.0-6.0
Monocyte	4.6 %	2.0-8.0
Basophils	0.1 %	< 10.0
Packed cell volume	48.3 %	< 54.0
RBC count	5.16 millions/mm	4.5-5.5
MCV	93.4 fl	81.8-95.5
MCH	30.0 pg	27.0-32.3
MCHC	32.1 g/dl	32.4-35.0
Platelet count	213,000.0 Cumm	150,000.0-400,000.0
RDW-CV	12.9 %	11.0-16.0
RDW-SD	44.0 fl	35.0-56.0

URINE ANALYSIS

Color	Yellow
Transparency	Clear
Specific Gravity	1.01
PH	Alkaline
Glucose	NIL
Acetone	NIL
Bilirubin	NIL
Blood	NIL
Urobilinogen	NIL
Protein	NIL
Nitrate	NIL
Leukocyte	NIL
Pus cells	2-4
Erythrocytes	1-2





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Test Name	Result	Biological Reference
Squamous Epithelial Cell	Few	
Crystal	NIL	
Cast	NIL	
Bacteria	NIL	
Others	NIL	
BLOOD SUGAR FASTING	5.67 mmol/m	
CREATININE	1.17 mg/dl	3.3-6.1
UREA	25.2 mg/dl	0.7-1.4
URIC ACID	5.1 mg/dl	150-450
TOTAL PROTEIN	7.22 g/dl	3.4-7.0
ALBUMIN	4.03 g/dl	6.6-8.7
GLOBULIN	3.19 g/L	3.5-5.2
SGPT	24.2 U/L	2.0-3.9
SGOT	29.3 U/L	<41.0
BILIRUBIN TOTAL	0.319 mg/dl	<40.0
ALKALINE PHOSPHATASE	80.0 U/L	< 1.1
CHOLESTEROL	244.0 mg/dl	35.0-104.0
TRIGLYCERIDE	396.0 mg/dl	< 200.0
HDL CHOLESTEROL	33.85 mg/dl	40.0-160.0
LDL CHOLESTEROL	131.0 mg/dl	40.0-60.0
		< 150.0

2025-07-16 08:54:24

End of Report



Technician: Hajar Mohammed
Husain Mousa
License No: 9245



Patient Name: MUHAMMAD YOUNAS
Prof. Dr. Dear Colleague.
Date: 15 July 2025
Examination: CHEST XRAY PA & LATERAL VIEWS

REPORT

- *Both lung fields are clear with no obvious focal or diffuse parenchymal or interstitial lesion.*
- *Normal appearance of aorta and both broncho-vascular shadows.*
- *Maintained cardio-thoracic ratio.*
- *No obvious hilar or mediastinal mass lesion.*
- *Costo-phrenic & cardio-phrenic pleural angles are free.*
- *Bony framework & soft tissue shadows are within normal limits.*

OPINION:

Apparently normal chest X-ray.

MUCH OBLIGED,
Dr. Naveen Ghazy
Lic.No: 26650





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Lab Report

Patient Name:	MUHAMMAD YOUNAS	Date:	16/07/2025 12:50:45
File No:	25011870	Age/Gender:	50y 6m 15d / M
Payer Name:		Sid No:	888#28851
Insurance Card No:	-	Collection Date & Time:	16/07/2025 11:55:19
Doctor:	Dr. Bassel Ali Al Ratel	Received Date & Time:	16/07/2025 12:50:45
Billing Time:	16/07/2025 11:17:02	Reported Date & Time:	16/07/2025 13:15:14
	Mobile: 94968601	Id Card No:	78284598

Test Name	Result	Biological Reference
TSH	3.37 mIU/ml	0.27-4.2

2025-07-16 13:34:57
End of Report

Technician: Hajar Mohammed
Husain Moussa
License No: 9245





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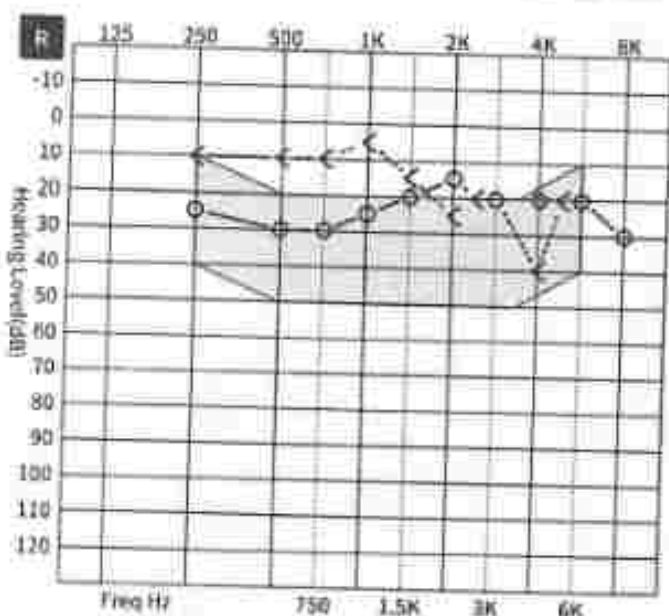
PTA Test Report

ID:78284596

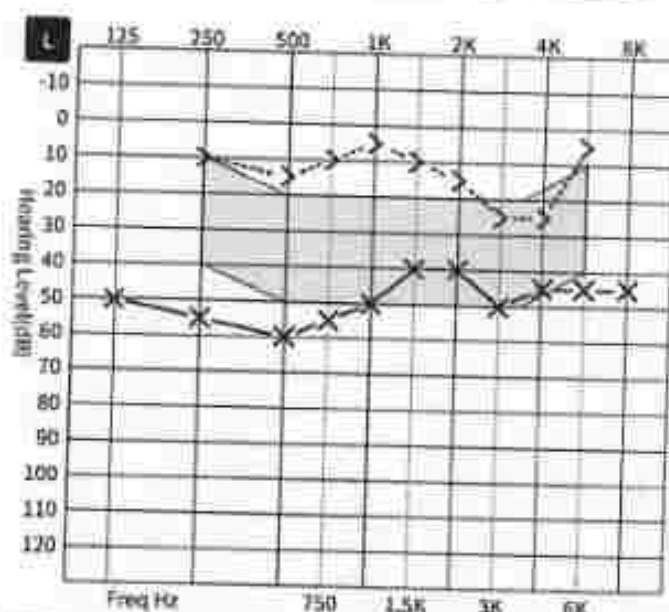
Name:MUHAMMED YOUNAS

Gender:Male

Age:50Y



	125	250	500	750	1K	1.5K	2K	3K	4K	6K	8K
Air		25	30	30	25	20	15	20	20	20	30
Bone		10	10	10	5	15	25	20	40	20	



