



Al Nile Hospital

مستشفى النيل

Patient Name : Mr Bahinder Singh
 Mobile No. : 72065445
 DOB & Gender : 07/12/1980, Male
 Registration Date : 05-03-2026



ALNILE-11841

PLEASE COMPLETE YOUR PERSONAL DETAILS IN BLOCK CAPITALS		Surname/Forenames <i>Bahinder Singh.</i>	Nationality
Mobile No. <i>72065445</i>	Home/Leave Address: <i>INDIAN</i>	Company Number:	Reference Indicator:
Personal Details			
A <input checked="" type="checkbox"/> Male <input type="checkbox"/> Female		<input checked="" type="checkbox"/> Married <input type="checkbox"/> Single <input type="checkbox"/> Separated / Divorced / Widow(er)	
Home/Leave Address:		Relationship to employee <input type="checkbox"/> Wife <input type="checkbox"/> Son <input type="checkbox"/> Daughter	No. of children <i>4</i>
Reason for Examination (tick as appropriate)			
Periodic Medical Examination <input checked="" type="checkbox"/>		Final / Retirement <input type="checkbox"/>	Other Reason <input type="checkbox"/>
Employee only			
B Present Job and Location: <i>Crane Operator / Nizwa</i>		Next Job and Location: <i>Crane Operator / Nizwa</i>	
Are you a registered person with special needs? <input type="checkbox"/>		Do you belong to any Medical Insurance Scheme? <input type="checkbox"/>	
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?	<input checked="" type="checkbox"/>		
1 Ear, nose, eye or throat problems	<input checked="" type="checkbox"/>		
2 Chest problems like asthma, bronchitis, other bad cough	<input checked="" type="checkbox"/>		
3 Heart abnormality, chest pains	<input checked="" type="checkbox"/>		
4 Abdominal pains, abnormal bowel motions	<input checked="" type="checkbox"/>		
5 Urogenital problems (kidney disease, menstrual disorder)	<input checked="" type="checkbox"/>		
6 Skin trouble or allergies	<input checked="" type="checkbox"/>		
7 Epileptic fits, dizzy spells or migraine	<input checked="" type="checkbox"/>		
8 History of mental illness, depression anxiety	<input checked="" type="checkbox"/>		
9 Diabetes, thyroid disease	<input checked="" type="checkbox"/>		
10 Blood disorder e.g., anaemia, blood cancer e.g., leukaemia	<input checked="" type="checkbox"/>		
11 Any history of accidents or fractures	<input checked="" type="checkbox"/>		
12 Have you had any serious allergies	<input checked="" type="checkbox"/>		
13 Do any dependants have a significant ongoing illness?	<input checked="" type="checkbox"/>		
14 Any family history of cancers	<input checked="" type="checkbox"/>		
Do you take any regular medicines, or have your taken in the past?	<input checked="" type="checkbox"/>		
Do you smoke? If yes, what and how much each day?	<input checked="" type="checkbox"/>		
Do you drink alcohol? If yes, what is your average weekly intake?	<input checked="" type="checkbox"/>		
Have you ever taken elicited/recreational drugs?	<input checked="" type="checkbox"/>		
Are you doing regular sports or physical activities?	<input checked="" type="checkbox"/>	<i>walking</i>	
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: <i>5/3/26</i>	Signature of Applicant: <i>Bahinder Singh</i>		





Al Nile Hospital

مستشفى النيل

Patient Name : Mr Balwinder Singh
 Mobile No. : 72066446
 DOB & Gender : 07/12/1980 Male
 Registration Date : 05-03-2026
 ALNILE-11841

FOR COMPLETION BY EXAMINING DOCTOR

Further details of medical history and recreational activities:

