Patient Name: JAVED YAQOOB MUHAMMAD
File No: 25021402
Age: 42y 8m 26d
Gender : Male
Nationality: Pakistan

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	Surname/ Forenames MR. JAVED YAQOOB
PLEASE COMPLETE YOUR PERSONAL DETAILS IN BLOCK CAPITALS	**Nationality** PAKISTANI
Mobile No. 79149781 **Home/Leave Address:** PAKISTAN	**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: 5

Reason for Examination (tick as appropriate)

Periodic Medical Examination ☑ Final / Retirement ☐ Other Reason ☐

Employee only

B Present Job and Location: MARMUL Next Job and Location: driver.

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 your taken in the past?		✓		
Do you smoke? If yes, what and how much each day?			✓	2 per week
Do you drink alcohol? If yes, what is your average weekly intake?		✓		
Have you ever taken elicited/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: 28/12/25 **Signature of Applicant:**

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Patient Name: JAVED YAQOOB MUHAMMAD
File No: 25021402
Age: 42y 8m 26d
Gender: Male
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FOR COMPLETION BY EXAMINING DOCTOR 42 Y - male no/PMH

Further details of medical history and recreational activities:
oR drugs allergy.

N = Normal A = Abnormal (please describe)

N	A		PHYSICAL EXAMINATION
N		1. Eyes & Pupils	
N		2. E.N.T.	
N		3. Teeth & Mouth	
N		4. Lungs & Chest	
N		5. Cardiovascular System	
N		6. Abdo. Viscera	
N		7. Hernial Orifices	
N		8. Anus & Rectum	
N		9. Genito-urinary	
N		10. Extremities	
N		11. Musculo-skeletal	
N		12. Skin & Varicose Vns.	
N		13. C.N.S.	

HEIGHT cm	WEIGHT kg	BMI	B.P.	PULSE	HEARING	VISION
163 cm	56 kg	21	125/84	62 /mins.	L N R N	DISTANT R L / NEAR R L Uncorrected 6 6 / 6 6 Corrected 6 6 / 6 6

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

OTHER FINDINGS (Physique, scars, disabilities, mental stability including behaviour, etc.)
Mild DLP - Asymptomatic UTI life style modification

ASSESSMENT AND RECOMMENDATIONS:
☑ FIT ALL AREAS ☐ FIT WITH RESTRICTION ☐ TEMPORARY UNFIT ☐ UNFIT

Date: 28/12/2025 Name (Block Capitals): Dr. Ali Ghallah Signature:

REVIEW/CONSULTATION

Date: Name (Block Capitals): Dr. Signature:

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مستشفى النيل

Patient Name: JAVED YAQOOB MUHAMMAD
File No: 25021402
Age: 42y 8m 26d
Gender : Male
Nationality: Pakistan

Employee Data	DATE 28/12/25
NAME: MR. JAVED YAQOOB	Company: PDO
ID No. 102303704	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.

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P.O.Box: 300
Nizwa, P.C. 611
Sultanate of Oman

ص.ب: ٣٠٠
الرمز البريدي: ٦١١ نزوى
سلطنة عمان

Patient Name: JAVED YAQOOB MUHAMMAD
File No: 25021402
Age: 42y 8m 26d
Gender : Male
Nationality: Pakistan

Alnile Hospital
مستشفى النيل

Fitness to Work Certificate

Employee Data				
Last Name YAQOOB MUHAMMAD			First Name JAVED	
I.D No. 1023037 04	Age 42		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 Guidence 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		Diving	
Other(Specify)			
These restrictions are permanent			
These restrictions are temporary until		(Date)	
Temporary Unfit until		(Date)	
Permanently Unfit			