	125	250	500	750	1K	1.5K	2K	3K	4K	6K	8K
Air		50	55	60	55	50	40	40	50	45	45
Bone		10	15	10	5	10	15	25	25	5	



Test Date:2025-07-16 03:22

Printing Date:2025-07-16 03:22

Examiner: _____



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Medical Report

Patient Name: MUHAMMAD YOUNAS CHAUDHRY		Date: 20/07/2025 16:15:53
File No: 25011870	Age/Gender: 50y 6m 19d / M	Nationality: Pakistan
Payer Name: --		Doctor: Dr. IBTISAM KHAMIS SAID ALSULAIMI
Insurance Card No:	ID Card No: 78284596	Phone: 94968601

Chief Complaints:-

came for evaluation
no hearing impairment
no ear pain or discharge
no nasal or throat complain
hearing test shows right ear mild conductive hearing loss, left ear , moderate conductive hearing loss
nose and throat exam unremarkable
he is fit for work

Dr. IBTISAM KHAMIS SAID ALSULAIMI

Licence Number : 455

2025-07-20 16:17:55

End of Report





Medical Report

Patient Name: MUHAMMAD YOUNAE		Date: 16/07/2025 11:08:47
File No: 25011870	Age/Gender: 50y (m 15d / M	Nationality: Pakistani
Payer Name: -	Doctor: Dr. Bayel Al Al Ratal	
Insurance Card No:	ID Card No: 78284596	Phone: 94968601

Vitals:-

Temperature	BP (SBP/DBP)	Pulse Rate	Respiratory Rate	Weight	Height	SpO2	RBS	Pain Level	Abdominal Circumference	Head Circumference	CVP	Body Mass Index
36.0°C	138 / 82 mmHG	80 bpm	0 bpm	0.0 kg	0.0 cm	0 SpO2		0	0.0	0.0		0.0

Chief Complaints:-

high Framingham score with DLP

Patient History:-

the patient was referred by the GP for evaluation of dyslipidemia and high Framingham's risk score the patient has confirmed dyslipidaemia by an old report 2 years ago, but the patient is not taking any medications the patient denies chest pain, DOE, SOB or palpitations. Social.H: smoker of 100 pack/year, nonalcoholic, family.H: unremarkable for SCD, ischemic heart disease, or dyslipidaemia PMH: unremarkable PE: RESP and CVS are WNL, pulse: full and equal

Radiology Report:-

ECG: Diagnosis ECG: Sinus rhythm, regular, mild left axis deviation, heart rate 75 bpm, P-waves, QRS complex, and T-waves within normal limits. No ST segment deviation, conduction abnormalities, or pathologic Q waves. Normal QT interval TMT: the candidate has performed the test on Bruce protocol and completed 12 minutes of test without any symptoms of angina or angina equivalents, the patient developed 0.5mm STD on the leads II III AVF and V6 during the recovery period after 4 minutes which persisted but is considered insignificant. BP at rest 150/80 increased during the test to 190/100 and returned to normal during the recovery phase Heart rate at rest 75 increased to 170 maximum with represents 100% of MHR adjusted to Age DTS= +9.5 low risk for ASCVD conclusion: the patient is fit to work from cardiovascular perspective

Management Plan:-

lifestyle modification: emphasize on Aerobic exercise, dietary changes, Weight loss, smoking cessation start Omega-3 supplements reevaluate after 3 months

Investigations:-

No.	Internal Code	Name
2		TSH





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Dr. Bassel Ali Al Ratal

Licence Number : 19770

2025-07-16 13:24:22

End of Report



AL NILE HOSPITAL NIZWA

Name: MUHAMMAD YOUNAS

Date: 16-07-2025 Time: 12:14

Age: 50

Gender: M

Height: 197 cms

Weight: 90 Kg

ID: 25011870

Clinical History:

Medications:

Test Details:

Protocol: Bruce

Predicted Max HR: 170

Target HR: 144 (85% of Pr. MHR)

Exercise Time: 0:13:18

Achieved Max HR: 170 (100% of Pr. MHR)

Max BP: 190/100

Max BP x HR: 32300

Max Mets: 13.5

Test Termination Criteria:

Protocol Details:

Stage Name	Stage Time	METS	Speed km/h	Grade %	Heart Rate bpm	BP mmHg	RPP	Max ST Level mm	Max ST Slope mV/s
Standing	00:16	1	0	0	75	150/90	11250	1.7 V3	0.4 V3
Pre Test	00:46	1	1.6	0	89	150/90	13350	1.8 V3	0.4 V3
Stage 1	03:00	4.3	2.7	10	98	150/90	14700	1.6 V3	1 V3
Stage 2	03:00	7	4	12	118	150/80	17700	2 V3	0.6 V3
Stage 3	03:00	10.1	5.5	14	126	160/100	20160	1.6 V3	0.5 V3
Stage 4	03:00	13.5	6.8	16	154	160/100	24640	2.2 V3	1.3 V3
Peak Exercise	01:18	13.2	8	18	170	160/100	27200	6 V2	1.1 V3
Recovery 1	01:30	1	0	0	161	160/100	25760	3 V3	0.9 V3
Recovery 2	01:00	1	0	0	129	190/100	24510	-2.5 V6	-3 V6
Recovery 3	01:00	1	0	0	114	190/100	21600	1.3 V1	0.1 V1
Recovery 4	01:00	1	0	0	109	190/100	19760	2.6 V2	0.8 V2
Recovery 5	01:00	1	0	0	106	184/90	19504	1.7 V3	0.4 V3
Recovery 6	01:00	1	0	0	108	184/90	19872	1 V2	0.3 V3
Recovery 7	01:00	1	0	0	103	150/90	15450	1.1 V2	0.3 V3
Recovery 8	00:04	1	0	0	104	150/90	15600	1.1 V3	0.2 V2