N = Normal A = Abnormal (please describe)		PHYSICAL EXAMINATION						
<input checked="" type="checkbox"/>		1. Eyes & Pupils	using glasses					
<input checked="" type="checkbox"/>		2. ENT						
<input checked="" type="checkbox"/>		3. Teeth & Mouth						
<input checked="" type="checkbox"/>		4. Lungs & Chest						
<input checked="" type="checkbox"/>		5. Cardiovascular System						
<input checked="" type="checkbox"/>		6. Abdo. Viscera						
<input checked="" type="checkbox"/>		7. Hemial Orifices						
<input checked="" type="checkbox"/>		8. Anus & Rectum						
<input checked="" type="checkbox"/>		9. Genito-urinary						
<input checked="" type="checkbox"/>		10. Extremities						
<input checked="" type="checkbox"/>		11. Musculo-skeletal						
<input checked="" type="checkbox"/>		12. Skin & Varicose Vns.						
<input checked="" type="checkbox"/>		13. C.N.S.						
HEIGHT cm	WEIGHT kg	BMI	B.P.	PULSE	HEARING L N R N	VISION DISTANT R L NEAR R L Uncorrected Corrected		
172	78	26.37	130/80	70/min.		6/6 6/6 6/6 6/6 2 glasses		
N	A	LABORATORY AND OTHER SPECIAL INVESTIGATIONS				N	A	
<input checked="" type="checkbox"/>		1. Urinalysis					<input checked="" type="checkbox"/>	7. Audiogram
		2. Hb, Blood count, ESR						8. Lung Function
		3. LFT, RFT, RBS	↑ total bilirubin → uric acid					9. Chest X-Ray
		4. Drug Screen	↑ triglycerides				<input checked="" type="checkbox"/>	10. ECG
<input checked="" type="checkbox"/>		5. Lipids (40 years +)					<input checked="" type="checkbox"/>	11. CVS risk for 40 yrs. & above Low risk 7.9%
		6. Sickle Cell test						12. HIV, Hepatitis screening

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

↑ total bilirubin ← uric acid asymptomatic

ASSESSMENT AND RECOMMENDATIONS:

FIT ALL AREAS FIT WITH RESTRICTION TEMPORARY UNFIT UNFIT

ref to int. medicine

Date: 05-05-2026 Name (Block Capitals): Dr. ISLAM SAKR

Signature: Islam Sakr

REVIEW/CONSULTATION

seen by int. medicine - fit for his job.

Date: 08-03-2026 Name (Block Capitals): Dr. ISLAM SAKR

Signature: Islam Sakr





Employee Data	DATE	5/3/26
NAME: <i>Bahinder Singh</i>	Company:	<i>Tank Oman</i>
ID No. <i>68873892</i>	Occupation:	<i>Crane operator</i>

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	• 0
Sitting and talking to someone	• 0
Sitting quietly after a lunch without alcohol	• 0
In a car, while stopped for a few minutes in traffic	• 0

Total Score =

0

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.



Patient Name : Mr Balwinder Singh
 Mobile No. : 72068446
 DOB & Gender : 07/12/1960 Male
 Registration Date : 05-03-2020

 ALNILE-11841




Al Nile
Hospital
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Fitness to Work Certificate

Employee Data		Date	5/3/2026
Last Name <i>Singh</i>		First Name	Balwinder
I.D No.	68873892	Age	45yrs
		Occupation	Crane operator
Type of Medical Evaluation		Mark those applying	
A1 Aircraft refueling	<input type="checkbox"/>	A6 Emergency response team work	<input type="checkbox"/>
A2 Breathing apparatus	<input type="checkbox"/>	A7 Professional driving	<input type="checkbox"/>
A3 Business traveler	<input type="checkbox"/>	A8 Remote location work	<input type="checkbox"/>
A4 Catering and food preparation	<input type="checkbox"/>	A9 Transfers- group A country	<input type="checkbox"/>
A5 Crane or forklift driving	<input type="checkbox"/>	A10 Transfers-group B country	<input type="checkbox"/>

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 <input checked="" type="checkbox"/>	FIT
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	8/3/2026
Signature	<i>Islam Sh</i>
Print Name	





Al Nile Hospital
مستشفى النيل

Patient Name : Mr Balwinder Singh
 Mobile No. : 72065446
 DOB & Gender : 07/12/1960, Male
 Registration Date : 05-03-2026



