



Appendix 32: EX1 Form (Initial Examination Report)

INITIAL EXAMINATION REPORT (MEDICAL – CONFIDENTIAL)

Petroleum Development Oman
MEDICAL DEPARTMENTPLEASE COMPLETE YOUR PERSONAL
DETAILS IN BLOCK CAPITALS

Surname		Forenames		Address		Home telephone number	
Place of examination		Date		Forenames		Religion	
If a dependant enter employee's name here:		Country of birth		Relationship to employee		Number of children	
Surname		Forenames		Wife		Son	
Birth date		Nationality		Separated / Divorced		Daughter	
☒ Male ☐ Female		☒ Married ☐ Single		☐ Wife ☐ Son		☐ Daughter	
Reason for examination		Pre-Employment		Job		Number of children	
Pre-Overseas		Area		CRENT OPERATOR		4	
Name and address of family doctor		List your last 3 jobs		JEHNAIN			
		(1)					
		(2)					
Are you a Registered Disabled Person? (UK only)		Do you belong to any Medical Insurance Scheme?					
DO YOU HAVE OR HAVE YOU HAD:- (Tick "Yes" or "No" column or put a (?) if uncertain exclude minor ailments.)							
Y N		Y N		Y N		Y N	
1. Sinus trouble		21. Cancer		40. Rejected for employment or insurance for medical reasons			
2. Neck swelling/glands		22. Heart Disease		41. Awarded benefits for industrial injury/illness			
3. Difficulty in vision		23. Rheumatic fever		42. Treated for a mental condition, e.g. depression			
4. Any ear discharge		24. Abnormal heartbeat		43. Treated for problem drinking or drug abuse			
5. Asthma/bronchitis		25. High blood pressure		44. Exposed to toxic substance or noise			
6. Hayfever/other significant allergy		26. Stroke		FOR WOMEN ONLY			
7. Any skin trouble		27. Serious chest pain		Have you ever had:-			
8. Tuberculosis		28. Any blood disease		45. An abnormal smear			
9. Shortness of breath		29. Kidney disease		46. Any gynaecological treatment			
10. Coughed/vomited blood		30. Blood in urine		47. Are you pregnant?			
11. Severe abdominal pain		31. Diabetes		48. HAVE YOU HAD AN ILLNESS NOT MENTIONED ABOVE			
12. Stomach ulcer		32. Headaches/migraine					
13. Recurrent indigestion		33. Dizziness/fainting					
14. Jaundice or hepatitis		34. Epilepsy					
15. Gall Bladder disease		35. Joints/spinal trouble					
16. Marked change in bowel habits		36. Surgical operation					
17. Blood in stools (motions)		37. Serious accident/fracture					
18. Marked change in weight		38. Tropical disease					
19. Varicose veins		39. Fear of heights					
20. Lump in breast/armpit							
How much tobacco each day?		Average daily alcohol consumption					
Have you ever taken illicit drugs? () PDO test all new/potential employees for illicit/recreational drugs							
FAMILY HISTORY: Diabetes () Tuberculosis () Epilepsy () Asthma () Eczema ()							
Heart disease () High blood pressure () Stroke () Blood Disease () Cancer ()							
PLEASE READ THE FOLLOWING STATEMENT AND IF YOU AGREE KINDLY SIGN IT:-							
I declared these statements to be true to the best of my knowledge and belief and I agree that the result of this medical examination in general terms may be revealed to the Company if required, and the details sent to my own doctor if this is considered necessary by the examining medical officer. I am also aware that PDO reserve the right to dismiss me if it was found that I have purposely withheld important medical information.							
Date: 16.03.2024		Signature of Applicant: Balwinder Singh					





FOR	COMPLETION	BY	EXAMINING	DOCTOR	OR	NURSE
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.	PULSE	HEARING	VISION
174cm	80kg	26.4	140/88	66/min.	L2 R2	DISTANT R L Uncorrected Corrected 6/6 4/6
					NEAR R L N N	Colour Vision N
N	A	LABORATORY AND OTHER SPECIAL INVESTIGATIONS			N	A
/		1. Urinalysis			/	7. Audiogram
/		2. Hb, Bloodcount, ESR			/	8. Lung Function
/		3. IFT, 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.)						
ASSESSMENT:						
☒ FIT ALL AREAS ☐ FIT WITH RESTRICTION ☐ TEMPORARY UNFIT ☐ UNFIT						
FIT						
Date:		Name (Block Capitals): Dr. / Nurse			Signature:	
REVIEW/CONSULTATION						
Date:		Name (Block Capitals): Dr. / Nurse			Signature:	
DR. ASWATHY RAVI General Practitioner MDL Lic. No: 20556 Mmc Specialty Hospital, Al Hall						