Date 28/12/2025	Signature

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SULTANATE OF OMAN
102303704

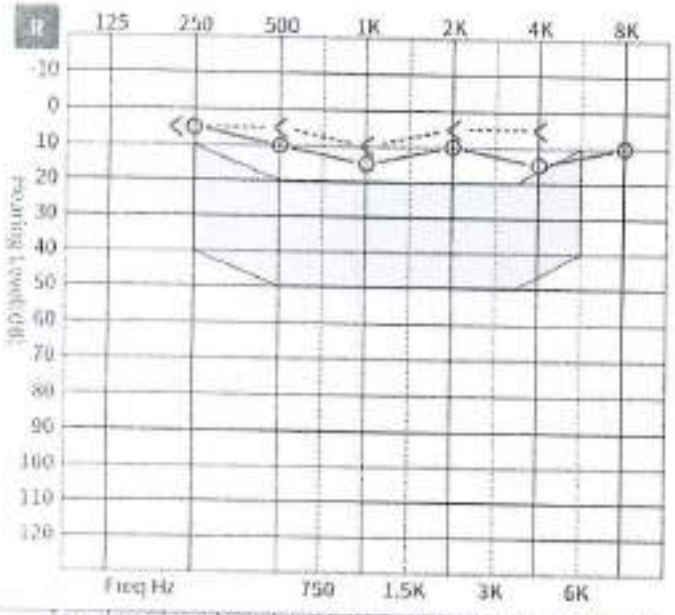
Alnile Hospital
مستشفى النيل

Patient Name: JAVED YAQOOB MUHAMMAD
File No: 25021402
Age: 42y 8m 26d
Gender : Male
Nationality: Pakistan

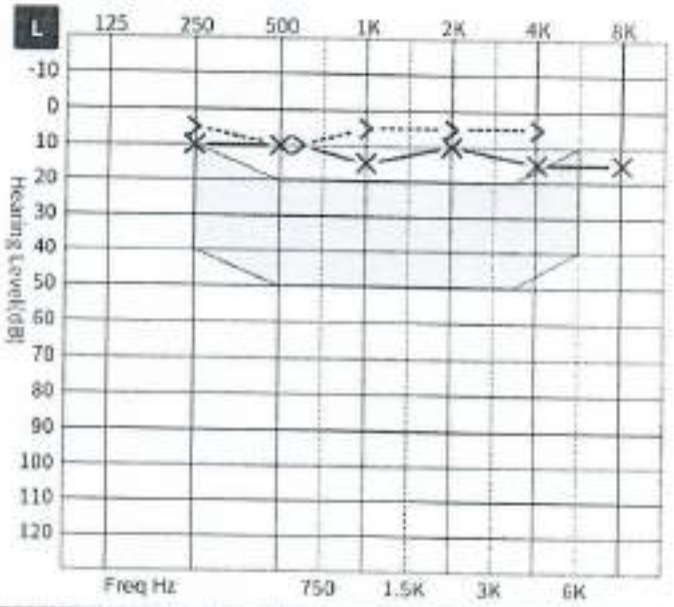
PTA Test Report

ID:25021402
Gender:Male

Name:JAVED YAQOOB MUHAMMED
Age:42Y



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



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

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

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Test Date:2025-12-27 21:47

Printing Date:2025-12-27 21:47

Examiner:_____

Welison

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مستشفى النيل

Patient Name: JAVED YAQOOB MUHAMMAD
File No: 25021402
Age: 42y 8m 26d
Gender : Male
Nationality: Pakistan

Estimated 10-year Global CVD Risk

13.2%

Risk Category

Moderate Risk

Estimated Vascular Age

60 Years

Treatment Guidelines

ATP-III (2004)

Treatment Targets
LDL <130 mg/dL (<3.37 mmol/L)
Non-HDL <160 mg/dL (<4.14 mmol/L)

CCS (2009)

Initiate Pharmacotherapy if
LDL >3.5 mmol/L (>135 mg/dL)
TChol/HDL-C >5 mmol/L (>193 mg/dL)
hsCRP >2 mg/L in men >50 years and women >60 years
FHx and moderate risk hsCRP

Treatment Targets
LDL <2 mmol/L (<77 mg/dL) or ≥50 % decrease in LDL-C
apoB <0.8 g/L (80 mg/dL)

ESC (2007, see Info for more)

Treatment Targets
LDL <3 mmol/L (<120 mg/dL)
TChol <5 mmol/L (<194 mg/dL)

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Alnile
Medical Complex
مجمع النيل الطبي

P.O.BOX:300, POSTAL CODE – 611 NIZWA, SULTANATE OF OMAN C.R.NO.1128642
PH : 25426665, 25426228 \ WHATSAPP:94146648
Instagram:https://www.instagram.com/alnile_medical