ALNILE-11841

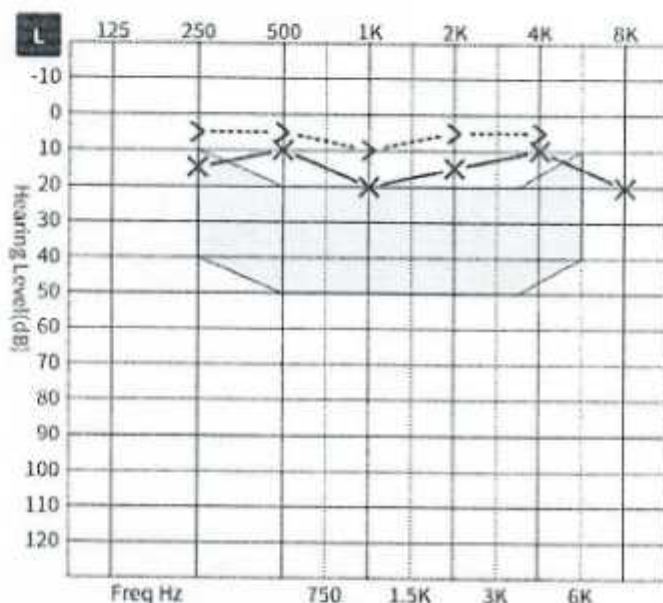
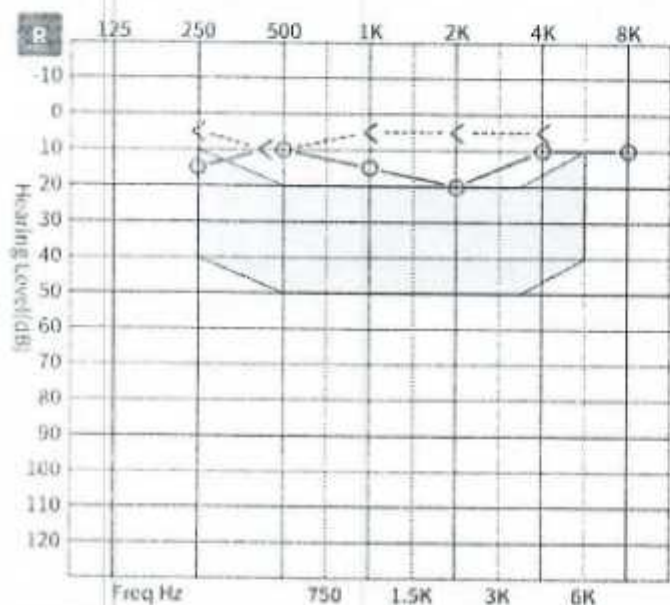
PTA Test Report

ID:11841

Name: BALWINDER SINGH

Gender: Male

Age: 46Y



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

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

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



Test Date: 2026-03-04 21:44

Printing Date: 2026-03-04 21:44

Examiner:

[Handwritten Signature]



AL NILE HOSPITAL

2026-03-04 22:00:06

Name : BALWINDER SINGH

Sex : Male Age : 46

Section : DR. Islam

RoomID :

BedID :

ID :

Operator : thilini

Data for reference only:

HR	bpm	: 60
PR Interval	ms	: 184
P Duration	ms	: 112
QRS Duration	ms	: 74
T Duration	ms	: 200
QT/QTc	ms	: 368/369
P/QRS/T Axis	deg	: 41.6/28.5/29.5
R(V5)/S(V1)	mV	: 1.26/1.03
R(V5)+S(V1)	mV	: 2.30

<< Conclusions >>

Normal Sinus Rhythm;
Longitudinal Left axis deviation.