DEPARTMENT OF LABORATORY MEDICINE

File No: 50035793	Report No: 0115335
Name: BALWINDER SINGH	Sample Date: 16/03/2024 Time: 7:49
Address:	Received By:
Gender: M Age: 43 Y Nationality: INDIAN	Received Date: Time:
GSM No.: 79412108 ID Card No.: 08873892	Report Date: 16/03/2024 Time: 13:10
Ref By: DR FRFAN GHODJANI	Bill No: 0292481 Bill Date: 16/03/2024

INVESTIGATION	RESULT	REFERENCE RANGE
PDO PACKAGE ABOVE 40 YEARS		
RANDOM BLOOD SUGAR	5.03 mmol/L	4.11 -7.9mmol/L
CREATININE	91.00 µ mol/L	Adults: MALE: 62 – 106 µ mol/L FEMALE: 44 - 80 µ mol/L
SGPT (ALT)	32.40 U/L	MALE : up to 41 U/L, FEMALE : up to 33 U/L
TOTAL WBC COUNT	5.79 x 10 ³ / µL	4.00-11.00 x 10 ³ / µL
DIFFERENTIAL COUNT		
NEUTROPHIL (%)	57.70 %	40-75%
LYMPHOCYTE (%)	33.50 %	20-45%
MONOCYTE (%)	6.17 %	2-8%
EOSINOPHIL (%)	1.38 %	1-6%
BASOPHIL (%)	1.24 %	0-1%
ERYTHROCYTE SEDIMENTATION RATE	02 mm/1st hr	MALE:0-15 mm/ 1st hr FEMALE:0-20 mm/ 1st hr
HAEMOGLOBIN	13.60 gm/dl	Male : 13 -18 gm/dl Female:11-15 gm /dl children upto 1year-11.0 - 13.0 gm /dl upto12years-11.5 - 14.5 gm /dl cord blood:13 -19.5 gm /dl
SICKLE CELL	NEGATIVE	
Method : Solubility test (If Positive , Hb Electrophoresis / HPLC to be done to confirm Sick cell anaemia / Trait).		
URINE ROUTINE		
URINE BIOCHEMISTRY		
URINE GLUCOSE	NEGATIVE	NEGATIVE
URINE PROTEIN	NEGATIVE	NEGATIVE
URINE KETONE	NEGATIVE	NEGATIVE

Verified By:

Approved By:



10589

Lab Technologist

Specialist Pathologist

MOH License No: 17978
Electronically signed at 3/16/2024 1:11:00



NMC Healthcare LLC
C.R. No: 1058937
P.O. Box 294, Muscat 116
Sultanate of Oman

DEPARTMENT OF LABORATORY MEDICINE

File No: 50035793	Report No: 0115335
Name: BALWINDER SINGH	Sample Date: 16/03/2024 Time: 7:49
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Ref By: DR FRFAN GHODJANI	Bill No: 0292481 Bill Date: 16/03/2024

INVESTIGATION	RESULT	REFERENCE RANGE
URINE BILIRUBIN	NEGATIVE	NEGATIVE
NITRITE	NEGATIVE	NEGATIVE
URINE PH	6.0	4.6-8.0
SPECIFIC GRAVITY	1.030	1.010-1.030
BLOOD	NEGATIVE	NEGATIVE
UROBILINOGEN	NORMAL	NORMAL
URINE MACROSCOPY		
COLOUR	YELLOW	
APPEARANCE	CLEAR	
URINE MICROSCOPY		
RBC	NIL /hpf	0-3
PUSCELLS	1-2 /hpf	0-5
EPITHELIAL CELLS	0-1 /hpf	NIL
CRYSTAL	NIL /hpf	NIL
CAST	NIL /hpf	NIL
BACTERIA	NIL	NIL
MUCOUS THREAD	NIL	NIL
LIPID PROFILE		
TOTAL CHOLESTEROL	4.59 mmol/L	< 5.18 mmol/L
HDL	1.11 mmol/L	>1.5 mmol/L
TRIGLYCERIDES	2.21 mmol/L	Desirable : <2.083 mmol/L Borderline high : 2.83 - 5.67 mmol/L Hypertriglyceridemia >5.65 mmol/L
LDL	2.97 mmol/L	< 2.6 mmol/L
VLDL	1 mmol/L	0.128-0.645mmol/L

