Initial Medical Examination Report

INITIAL EXAMINATION REPORT (MEDICAL – CONFIDENTIAL)

Surname	Sukmuan
Forenames	Prakash
Address: Home telephone number	Ibri

Place of examination: Aster Hospital,Ibri	Date: 28-4-2014		
If a dependant enter employee's name here:		Project:	
Birth date: 25-4-1978	Nationality: Indian	Country of birth:	Religion:
☑ Male ☐ Female	☐ Married ☐ Single ☐ Separated /Divorced	Relationship to employee ☐ Wife ☐ Son ☐ Daughter	Number of children:
Reason for examination: Pre-Employment ☐ Job: Pre-Overseas ☐ Area:			
Name and address of family doctor		List your last 3 jobs (1)	
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
1. Sinus trouble		✓	21. Cancer		✓	HAVE YOU EVER BEEN:-		
2. Neck swelling/glands		✓	22. Heart Disease		✓	40. Rejected for employment or insurance for medical reasons		✓
3. Difficulty in vision		✓	23. Rheumatic fever		✓	41. Awarded benefits for industrial injury/illness		✓
4. Any ear discharge		✓	24. Abnormal heartbeat		✓	42. Treated for a mental condition, e.g. depression		✓
5. Asthma/bronchitis		✓	25. High blood pressure		✓	43. Treated for problem drinking or drug abuse		✓
6. Hayfever /other significant allergy		✓	26. Stroke		✓	44. Exposed to toxic substance or noise		✓
7. Any skin trouble		✓	27. Serious chest pain		✓	FOR WOMEN ONLY		
8. Tuberculosis		✓	28. Any blood disease		✓	Have you ever had:-		
9. Shortness of breath		✓	29. Kidney disease		✓	45. An abnormal smear		
10. Coughed/vomited blood		✓	30. Blood in urine		✓	46. Any gynaecological treatment		
11. Severe abdominal pain		✓	31. Diabetes		✓	47. Are you pregnant?		
12. Stomach ulcer		✓	32. Headaches/migraine		✓	48. Have you had an illness not mentioned above		
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 elicited drugs? ( ) PDO test all new/potential employees for elicited/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: 28-4-2014 **Signature of Applicant:**

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 /mins.	HEARING	VISION				Colour Vision	Blood Group
						DISTANT		NEAR			
						R	L	R	L		
172	71		120/70	65	L R	Uncorrected	6/6	6/6	6/6	6/6	
						Corrected					

N	A		LABORATORY AND OTHER SPECIAL INVESTIGATIONS	N	A	
		1. Urinalysis				7. Audiogram
		2. Hb, Bloodcount, 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. Sickle 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

Date: 29/4/2021 Name (Block Capitals): Dr. DR RAFI Signature:

REVIEW/CONSULTATION

Date: 28-4-21 Name (Block Capitals): Dr. Signature:

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Framingham Risk Assessment form

Framingham Risk Assessment (For all professional drivers, crane operators, forklift operator or other employees who are above 40 years of age):

Employee Name: Prakash Sakumaran
Emp #:
Date of Assessment: 28-04-2021

1	Age	42 Years	
2	Gender	Female/Male	
3	Total Cholesterol	5.09 mmol/L	
4	HDL Cholesterol	1.0 mmol/L	
5	Smoker	Yes/No	
6	Diabetes	Yes/No	
7	Systolic Blood pressure	120 mm Hg	
8	Is the patient being treated for High blood pressure?	Yes/No	

Framingham Risk score: 5% %

Framingham Risk Rating (Circle the appropriate score):

Low **Medium** **High**

Any further action or recommendations?