Interpretation

DTS = +9.5 Low Risk for ASCVD

Ref. Doctor: _____

Doctor: _____

SCHILLER
The Art of Diagnostics



(Summary Report edited by User)
Cardiofit CS-20 Version:3.5

MUHAMMAD YOUNAS (50 M) AL NILE HOSPITAL NIZWA

Bruce Protocol
Exec Time : 0:00:00

ID: 25011870
Stage: Standing
Stage Time : 00:16

Date: 16-07-2025
THR: 144 bpm
Speed: 0 kmph

HR: 75 bpm
BP: 150/90 mmHg
Grade: 0%



STLevel(mm)	STslope(mV/s)	STLevel(mm)	STslope(mV/s)	STLevel(mm)	STslope(mV/s)	STLevel(mm)	STslope(mV/s)	
I	0.6	0.2	aVR	-0.8	-0.2	V1	0.2	0
II	0.8	0.2	aVL	0.1	0	V2	1.3	0.2
III	0.3	0	aVF	0.6	0.1	V3	1.7	0.4
						V4	1.1	0.2
						V5	0.7	0.2
						V6	0.4	0.1

Chart Speed: 25 mm/sec Filter: 35 Hz Mains Filter: ON Amplitude: 10mm/mV
 Siihfilter Carboron US-20 Version 2.1 Linked Median ISO = R - 60 ms, J = R + 60 ms, Post J = J + 80 ms

MUHAMMAD YOUNAS (50 M) AL NILE HOSPITAL NIZWA

Bruce Protocol

Exec Time : 0:00:00

ID: 25011870

Stage: Pre-Test

Stage Time : 00:46

Date: 16-07-2023

THR: 144 bpm

Speed: 1.6 kmph

HR: 89 bpm

BP: 150/90 mmHg

Grade: 0%



STLevel(mm)	STSlope(mV/s)	STLevel(mm)	STSlope(mV/s)	STLevel(mm)	STSlope(mV/s)	STLevel(mm)	STSlope(mV/s)	
I	0.4	0.1	aVR	-0.5	-0.1	V1	0.3	0
II	0.8	0.2	aVL	0.1	-0.1	V2	1.2	0.2
III	0.3	0	aVF	0.6	0.1	V3	1.8	0.4
						V4	1.2	0.3
						V5	0.8	0.2
						V6	0.4	0.1

Chart Speed: 25 mm/sec
Schiffert Cardivit CS-20 Version 3.5

Filter: 35 Hz
Linked Median

Mains Filter: ON
ISO = R - 60 ms, J = R + 60 ms, Post J = J + 80 ms

Amplitude: 10mm/mV

MUHAMMAD YOUNAS (50 M) AL NILE HOSPITAL NIZWA

Bruce Protocol

Exec Time : 0:03:00

ID: 25011870

Stage: 1

Stage Time : 03:00

Date: 16-07-2025

THR: 144 bpm

Speed: 2.7 kmph

HR: 98 bpm

BP: 150/90 mmHg

Grade: 10%



STLevel(mm)	STSlope(mV/s)	STLevel(mm)	STSlope(mV/s)	STLevel(mm)	STSlope(mV/s)	STLevel(mm)	STSlope(mV/s)	
I	0.5	0.1	aVR	-0.3	-0.1	V1	0.3	0.1
II	1.1	0.2	aVL	0	-0.1	V2	1.8	0.5
III	0.6	0.2	aVF	0.8	0.3	V3	2.8	0.9
						V4	1.9	0.6
						V5	1.2	0.5
						V6	0.7	0.2

Chart Speed: 25 mm/sec
Schiller Cardiovit CS-20 Version:3.5

Filter: 35 Hz
Linked Median

Mains Filter: ON
Amplitude: 10mm/mV
ISO = R - 60 ms, J = R + 60 ms, Post J = J + 80 ms