Verified By:

Approved By:



10589

Lab Technologist

Specialist Pathologist

MOH License No: 17976

Electronically signed at: 3/16/2024 1:11:05

Printed at: 16/03/2024 8:28:22 AM



NMC Healthcare LLC

C.R.No. 1558133

Post Box 294 Street 116

Ras Al Khaima - P.O. Box 14144

DEPARTMENT OF LABORATORY MEDICINE

File No: 50035793	Report No: 0083004
Name: BALWINDER SINGH	Sample Date: 15/04/2023 Time: 8:13
Address:	Received By:
Gender: M Age: 42 Y Nationality: INDIAN	Received Date: Time:
GSM No.: 79412108 ID Card No.: 68873892	Report Date: 15/04/2023 Time: 10:25
Ref. By: DR NADIA FAHAD	Bill No: 0226698 Bill Date: 15/04/2023
	Report Status: Final

INVESTIGATION	RESULT	REFERENCE RANGE
CRP	1.35 mg/l	< 5.0 mg / l

Verified By:



10577

Lab Technologist

Approved By:



DR ROSE MARY

Specialist Pathologist

MOH License No: 18178

Electronically signed at: 4/15/2023 10:25:00

Electronically signed at: 15/04/2023 10:59:00



NMC Healthcare LLC

C.R. No: 1058137

File No: 254, Dhaka 216

Subsidiary of NMC Healthcare

AUDIOMETRY REPORT

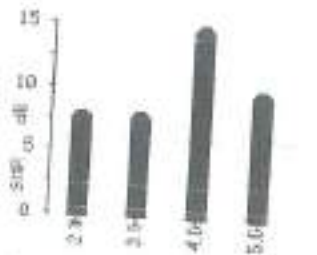
Name of the Patient Balwinder Singh

Age 43y Sex M MRN 50035793 Date of Test 16/3/2021

U107.05
16-MAR-24 10:31
DP 4s 4 sec aug
SN: G11005649 G12010404

NAME:

Left: Pass

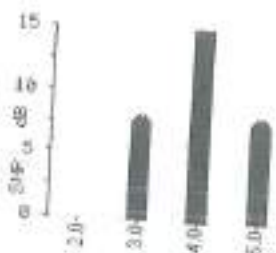


F2	L1	L2	DP	NF	SNR	P
2.0	65	55	14	-14	8	P
3.0	65	55	14	-17	8	P
4.0	65	55	14	-18	15	P
5.0	65	55	14	-18	10	P

U107.05
16-MAR-24 10:31
DP 4s 4 sec aug
SN: G11005649 G12010404

NAME:

Right: Pass



F2	L1	L2	DP	NF	SNR	P
2.0	65	55	16	-13	3	P
3.0	65	55	11	-18	8	P
4.0	65	55	2	-17	16	P
5.0	64	55	10	-18	8	P



NMCOMAN/DOC/NSG/75

Signature
10856

Signature of the Technician



Pulmonary Function Report

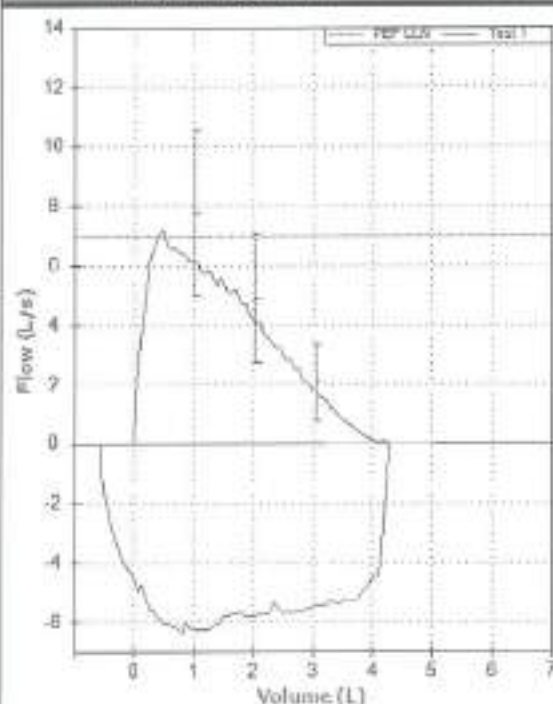
Subject Information

ID:	2024076_100649175	Alternate ID:	50035793	Middle Name:	
Last Name:	Singh	First Name:	Balwinder	Date of Birth:	07/12/1980
Population:	Asian	Gender:	Male	Weight:	80.0 kg
Age:	43	Height:	174 cm		
BMI:	26.4	Smoking:	Non Smoker		

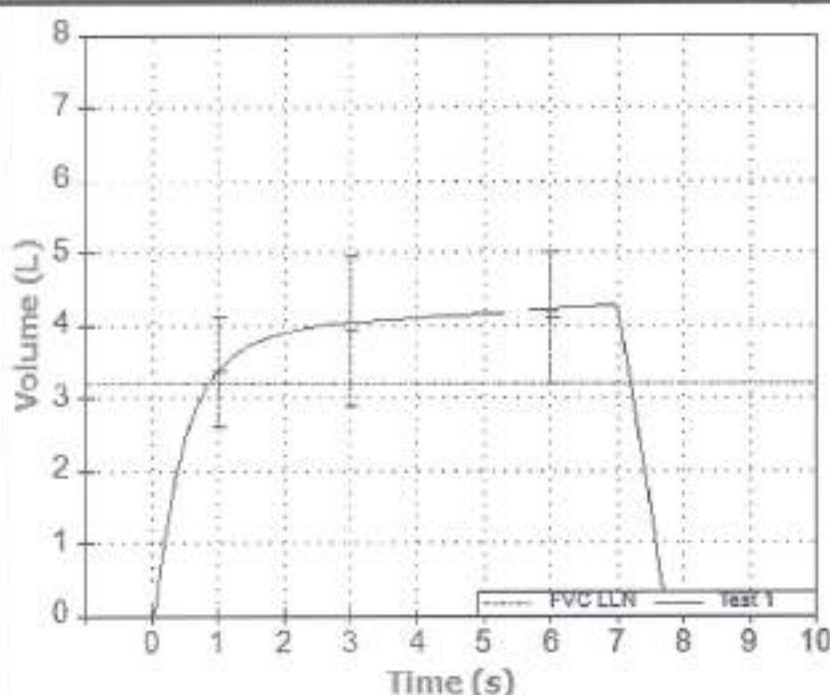
Test Session Information

Test Date:	16/03/2024 10:08	Device:	ALPHA Touch	Serial Number:	32166
No. of Tests:	2	Accuracy Chk:	30/05/2019 15:42	User:	Administrator
Pred. Values:	ERS 93	Pred. Factor:	80%	Posture:	Sitting

Flow/Volume Graph



Volume/Time Graph



Results

Parameter	Pred	LLN	Best	% Pred.	Z-Score
FVC (L)	4.10	3.20	4.27	104	0.31
FEV1 (L)	3.38	2.67	3.42	101	0.09
FEV1 Ratio	0.79	0.68	0.71	90	-1.19
FEV6 (L)	4.10	3.20	4.23	103	0.24
PEF (L/min)	539	420	457	85	-1.14
FFV25-75 (L/s)	4.23	2.52	3.24	77	-0.95

Values at BTPS, *Below lower limit of normality (LLN)

Session Quality and Repeatability Information

FVC Session Grade	FVC Rep:	FEV1 Rep:	Slow Start of test	End of test criteria not achieved	Cough detected in 1st second
C	0.17 L (4.0%)	0.27 L (7.9%)	0 blow(s)	0 blow(s)	0 blow(s)

Computer Suggested Interpretation

Computer interpretations cannot be relied upon for diagnosis. Normal ventilatory function.