Lab Report

Patient Name:	JAVED YAQOOB MUHAMMAD			**Date:**	28/12/2025 09:50:10
File No:	25021402	**Age/Gender:**	42y 8m 26d / M	**Sid No:**	Bill#59580
Payer Name:				**Collection Date & Time:**	28/12/2025 09:19:26
Insurance Card No:	--			**Received Date & Time:**	28/12/2025 09:50:10
Doctor:	Dr. Ali Mohammad Ghassah			**Reported Date & Time:**	28/12/2025 10:17:15
Billing Time:	28/12/2025 09:01:38	**Mobile:**	79149781	**Id Card No.:**	102303704

Test Name	Result	Biological Reference
BLOOD SUGAR FASTING	4.96 mmol/m	3.3 - 6.1
SGPT	18.3 U/L	< 41.0
SGOT	16.5 U/L	< 40.0
BILIRUBIN TOTAL	0.405 mg/dl	< 1.1
ALKALINE PHOSPHATASE	74.7 U/L	35.0 - 104.0
URIC ACID	6.33 mg/dl	3.4 - 7.0
CREATININE	1.04 mg/dl	0.7 - 1.4
UREA	31.1 mg/dl	15.0 - 45.0
TRIGLYCERIDE	**168.0 mg/dl**	40.0 - 160.0
CHOLESTEROL	236.0 mg/dl	< 200.0
HDL CHOLESTEROL	**35.6 mg/dl**	40.0 - 60.0
LDL CHOLESTEROL	166.8 mg/dl	< 150.0
ESR(AUTOMATED)	1.0 mm/hr	< 15.0
Complete Blood Count		
Haemoglobin	16.1 mg/dl	13.0 - 18.0
Total leucocyte count	6,350.0 Cells / Cumm	3,999.0 - 11,000.0
Differential count		
Neutrophil	56.0 %	40.0 - 75.0
Lymphocytes	29.3 %	15.0 - 45.0
Eosinophils	7.1 %	1.0 - 6.0
Monocyte	6.7 %	2.0 - 8.0
Basophils	0.9 %	< 10.0
Packed cell volum	50.2 %	< 54.0
RBC count	**5.65 millions/mm**	4.5 - 5.5
MCV	88.8 fl	81.8 - 95.5
MCH	28.5 pg	27.0 - 32.3
MCHC	**32.1 g/dl**	32.4 - 35.0
Platelet count	192,000.0 Cumm	150,000.0 - 450,000.0
RDW-CV	12.6 %	11.0 - 16.0
RDW-SD	40.6 fl	35.0 - 56.0
URINE ANALYSIS		
Color	Yellow	-
Transparancy	Clear	-

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Test Name	Result	Biological Reference
Specific Gravity	1.01	-
PH	Alkaline	-
Glucose	NIL	-
Acetone	NIL	-
Bliriubin	NIL	-
Blood	NIL	-
Urobilinogen	NIL	-
Protein	NIL	-
Nitrate	NIL	-
Leukocyte	NIL	-
Pus cells	4-7	-
Erythrocytes	2-4	-
Sequamous Epithelial Cell	Few	-
Crystal	NIL	-
Cast	NIL	-
Bacteria	NIL	-
Others	NIL	-

2025-12-28 10:30:33
End of Report

Technician: Hajar Mohammed
Hussin Mousa
License No: 9245

مستشفى النيل
AL NILE HOSPITAL

Test: PDO FITNESS TO WORK(41-50
Name: JAVED YAQOOB MUHAMMAD
File No: 25021402 Age/Sex: 42(Y) / M
Date: 2025-12-28 Specimen ID: 59580

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2025-12-28 09:43:15
Name :JAVED YAQOOB MUHAMMAD
Sex :Male Age :42
Section: DR.ALI
RoomID:
BedID:
ID:
Operator: DAINY

Data for reference only:

HR	bpm	:	60
PR Interval	ms	:	175
P Duration	ms	:	119
QRS Duration	ms	:	79
T Duration	ms	:	197
QT/QTc	ms	:	367/367
P/QRS/T Axis	deg	:	53.2/103.2/31.6
R(V5)/S(V1)	mV	:	1.05/0.00
R(V5)+S(V1)	mV	:	1.05

<< Conclusions >>

Normal Sinus Rhythm;
Longitudinal Right axis deviation.

Report need physician confirm

Physician:

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