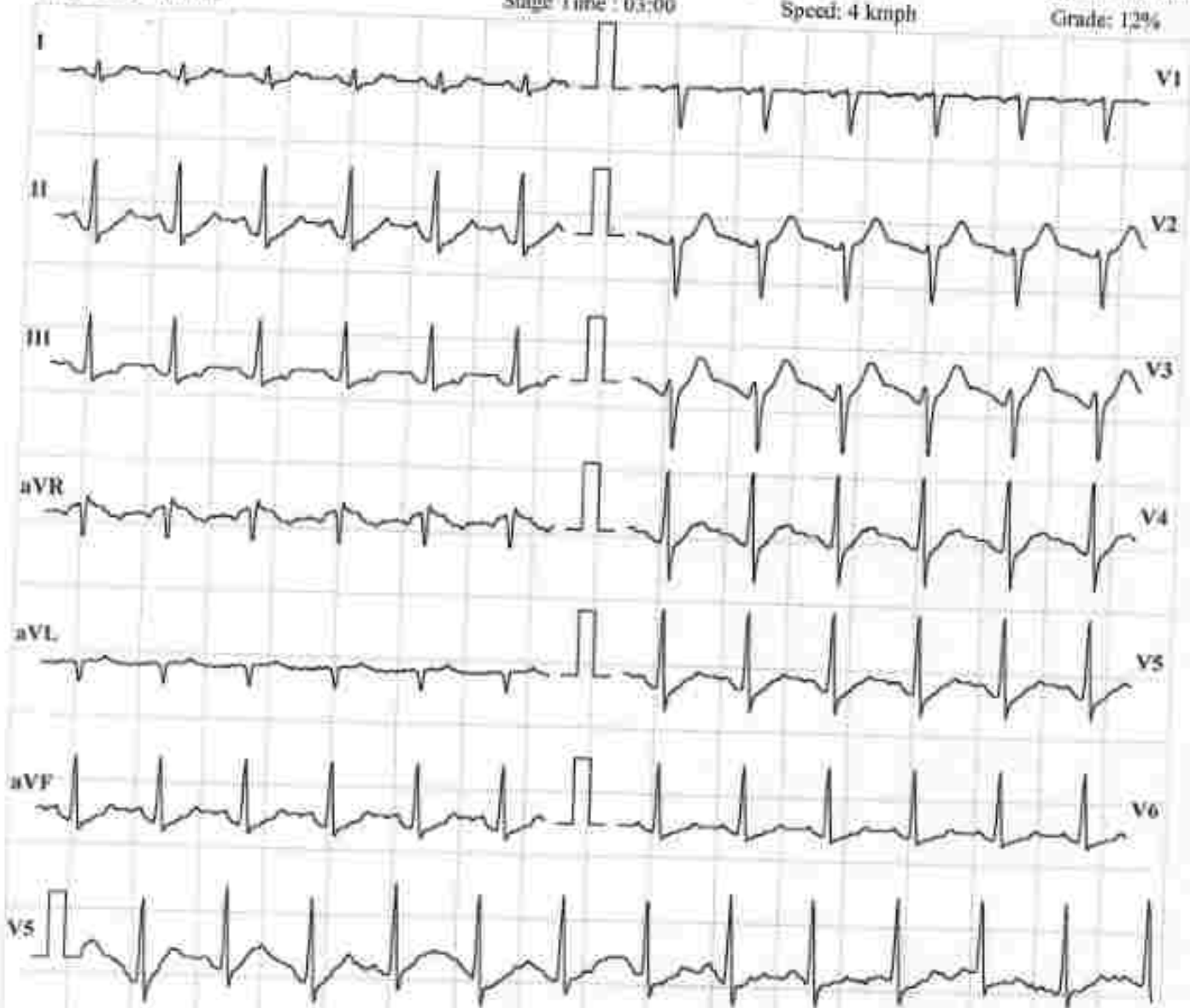
MUHAMMAD YOUNAS (50 M) AL NILE HOSPITAL NIZWA

Bruce Protocol
Exec Time : 0:06:00

ID: 25011870
Stage: 2
Stage Time : 03:00

Date: 16-07-2025
THR: 144 bpm
Speed: 4 kmph

HR: 118 bpm
BP: 150/80 mmHg
Grade: 12%



STLevel(mm)	STslope(mV/s)	STLevel(mm)	STslope(mV/s)	STLevel(mm)	STslope(mV/s)	STLevel(mm)	STslope(mV/s)
I	NaN	aVR	-1.4	V1	-0.2	V4	1.6
II	NaN	aVL	0	V2	1.6	V5	1.3
III	NaN	aVF	1	V3	2.3	V6	0.7

Chart Speed: 25 mm/sec
Schiller Cardioit CS-20 Version 3.5

Filter: 35 Hz
Linked Medium

Main Filter: ON
ISO = R - 60 ms, J = R + 60 ms, Post J - J = 80 ms

Amplitude: 10mm/mV

MUHAMMAD YOUNAS (50 M) AL NILE HOSPITAL NIZWA

Bruce Protocol
Exec Time : 0:09:00

ID: 25011870
Stage: 3
Stage Time : 03:00

Date: 16-07-2025
THR: 144 bpm
Speed: 5.5 kmph

HR: 126 bpm
BP: 160/100 mmHg
Grade: 14%



STLevel(mm)	STslope(mV/s)	STLevel(mm)	STslope(mV/s)	STLevel(mm)	STslope(mV/s)	STLevel(mm)	STslope(mV/s)	
I	-0.1	-0.2	-1.6	0	V1	-0.3	0	
II	0.7	0.2	-0.4	-0.2	V2	-0.7	-0.5	
III	0.9	0.5	0.8	0.5	V3	1.3	0	
aVR	-1.6	0	V4	1.3	0	V5	1.1	0
aVL	-0.4	-0.2	V6	1	0.2			
aVF	0.8	0.5						

Chart Speed: 25 mm/sec

Filter: 35 Hz

Main Filter: ON

Amplitude: 10mm/mV

Schiller Cardioit CS-20 Version:1.5

Linked Median

ISO = R - 60 ms, J - R = 60 ms, Post J = J + 80 ms

MUHAMMAD YOUNAS (50 M) AL NILE HOSPITAL NIZWA

Bruce Protocol
Exec Time : 0:12:00

ID: 25011870
Stage: 4
Stage Time : 03:00

Date: 16-07-2025
THR: 144 bpm
Speed: 6.8 kmph

HR: 154 bpm
BP: 160/100 mmHg
Grade: 16%



STLevel(mm)	STslope(mV/s)	STLevel(mm)	STslope(mV/s)	STLevel(mm)	STslope(mV/s)	STLevel(mm)	STslope(mV/s)	
I	-0.1	-0.2	aVR	-1.6	0	V1	-0.3	0
II	0.7	0.2	aVL	-0.4	-0.2	V2	-0.7	-0.5
III	0.9	0.5	aVF	0.8	0.5	V3	1.3	0
						V4	1.3	0
						V5	1.1	0
						V6	1	0.2