Assessment or Examination conducted by:

Oman Al Khair Hospital LLC
P.O. Box 400, Postal Code : 511
Ibri, Sultanate of Oman
T : + 968 2568 8075
F : + 968 2568 8025
M : +968 9139 9073 / 7155 9977
O : +968 7155 9977
E : oakh.ibri@asterhospital.com
www.asterhospital.com

مستشفى عمان الخير ش.م.م
ص.ب. ٤٠٠ الرمز البريدي ٥١١
عبري، سلطنة عمان

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Epworth Screening Quest. for Sleep Apnoea

Employee Data			
Name: Prakash Sukumaran		Date: 28-4-202	
I. D No. 77075254	Tel # 98436299	Department/Company: Telecom	
		Occupation: SCHEDULER	

This questionnaire will help identify if you have any health condition which may need a more detailed medical assessment as part of your fitness to work determination. If you have any queries please contact your local Health Services staff. All information provided on this form and during consultations remains strictly confidential. When further clinical evaluation is required following completion of a screening questionnaire, the details should be recorded on Q1 and E1 forms.

How likely are you to fall asleep in the following situations? (use 0 to 3 score as shown below)

0 Would never doze

1 Slight chance of dozing

2 Moderate chance of dozing

3 High chance of dozing

0	sitting and reading
0	watching TV
0	sitting inactive in a public place (e.g. theatre or meeting)
0	as a passenger in the car for an hour without a break
0	Lying down to rest in the afternoon when circumstances permit
0	Sitting a talking with someone
0	Sitting quietly after lunch without alcohol
0	In a car, while stopped for a few minutes in traffic
Total:	0

If you score a total of 15 or more you should seek advice from medical personnel on site before continuing to drive or operate machinery in the workplace.

Declaration: I Prakash *(Print Name)* certify that to the best of my knowledge the above information supplied by me is true and correct.

Signature: _____ **Date:** 28-04-2021

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@ : +968 7155 9977
E : oakh.ibri@asterhospital.com
www.asterhospital.com

Fitness to Work Certificate

Employee Data				Date	28-04-2021
Name	Prakash Sukumaran			Department/Company	Truckman
ID No.	77075254	Age	42 Y	Occupation	SCHEDULER

Type of Medical Evaluation			Mark those applying √
A1	Aircraft refuelling		
A2	Breathing apparatus		
A3	Business traveller		
A4	Catering and food preparation		
A5	Crane or forklift driving & all heavy vehicles		
A6	Fire / Emergency response team work		
A7	Professional driving		
A8	Remote location work		
A9	Transfers – group A country		
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 his/her fitness to work status for the above tasks is as follows.

Fit with no restrictions			✓
Fit with following restriction(s)			
The employee is fit for above work but should avoid the following task(s)	***Temporary restriction***	***Permanent restriction***	
Work near moving machinery or sharp edges			
Working at height			
Puling, pushing, or carrying weight over ___ Kg			
Ascend/descend ladders or stairs			
Operate motor vehicles, forklifts or heavy machinery			
Use of a respirator			
Repetitive twisting of valves or wrenches			
Flying			
Other (Specify)			
Temporary Unfit until			
Permanently Unfit			**Date**
Name of health advisor Nk. Rai	**Signature**	**Date** 28-4-2021	

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DEPARTMENT OF LABORATORY MEDICINE

File No: 0223373
Name: PRAKASH SUKUMARAN
Address:
Gender: M **Age:** 42 Y **Nationality:** INDIAN
GSM No.: 98436299 **ID Card No.:** 77075254
Ref. By: EXTERNAL DOCTOR

Report No: 0571294
Sample Date: 28/04/2021 **Time:** 14:01
Received By: JIBI
Received Date: 28/04/2021 **Time:** 14:03
Report Date: 28/04/2021 **Time:** 15:24
Bill No: 0755341 **Bill Date:** 28/04/2021
Report Status: Final