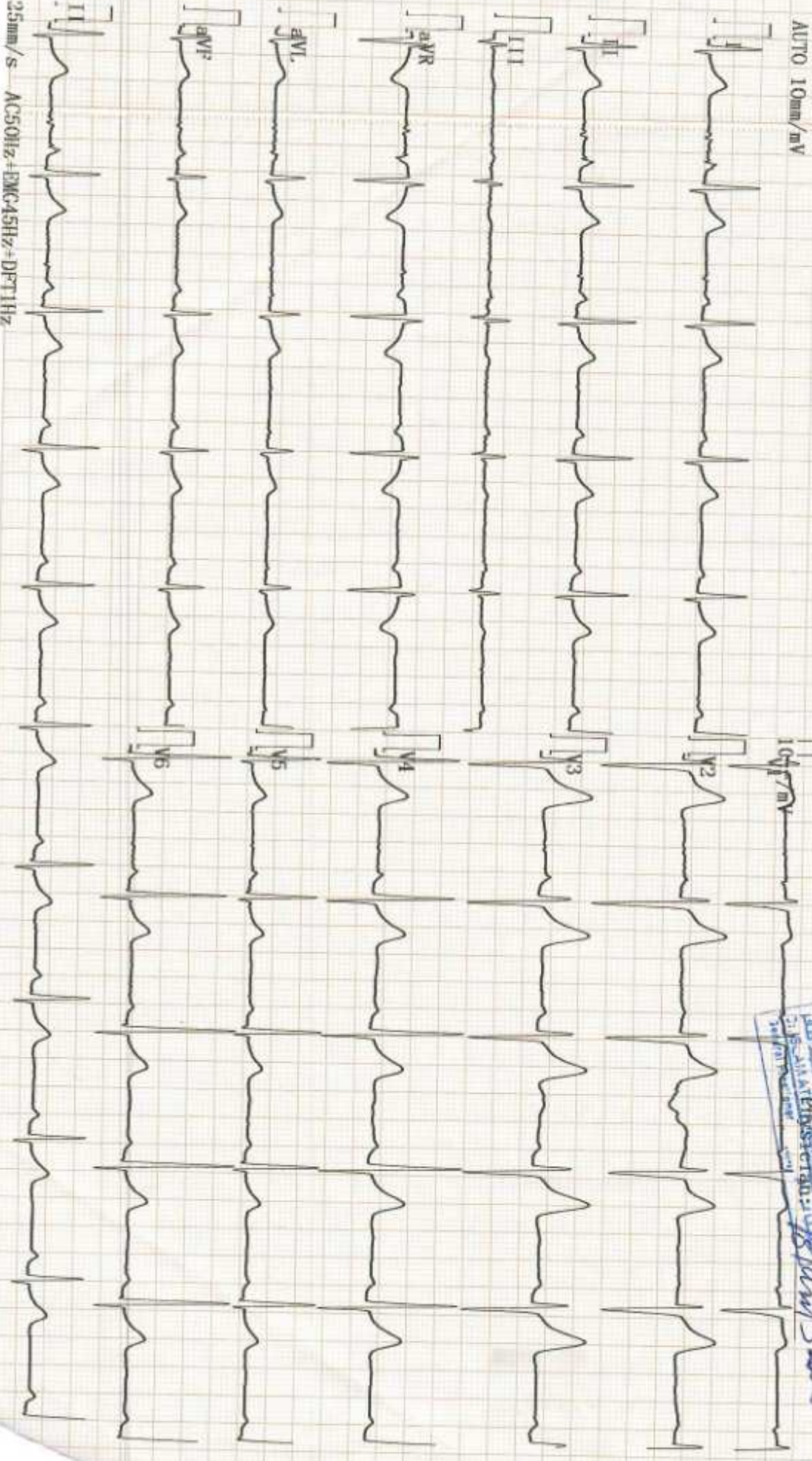
Report need physician confirm



 Dr. Islam Sd.

ECG

Patient Name : Mr Balwinder Singh
 Mobile No. 72092445
 DOB & Gender : 07/12/1980 Male
 Registration Date : 05-03-2028
 ALNILE-11841
 Dr. Islam



25mm/s AC50Hz+EMG45Hz+DFT1Hz

Arrow CC



Medical Report

Patient Name	Mr Balwinder Singh	Doctor	Dr Bassel Ali Al Ratel
UHID	ALNILE-11841	Doctor Speciality	Cardiology
Age	45 Y,3 M,1 D	Visit type	Follow Up
Gender	Male	Payer Name	TRUCK OMAN
Mobile No	72065445	Appointment date and time	08-03-2026 01:30 PM
Civil ID	68873892		

Chief Complaint : 1. hyperbilirubinemia
Diagnosis : E80.7 Disorder Of Bilirubin Metabolism, Unspecified
Allergy : No Known Allergy
Past Medical History : metabolic derangement reevaluation

Remark : The patient was referred by the Truck Oman company, for evaluation of hyperbilirubinemia (Bilirubin= 2.77), and abnormal liver function tests SGPT=43.4 IU/L and hyperuricemia Uric. A=7.6 mg/dl, mild Anemia HB=11.2 mg/dl. The patient is undergoing a follow-up reevaluation and employed as a crane operator.

Regarding symptoms, the patient denies visual disturbances, chest pain, palpitations, polyuria, polydipsia, or urinary issues or change to his urine color.

medications: none, no herbals.

Past medical history is unremarkable.

Family history is noncontributory.

Social history: The patient is a nonsmoker, does not consume alcohol, and moderately consumes caffeine. Dietary habits: a vegetarian.

Physical examination reveals respiratory and cardiovascular systems within normal limits. Abdomen is soft and non-tender, Eyes: scleral icterus. no flapping tremor.

INV:

USG-ABD: bright liver with mild splenomegaly.

Assessment:

- Asymptomatic Direct-bilirubin based hyperbilirubinemia.

- His thyroid and viral screening were unremarkable.

- Hemolytic anemia was excluded.

- His abdominal ultrasound only significant increased diver parenchymal echogenicity and mild splenomegaly.

- The patient has a nonspecific hyper-bilirubinemia which could represent subtype of hereditary-benign Hyper-bilirubinemia Which is exacerbated by fasting.