Chart Speed: 25 mm/sec
Schiller Credentia CS-20 Version 3.5

Filter: 35 Hz
Linked Median

Main Filter: ON
ISO = R - 60 ms, J = R + 60 ms, Post J = J + 80 ms

Amplitude: 10mm/mV

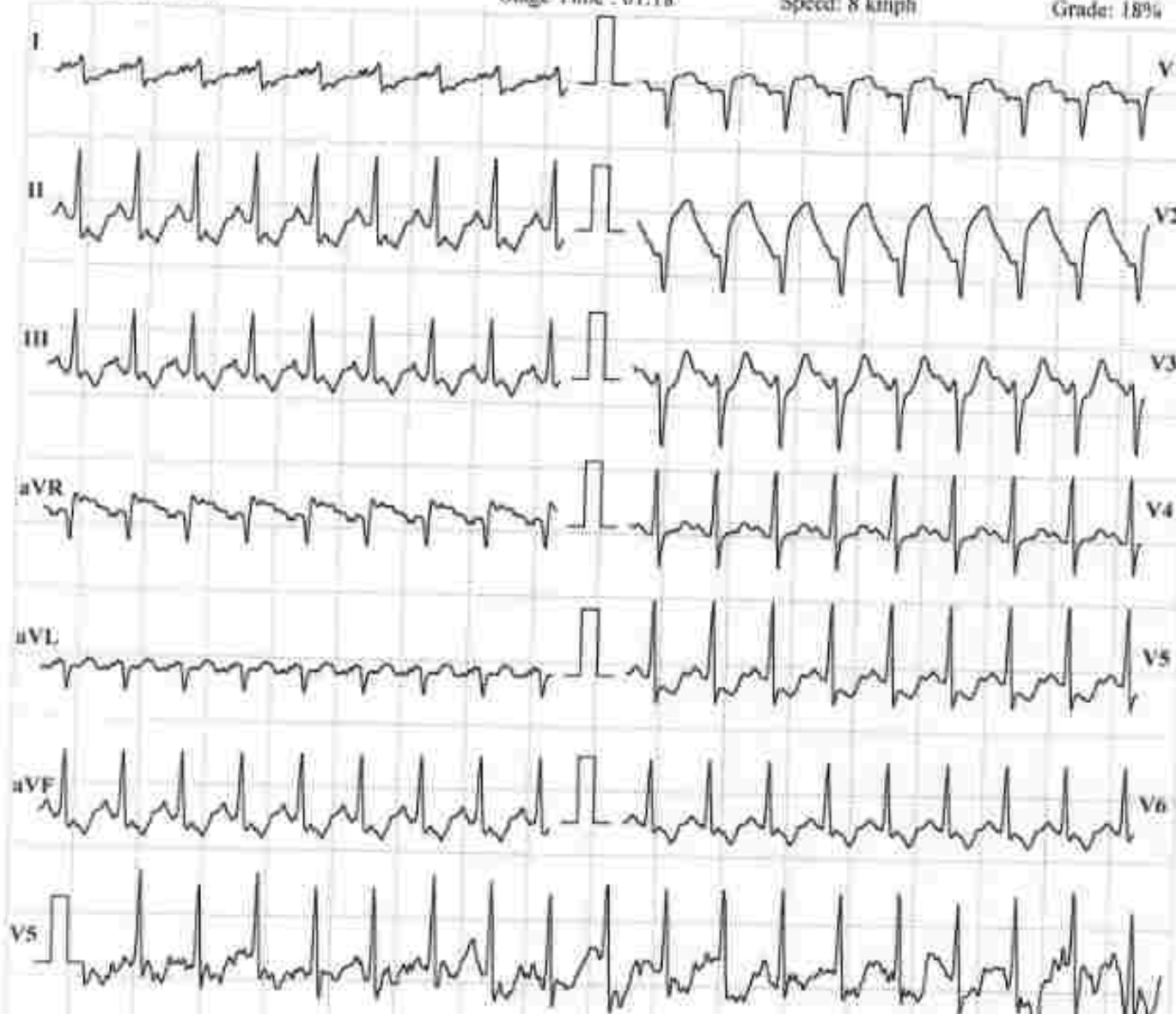
MUHAMMAD YOUNAS (50 M) AL NILE HOSPITAL NIZWA

Bruce Protocol
Exec Time : 0:13:18

ID: 25011870
Stage: Peak Exercise
Stage Time : 01:18

Date: 16-07-2025
THR: 144 bpm
Speed: 8 kmph

HR: 170 bpm
BP: 160/100 mmHg
Grade: 18%



STLevel(mm)	STISlope(mV/s)	STLevel(mm)	STISlope(mV/s)	STLevel(mm)	STISlope(mV/s)	STLevel(mm)	STISlope(mV/s)
I	-0.1	aVR	0	V1	0	V4	0
II	0.7	aVL	-0.2	V2	-0.5	V5	0
III	0.5	aVF	0.5	V3	0	V6	0.2

Chart Speed: 25 mm/sec Filter: 35 Hz Main Filter: ON Amplitude: 10mm/mV
Schiller Cardiovit CS-20 Version 3.5 Linked Medium DO-R = 60 ms, J-R = 60 ms, Post J = J + 10 ms