Reference Pictogram





nmc specialty hospital,al-hail

P.O BOX : 613, Postal Code : 133
al-hail
24269222

Fitness Certificate

Empno:

Date of issue : 16/03/2024

Ref No : 0000031/FIT/NMC/2024

This is to certify that Mr. / Mrs. *BALWINDER SINGH* with file no 50035793 and Resident card no. 68873892 was *Examined* at *nmc specialty hospital,al-hail* on 16/03/2024 and will be *FIT TO WORK (MEDICALLY FIT)* from the medical point of view starting from 16/03/2024

DIAGNOSIS

Remarks

TMT:NEGATIVE FOR ISCHEMIA

DR ERFAN GHOODJANI

Place: *nmc specialty hospital,al-hail*

(Hospital Seal)

Signature

E. Ghodjani



BALWINDER SINGH
50035793
Bruce

Exam Start
Print Time: 3/16/2024 9:42:08 AM
Date of Birth:
Gender: Male

--- MPH
---%

RATE 73
BP ---/---



SINGH, BALWINDER
50035793

Patient Information

3/16/2024 9:42:12 AM

Bruce

ID: 50035793

Second ID:

Admission ID:

Date of Birth:

Height: 174 cm

Gender: Male

Age: 43 Years

Weight: 80 kg

Race: Unknown

Indications
test

Medications
NIL

Referring Physician: DR ERHAN

Location: NMC ALHAIL

Procedure Type: TMT

Attending Phy: DR ERHAN

Target HR: 150 bpm (85%)

Reasons for end: Target HR ACHIEVED METS

Technician: ANEESH

Max HR(%MPHR): 173 bpm (97%)

Symptoms: NO CHEST PAIN

Diagnosis

Notes

Conclusions

The patient was tested using the Bruce protocol for a duration of 09:46 min:ss and achieved 10.6 METs. A maximum heart rate of 173 bpm with a target predicted heart rate of 115% was obtained at 09:30. A maximum systolic blood pressure of 180/70 was obtained at 08:30 and a maximum diastolic blood pressure of 179/86 was obtained at 12:06. A maximum ST depression of -2.1 mm in aVR occurred at 10:10. A maximum ST elevation of +5.3 mm in V2 occurred at 10:00. The patient reached target heart rate with appropriate heart rate and blood pressure response to exercise. No significant ST changes during exercise or recovery. No evidence of ischemia. Normal exercise stress test.

Reviewed by:

UNCONFIRMED REPORT

Signed by:

Date:

DR ERHAN
Specialist Cardiology
NMC ALHAIL
3/16/2024



SINGH, BALWINDER
50035793

Exam Summary

3/16/2024 9:42:12 AM

Bruce

Summary

Exercise Time: 09:46
Leads with 100uV ST: I, II, III, aVR, aVF, V2, V3, V4, V5, V6
PVCs: 0
Duke Treadmill Score: -6

Max Values

Speed: 4.2 MPH
Grade: 16 %
METs: 10.6
HR: 173 BPM
SBP: 180/70 mmHg
DBP: 179/86 mmHg
HR*BP: 29880 BFM * mmHg
ST/HR Index: 0.41 uV/dpm if V6 at 06:30

Max ST

ST elevation: 5.3 mm in V2 at 10:00
ST depression: -2.1 mm in aVR at 10:10

Max ST Changes

ST elevation change: 3 mm in V3 at 10:00
ST depression change: -1.1 mm in V5 at 06:20

STAGE SUMMARY

ST measurement based on J150hrs

ST LEVEL (mm)