- A follow up appointment for reassessment it is highly recommended within three months.

- The patient is deemed fit to resume his job as a crane operator.

Clinical Order

S.No.	Service Type	Qty	serviceDate	Service Item Name	Priority	Remarks	Body Part
1	Pathology	1	08-03-2026	Gamma-Glutamyltransferase (GGT)	Routine		
2	Pathology	1	08-03-2026	ANTI HCV - CLIA	Routine		
3	Pathology	1	08-03-2026	HBSAG - CLIA	Routine		
4	Pathology	1	08-03-2026	LDH	Routine		
5	Pathology	1	08-03-2026	TSH	Routine		
6	Pathology	1	08-03-2026	BILIRUBIN (INDIRECT)	Routine		



Al Nile Medical Complex

Al Nama Al Mutamiza LLC, CR:1128642, P.O. Box 300, Nizwa P.C. 611, Sultanate of Oman

+968 21144200, 21144266



Medical Report

Patient Name	Mr Balwinder Singh	Doctor	Dr Bassel Ali Al Ratef
UHID	ALNILE-11841	Doctor Speciality	Cardiology
Age	45 Y,3 M,1 D	Visit type	Follow Up
Gender	Male	Payer Name	TRUCK OMAN
Mobile No	72085445	Appointment date and time	08-03-2026 01:30 PM
Civil ID	68873892		

Dr Bassel Ali Al Ratef
Specialist Physician
Cardiology
PRV-19770





UHID	ALNILE-11841	Visit Type/No	OP/OPVST-9999
Name	Mr Balwinder Singh	Order No	ODN-26272
Age/Gender	45 Y,2 M,26 D/Male	Order Date/Time	05-03-2026
Mob	72065445	Collection Date/Time	05-03-2026 06:50 PM
Accession Number	20264480	Acknowledge Date/Time	05-03-2026 06:51 PM
Ordering Doctor	Dr Bassel Ali Al Ratel	Report Date/Time	05-03-2026 07:29 PM
Payer Name	TRUCK OMAN	Refer By	
Civil ID	68873892		

BIOCHEMISTRY

Service Name	Result	Unit	Reference Range
Gamma-Glutamyltransferase (GGT), Serum	55.40 H	U/L	5-36
LDH			
Lactate Dehydrogenase (LDH)	result	unit	ref. range
	161.50	U/L	(135 - 225)
BILIRUBIN (INDIRECT), Serum	0.65	mg/dL	0.0-1.1

SEROLOGY

Service Name	Result	Unit	Reference Range
ANTI HCV - CLIA, Serum	0.0402	S/Co	Negative < 0.900 Positive > 0.900
HBSAG - CLIA, Serum	0.326	S/Co	Negative < 0.900 Positive > 0.900

IMMUNOLOGY

Service Name	Result	Unit	Reference Range
TSH, Serum	0.647	μIU/mL	0.272-4.2

Sabari
Lab Technician
26033

Vivek
Lab Technician
12409

-----End of the Report-----





UHID	ALNILE-11841	Patient Name	Mr Balwinder Singh
Age	45 Y,2 M,26 D	Gender	Male
Order Date	05-03-2026 06:43 PM	Order Id	ODN-26343
Bill Date Time	05-03-2026 06:43 PM	Civil ID	68873892

Department Of Radiology
USG ABDOMEN & PELVIS

- **Liver:** is average in size reflecting *diffuse homogenous moderate increased echopattern...bright liver...for laboratory correlation. No focal hepatic lesions and no intra-hepatic biliary radical dilatation.*
- **P.V.:** is patent with average caliber.
- **G.B.:** is distended showing normal wall thickness with echofree lumen.
- **CBD:** shows average caliber with no stones within the visualized segment.
- **Spleen:** mildly enlarged in size, 13.5cm at maximal BPD, with homogenous echopattern. No focal lesions.
- **Pancreas:** the visualized portion is average in size and echopattern. No definite focal lesions or duct dilatation.
- **Right kidney:**
 - Shows normal site, size and shape. Normal echogenic criteria, preserved parenchymal thickness with good cortico-medullary differentiation.
 - No back pressure changes. No cysts or masses.
 - Two middle calyceal microcalculi averaging 3mm and 4.9mm respectively.
- **Left kidney:**
 - Shows normal site, size and shape. Normal echogenic criteria, preserved parenchymal thickness with good cortico-medullary differentiation.
 - No stones or back pressure changes.
 - No cysts or masses.
- **Peritoneum:** no ascites.
- **Urinary Bladder:** is partially filled at time of scan, showing normal wall thickness, with no stones or gross masses.
- **Pelvis:** normal pelvic overview.
- **Prostate:** is average in size, 23cc in volume, with no gross focal lesions could be noted.
- **Examination of both inguinal regions** reveals no evidence of hernia sac or hernia defect at the scan time.
- **Gaseous distention.**