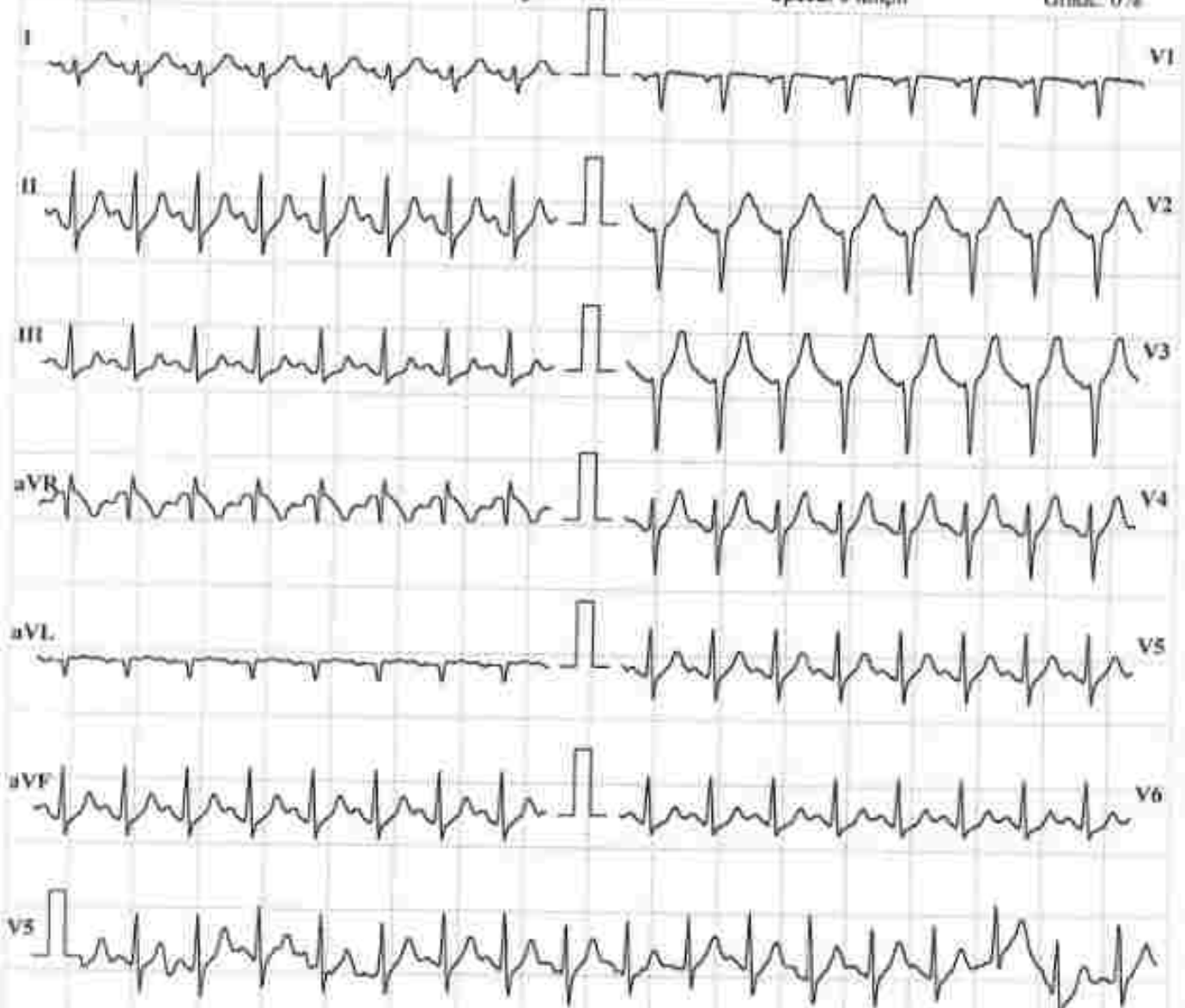
MUHAMMAD YOUNAS (50 M) AL NILE HOSPITAL NIZWA

Bruce Protocol
Exec Time : 0:14:18

ID: 25011870
Stage: Recovery1
Stage Time : 01:00

Date: 16-07-2025
THR: 144 bpm
Speed: 0 kmph

HR: 161 bpm
BP: 160/100 mmHg
Grade: 0%



STLevel(mm)	STslope(mV/s)	STLevel(mm)	STslope(mV/s)	STLevel(mm)	STslope(mV/s)	STLevel(mm)	STslope(mV/s)
I	-0.1	aVR	-1.6	V1	-0.5	V4	1.3
II	0.7	aVL	-0.4	V2	-0.7	V5	1.1
III	0.9	aVF	0.8	V3	1.3	V6	1

Chart Speed: 25 mm/sec
Schiller Cardiovit CS-20 Version 3.5

Filter: 35 Hz
Linked Median

Mains Filter: ON
ISO = R - 60 ms, J - R = 60 ms, Post J = J + 80 ms

Amplitude: 10mm/mV

MUHAMMAD YOUNAS (50 M)

AL NILE HOSPITAL NIZWA

ID: 25011870
Stage: Recovery2
Stage Time : 01:00

Date: 16-07-2025
THR: 144 bpm
Speed: 0 kmph

HR: 129 bpm
BP: 190/100 mmHg
Grade: 0%

Bruce Protocol
Exec Time : 0:15:18



STLevel(mm)	STslope(mV/s)	STLevel(mm)	STslope(mV/s)	STLevel(mm)	STslope(mV/s)	STLevel(mm)	STslope(mV/s)
I	-0.2	aVR	0	V1	0	V4	-0.2
II	0.2	aVL	-0.2	V2	-0.8	V5	0.2
III	0.5	aVF	0.2	V3	-0.8	V6	1.2

Chart Speed: 25 mm/sec Filter: 35 Hz Mains Filter: ON Amplitude: 10mm/mV
 Sahilka Cardiovit CS-20 Version:2.5 Linked Medium ISO = R - 60 ms, J = R + 50 ms, Post J = J + 80 ms

MUHAMMAD YOUNAS (50 M) AL NILE HOSPITAL NIZWA

Bruce Protocol
Exec Time : 0:16:18

ID: 25011870
Stage: Recovery3
Stage Time : 01:00

Date: 16-07-2025
THR: 144 bpm
Speed: 0 kmph

HR: 114 bpm
BP: 190/100 mmHg
Grade: 0%



STLevel(mm)	STISlope(mV/s)	STLevel(mm)	STISlope(mV/s)	STLevel(mm)	STISlope(mV/s)	STLevel(mm)	STISlope(mV/s)	
I	1.4	1	aVR	-1.4	-1.5	V1	0.2	0
II	2.5	2	aVL	0.1	0	V2	2.1	1.5
III	1.1	1	aVF	1.8	1.5	V3	2.9	2.5
						V4	2.3	2
						V5	1.7	2
						V6	1	1

Chart Speed: 25 mm/sec Filter: 35 Hz Mains Filter: ON Amplitude: 10mm/mV
Schiller Cardiotest CS-20 Version 3.5 Linked Medium ISO = R + 60 ms, J = R + 60 ms, Post J = J + 80 ms

MUHAMMAD YOUNAS (50 M) AL NILE HOSPITAL NIZWA

Bruce Protocol
Exec Time : 0:17:18

ID: 25011870
Stage: Recovery-4
Stage Time : 01:00

Date: 16-07-2025
THR: 144 bpm
Speed: 0 kmph

HR: 104 bpm
BP: 190/100 mmHg
Grade: 0%



STLevel(mm)	STslope(mV/s)	STLevel(mm)	STslope(mV/s)	STLevel(mm)	STslope(mV/s)	STLevel(mm)	STslope(mV/s)
I	0.7	aVR	-0.3	V1	0	V4	1.5
II	1	aVL	0.3	V2	1.8	V5	1
III	0.2	aVF	0.6	V3	2.9	V6	0.5