	Speed (MPH)	Grade (%)	HR (bpm)	BP (mmHg)	METs	HR*BP	I	II	III	aVR	aVL	aVF	V1	V2	V3	V4	V5	V6
BP	0.0	0.0	71	134/72	-	9514	0.6	1.1	0.4	-0.9	0	0.8	0.1	2.7	1.8	1.3	0.9	0.6
START EXE	0.0	0.0	68	-	-3	-	0.6	1	0.4	-0.9	0	0.7	0	2.7	1.7	1.2	0.9	0.5
BP	1.7	10.0	-29	178/52	4.7	22982	0.6	0.9	0.2	-0.8	0.1	0.5	0.1	2.8	2.1	1.3	0.7	0.3
STAGE 1	1.7	10.0	125	-	4.7	-	0.5	0.9	0.3	-0.8	0.1	0.6	0.2	2.9	2.3	1.4	0.8	0.4
BP	2.5	12.0	145	172/76	7.1	24940	0.4	0.6	0	-0.6	0.1	0.4	0.2	2.6	2	1	0.3	0
STAGE 2	2.5	12.0	147	-	7.1	-	0.5	0.7	0	-0.7	0.1	0.4	0.1	2.5	2	0.9	0.4	0.1
BP	3.4	14.0	166	180/70	10.3	29880	0.7	0.6	-0.1	-0.7	0.3	0.2	0.3	3.7	3	1.4	0.3	0
STAGE 3	3.4	14.0	169	-	10.3	-	0.8	0.8	0	-0.9	0.3	0.4	0.3	3.9	3.1	1.6	0.4	0
Treadmill Stopped	0.0	0.0	170	-	10.6	-	0.7	0.4	-0.3	-0.6	0.5	0	0.3	3.8	3.1	1.3	0.1	-0.2
Peak	0.0	0.0	163	-	9.7	-	1	1.4	0.4	-1.3	0.3	0.9	0.2	4.6	3.8	2.2	0.9	0.3
BP	0.0	0.0	99	179/86	5.5	17721	0.6	1	0.4	-0.9	0	0.7	0.3	2.5	2	1.1	0.5	0.2
BP	0.0	0.0	94	165/84	3.1	15310	0.3	0.5	0.1	-0.5	0.1	0.3	0.2	1.9	1.3	0.5	0.1	0
END REC	0.0	0.0	95	-	1.9	-	0.3	0.4	0.1	-0.4	0	0.2	0.2	2	1.2	0.5	0.1	0



OPAL FTW - Balwinder Singh#6826

Muatasim Al Mandhari <Muatasim@truckomangroup.com>

Fri 3/15/2024 7:42 PM

To: Customercare Hail [NMC Oman] <customercare.hail@nmcoman.com>

Cc: Davis George <davis@truckomangroup.com>; Sahaya Jayaraj <Sahaya@truckomangroup.com>; Jeyasingh <jeyasingh@truckomangroup.com>

This email was sent from a source outside of NMC

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NMC Team,

Could you please arrange OPAL FTW tomorrow 16 Mar 2024 for Balwinder Singh#6826 and share report later.

Regards,

Muatasim AL-Mandhari

TER HSE Advisor

M: +968 96868848

E: muatasim@truckomangroup.com



Framingham Risk Score (2008)

Questions

1. Gender? Male
2. Age? 40-44
3. Total Cholesterol? 4.14-5.15 ...
4. HDL? 0.9-1.16 m...
5. Systolic Blood Pressur... 140-149 m...
6. On Medication for Hy... No
7. Smoker? No
8. Diabetic? No
9. Known Vascular Disea... No

About

The FRS estimates the 10 year risk of manifesting clinical CVD (CAD, Stroke, PVD, CHF, cardiac death). Although not examined in the 2008 model, it is common practice to double the FRS if there is a FHx of premature CAD in a 1st degree relative (men <55y, women <65y).

*The risk stratification tool for the ESC is the SCORE system which estimates 10y risk of CVD death. Patients with a 10y risk of CVD death $\geq 5\%$ are considered high risk. The lipid guidelines recognize risk equivalents as a distinct category that warrant immediate treatment. For patients with an ESC SCORE $\geq 5\%$ a 3 month trial of lifestyle measures is a reasonable starting point. If after 3 months the lipids remain above moderate risk targets and the SCORE remains $\geq 5\%$ then intensive therapy to reach high risk targets is recommended.

Results

[Copy Results](#)

Estimated 10-year Global CVD Risk

7.9%

Risk Category

Low Risk

Estimated Vascular Age

51 Years

Treatment Guidelines

ATP-III (2004)

Treatment Targets

LDL <160 mg/dL (<4.14 mmol/L)

Non-HDL <190 mg/dL (<4.93 mmol/L)

CCS (2009)

Initiate Pharmacotherapy if

LDL >5 mmol/L (>193 mg/dL)

TChol/HDL C >6 mmol/L (>231 mg/dL)

Treatment Targets

$\geq 50\%$ decrease in LDL C

ESC (2007, see Info for more)

Treatment Targets

LDL <3 mmol/L (<120 mg/dL)

TChol <5 mmol/L (<194 mg/dL)

Created by  QxMD