Opinion:

- **Bright liver, for laboratory correlation.**
- **Mild splenomegaly.**

Dr NESREEN MESBAH ELSAYED
Specialist Physician
Radiology
MBBS
PRV-26650



-----End of the Report-----

***** Electronically Generated Report *****





UHID	ALNILE-11841	Patient Name	Mr Balwinder Singh
Age/Gender	45 Y,2 M,26 D/Male	Payer Name	TRUCK OMAN
Mob	72065445	Report Status	Final
Accession Number	20264458	Order Date	05-03-2026
Treating Doctor	Dr Islam Ateya Mohammed Saïr		

BIOCHEMISTRY

Service Name	Result	Unit	Reference Range	Method
BLOOD SUGAR FASTING, Serum	4.89	mmol/L	<6.1 Gtt Reference <5.1	
LIPID PANEL, Blood				
LDL CHOLESTEROL	90.3	mg/dL	<150	
HDL CHOLESTEROL	38.9 L	mg/dL	40-60	
CHOLESTEROL	166	mg/dL	<200	
TRIGLYCERIDE	186 H	mg/dL	40-160	
CREATININE, Serum	0.998	mg/dL	0.7-1.4	
UREA, Serum	28.7	mg/dL	15-45	
URIC ACID, Serum	7.66 H	mg/dL	3.4-7.0	
LIVER PROFILE, Blood				
SGOT	21.5	U/L	<40	
SGPT	43.4 H	U/L	<41	
TOTAL PROTEIN	6.72	gm/dl	6.6-8.7	
BILIRUBIN TOTAL	2.77 H	mg/dL	<1.1	
ALKALINE PHOSPHATASE	38.1	U/L	35-104	
ALBUMIN	4.82	g/dL	3.5-5.2	
GLOBULIN	1.9 L	g/L	2.0-3.9	

CLINICAL PATHOLOGY

Service Name	Result	Unit	Reference Range	Method
URINE ANALYSIS, Urine				
Physical				
Colour	Yellow			
Transparency	CLEAR			
Chemical				
Specific Gravity	1.030			
PH	Acidic			
Glucose	NIL			
Acetone	NIL			
Bilirubin	NIL			
Blood	NIL			
Urobilinogen	NIL			
Protein	NIL			
Nitrate	NIL			
Microscopic				
Leukocytes	NIL			
Pus Cells	2-4 /hpf			
Erythrocytes	1-2	/ hpf	0-2	
Squamous Epithelial Cell	few /hpf			
Crystal	NIL			
Cast	NIL			
Bacteria	NIL			
Others	NIL			



UHID	ALNILE-11841	Patient Name	Mr Balwinder Singh
Age/Gender	45 Y,2 M,26 D/Male	Payer Name	TRUCK OMAN
Mob	72065445	Report Status	Final
Accession Number	20264458	Order Date	05-03-2026
Treating Doctor	Dr Islam Ateya Mohammed Sakr		

HAEMATOTOLOGY

Service Name	Result	Unit	Reference Range	Method
Complete blood count (CBC), EDTA Blood				
Haemoglobin	12.1 L	gm/dl	13-18	
TOTAL LEUCOCYTES COUNT	5000	cell/cumm	4000-11000	
DIFFERENTIAL COUNT				
Neutrophil	58.0	%	45-70	
Lymphocytes	32.1	%	15-45	
Eosinophils	1.7	%	1-6	
Monocyte	6.5	%	2-8	
Basophils	0.7	%	0-1	
PACKED CELL VOLUME (HCT)	40.4	%	37-54	
RBC COUNT	6.3 H	millions/cumm	4.5-5.5	
MCV	64.4 L	fl	82.9-98.0	
MCH	19.3 L	pg	27.0-32.3	
MCHC	30.0 L	g/dL	31.8-34.7	
PLATELET COUNT	176000	cells/cumm	150000-450000	
RDW-CV	14.4	%	11-16	
RDW-SD	33.7 L	fl	35-56	
ESR, Blood	0.72	mm/hr	0-15	

Hajar
Lab Technician
MSc,BMLT
9245

Vivek
Lab Technician
DMLT
12409