Chart Speed: 25 mm/sec Filter: 35 Hz Mains Filter: ON Amplitude: 10mm/mV
Schiller Cardiorit CS-20 Version 3.5 Linked Median ISO = R + 60 ms, J = R + 60 ms, Post J = J + 80 ms

MUHAMMAD YOUNAS (50 M)

AL NILE HOSPITAL NIZWA

Bruce Protocol

ID: 25011870

Date: 16-07-2025

HR: 106 bpm

Exec Time : 0:18:18

Stage: Recovery5

THR: 144 bpm

BP: 184/90 mmHg

Stage Time : 01:00

Speed: 0 kmph

Grade: 0%



STLevel(mm)	STSlope(mV/s)	STLevel(mm)	STSlope(mV/s)	STLevel(mm)	STSlope(mV/s)	STLevel(mm)	STSlope(mV/s)	
I	0.2	0.1	aVR	-0.1	-0.1	V1	0.4	0
II	0.6	0.2	aVL	-0.2	0	V2	1.5	0.4
III	0.5	0.1	aVF	0.5	0.2	V3	1.7	0.3
						V4	0.7	0.2
						V5	0.4	0.1
						V6	0.3	0.1

Chart Speed: 25 mm/sec

Filter: 35 Hz

Main Filter: ON

Amplitude: 10mm/mV

Schiller Cardiofit CV-20 Version:3.5

Linked Median

ISO = R - 60 ms, J = R + 60 ms, Post J = J + 30 ms

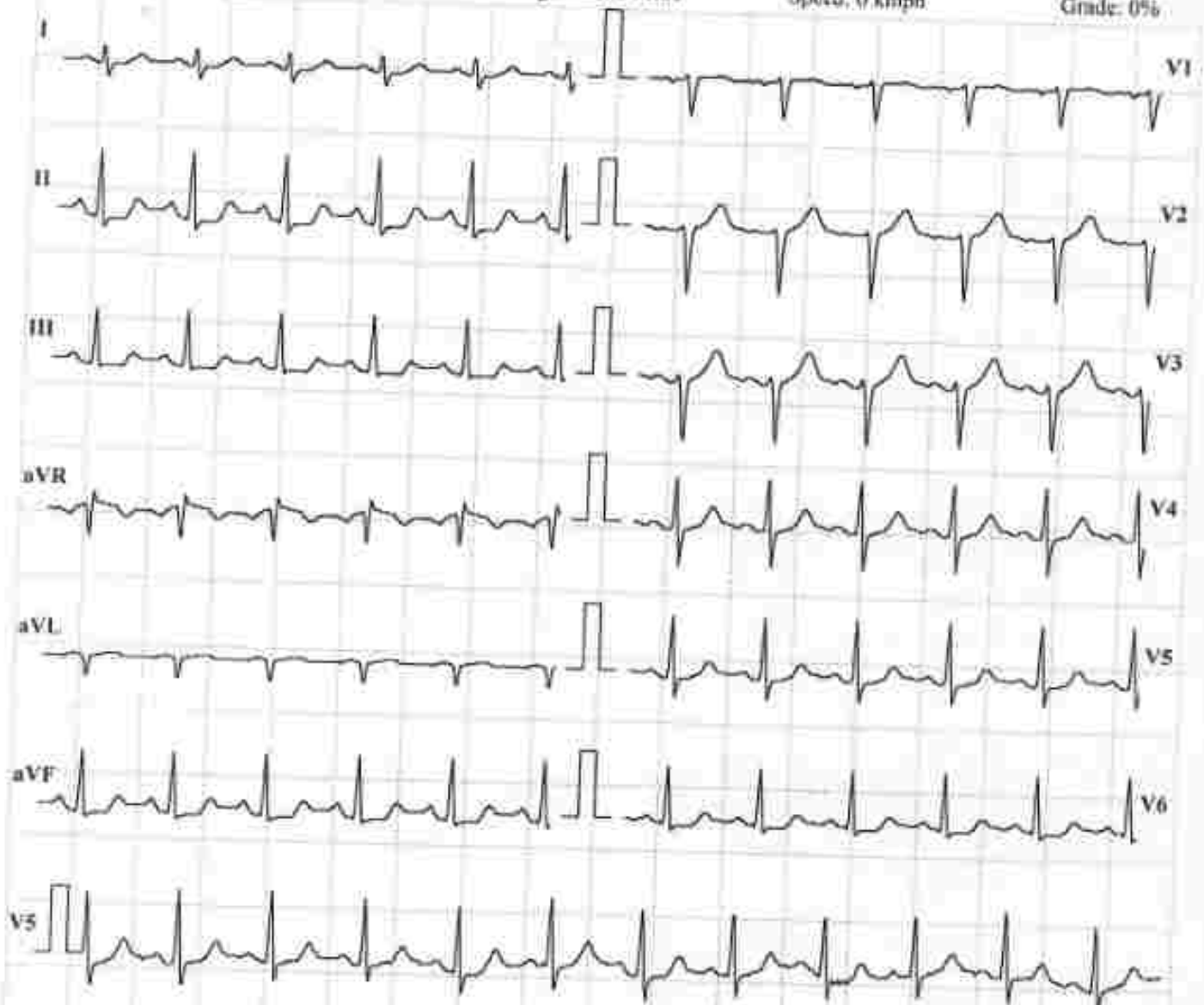
MUHAMMAD YOUNAS (50 M) AL-NILE HOSPITAL NIZWA

Bruce Protocol
Exec Time : 0:19:18

ID: 25011870
Stage: Recovery6
Stage Time : 01:00

Date: 16-07-2023
THR: 144 bpm
Speed: 0 kmph

HR: 108 bpm
BP: 184/90 mmHg
Grade: 0%



STLevel(mm)	STSlope(mV/s)	STLevel(mm)	STSlope(mV/s)	STLevel(mm)	STSlope(mV/s)	STLevel(mm)	STSlope(mV/s)
I	0	aVR	0.1	V1	0.2	V4	0.2
II	-0.2	aVL	0	V2	1	V5	0
III	-0.1	aVF	-0.1	V3	1	V6	-0.2

Chart Speed: 25 mm/sec
Schiller CardioII CS-20 Version 3.4

Filter: 35 Hz
Linked Median

Main Filter: ON
ISC = R - 60 ms, J = R + 60 ms, Post J = J + 80 ms

Amplitude: 10mm/mV

MUHAMMAD YOUNAS (50 M) AL NILE HOSPITAL NIZWA

Bruce Protocol
Exec Time : 0:20:18

ID: 25011870
Stage: Recovery7
Stage Time : 01:00

Date: 16-07-2025
THR: 144 bpm
Speed: 0 kmph

HR: 103 bpm
BP: 150/90 mmHg
Grade: 0%



STLevel(mm)	STSlope(mV/s)	STLevel(mm)	STSlope(mV/s)	STLevel(mm)	STSlope(mV/s)	STLevel(mm)	STSlope(mV/s)
I	0	aVR	-0.1	V1	0	V4	0.2
II	0.1	aVL	0.1	V2	0.2	V5	0.2
III	0	aVF	0.1	V3	0.3	V6	0

Chart Speed: 25 mm/sec
Scholar Cardivet CS-20 Version:3.5

Filter: 35 Hz
Linked Median

Main Filter: ON
ISO = R - 60 ms, J - R = 60 ms, Post J - J = 80 ms

Amplitude: 10mm/mV

MUHAMMAD YOUNAS (50 M) AL NILE HOSPITAL NIZWA

Bruce Protocol
Exec Time : 00:00

ID: 25011870
Stage: Recovery8
Stage Time : 00:04

Date: 16-07-2025
THR: 144 bpm
Speed: 0 kmph

HR: 104 bpm
BP: 150/90 mmHg
Slope: 0 %



STLevel(mm)	STSlope(mV/s)	STLevel(mm)	STSlope(mV/s)	STLevel(mm)	STSlope(mV/s)	STLevel(mm)	STSlope(mV/s)
I	0	aVR	-0.1	V1	0	V4	0.2
II	0.1	aVL	0	V2	0.2	V5	0.1
III	0	aVF	0	V3	0.2	V6	0

Chart Speed: 25 mm/sec
Schiller CardioIT CS-20 Version 3.5

Filter: 35 Hz

Main Filter: ON

Amplitude: 10mm/mV

ISO = R - 60 ms, J = R + 90 ms, Post J = J + 80 ms

MUHAMMAD YOUNAS (50 M) AL NILE HOSPITAL NIZWA

Bruce Protocol

Exec Time : 0:20:22

ID: 25011870

Stage: Recovery8

Stage Time : 00:04

Date: 16-07-2025

THR: 144 bpm

Speed: 0 kmph

HR: 104 bpm

BP: 150/90 mmHg

Grade: 0%



STLevel(mm) - STSlope(mV/s)	STLevel(mm) - STSlope(mV/s)	STLevel(mm) - STSlope(mV/s)	STLevel(mm) - STSlope(mV/s)
I 0.3 - 0	aVR -0.2 - -0.1	V1 0.3 - 0	V4 0.6 - 0.2
II 0.2 - 0.1	aVL 0.1 - 0	V2 1 - 0.2	V5 0.2 - 0.1
III 0.1 - 0	aVF 0.1 - 0	V3 1.2 - 0.2	V6 0 - 0

Chart Speed: 25 mm/sec

Software: CardioIT CX-20 Version 3.5

Filter: 35 Hz

Linked Medium

Mains Filter: ON

ISO = R - 60 ms, J - R = 60 ms, Post J = J + 80 ms

Amplitude: 10mm/mV

AL NILE HOSPITAL NIZWA

Name: MUHAMMAD YOUNAS

Date: 16-07-2025 Time: 12:14

Age: 50 Gender: M

Height: 197 cms

Weight: 90 Kg

ID: 25011870

Clinical History:

Medications:

Test Details:

Protocol: Bruce

Predicted Max HR: 170

Target HR: 144 (85% of Pr. MHR)

Exercise Time: 0:13:18

Achieved Max HR: 170 (100% of Pr. MHR)

Max BP: 190/100

Max BP x HR: 32300

Max Mets: 13.5

Test Termination Criteria:

Protocol Details:

Stage Name	Stage Time	METS	Speed km/h	Grade %	Heart Rate bpm	BP mmHg	RPP	Max ST Level mm	Max ST Slope mV/s
Standing	00:16	1	0	0	75	150/90	11250	1.7 V3	0.4 V3
Pre-Test	00:46	1	1.6	0	89	150/90	13350	1.8 V3	0.4 V3
Stage: 1	03:00	4.7	2.7	10	98	150/90	14700	1.8 V3	1 V3
Stage: 2	03:00	7	4	12	118	150/80	17700	2 V3	0.6 V3
Stage: 3	03:00	10.1	5.5	14	126	160/100	20160	1.8 V3	0.5 V3
Stage: 4	03:00	13.5	6.8	16	154	160/100	24640	2.2 V3	1.5 V2
Peak Exercise	01:18	13.2	8	18	170	160/100	27200	6 V2	1.1 V3
Recovery1	01:00	1	0	0	161	160/100	25760	3 V3	0.9 V3
Recovery2	01:00	1	0	0	129	190/100	24510	-2.5 V6	-3 V6
Recovery3	01:00	1	0	0	114	190/100	21660	1.3 II	0.7 I
Recovery4	01:00	1	0	0	104	190/100	19760	2.6 V2	0.8 V2
Recovery5	01:00	1	0	0	106	184/90	19504	1.7 V3	0.4 V3
Recovery6	01:00	1	0	0	108	184/90	19872	1 V2	0.3 V3
Recovery7	01:00	1	0	0	103	150/90	15450	1.1 V2	0.3 V3
Recovery8	00:04	1	0	0	104	150/90	15600	1.1 V3	0.2 V2

Interpretation

Ref. Doctor: ---

Doctor: ---

SCHILLER
The Art of Diagnostics

(Summary Report edited by User)
Cardiofit CS-20 Version:3.5

<< Cornelius >>

Normal Sinus Rhythm,
Cardiac electric axis normal.

Report read physician-confirms



Physician:

AUTO 10mm/mV

10mm/mV