INVESTIGATION	RESULT	REFERENCE RANGE
PDO MEDICAL CHECK UP ABOVE 40(truckoman)		
FBS (FASTING BLOOD SUGAR)	5.89 mmol/L	3.9 - 6.1
Method :- Hexokinase	106.02 mg/dL	70 - 110
LIPID PROFILE - SERUM		
CHOLESTEROL (TOTAL)	5.09 mmol/L	1 - 5.1
Method:-Enzymatic	196.78 mg/dl	40 - 200
HDL (HIGH DENSITY LIPOPROTEIN)	1.02 mmol/L	0.777 - 1.813
" "	39.5 mg/dl	30 - 70
LDL (LOW DENSITY LIPOPROTEIN)	3.6 mmol/L	1.295 - 4.54
" "	139.05	50 - 172
VLDL (VERY LOW DENSITY LIPOPROTEIN)	0.47 mmol/L	0.259 - 1.036
" "	18.23 mg/dl	10 - 40
RATIO (TOTAL CHOL / HDL CHOL)	4.99	3.8 - 5.9
TRIGLYCERIDES	1.03 mmol/L	0.564 - 2.146
Method : Enzymatic	91.155 mg/dl	50 - 190
LIVER FUNCTION TEST - SERUM		
TOTAL BILIRUBIN - SERUM	0.88 mg/dL	0.1 - 1
Method : Diazo	15.10 µmol/L	1 - 17.1
DIRECT BILIRUBIN - SERUM	0.38 mg/dL	0.1 - 0.5
Method : Diazo	6.50 µmol/L	1 - 8.55
SGOT (AST)-SERUM (IFCC)	23.20 U/L	Male: up to 40.0 Female: up to32.0
SGPT (ALT)-SERUM (IFCC)	43.90 U/L	Male: 10-50 Female:10-35
ALKALINE PHOSPHATASE (ALP)-SERUM (IFCC)	55.88 U/L	Adult : Men -40-129

Processed By:
JIBI
Lab Technologist
MOH LIC No: 4384

Approved By:
JIBI
Lab Technologist

JIBI GEORGE
SPECIALIST PATHOLOGIST
REG. NO. 4384

Released By:
JIBI
Lab Technologist
MOH LIC No: 4384

Specialist Pathologist

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Oman Al Khair Hospital LLC
P.O. Box 600, Postal Code : 511
Ibri, Sultanate of Oman
T : +968 2568 8075
F : +968 2568 8025
M : +968 9139 9073 / 7155 9977
O : +968 7155 9977
E : oakh.ibri@asterhospital.com
www.asterhospital.com

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ص.ب ٦٠٠ الرمز البريدي ٥١١
عبري سلطنة عمان

DEPARTMENT OF LABORATORY MEDICINE

File No:	0223373	**Report No:**	0571294
Name:	PRAKASH SUKUMARAN	**Sample Date:**	28/04/2021 **Time:** 14:01
Address:		**Received By:**	JIBI
Gender:	M **Age:** 42 Y **Nationality:** INDIAN	**Received Date:**	28/04/2021 **Time:** 14:03
GSM No.:	98436299 **ID Card No.:** 77075254	**Report Date:**	28/04/2021 **Time:** 15:24
Ref. By:	EXTERNAL DOCTOR	**Bill No:**	0755341 **Bill Date:** 28/04/2021
		Report Status:	Final

INVESTIGATION	RESULT	REFERENCE RANGE
		:Female 36-104 Children:(Aged) 7months - 1Year :- <462 1Year - 3 Years :- <281 4 Years - 6 Years :- <269 7 Years - 12 Years :- <300 13 Years - 17 Years(M) :-<390 13 Years - 17 Years(F) :- <187
TOTAL PROTEIN-SERUM(Colorimetric Assay)	7.63 gm/dL	6.6 - 8.7
ALBUMIN - SERUM (Colorimetric Assay)	4.47 gm/dL	3.9 - 4.9
GLOBULIN - SERUM (Calculation)	3.16 gm/dL	2.3 - 3.5
ALBUMIN / GLOBULIN RATIO - Calculation	1.41	1.2 - 1.5
GGT(GAMMA GLUTAMYL TRANSPEPTIDASE) - SERUM	35.80 U/L	Men : 8-61 Female : 5-36
RENAL FUNCTION TEST (UREA - CREATININE)		
UREA - SERUM	2.40 mmol/L	1.7 - 8.3
Method : Kinetic Assay	14.41 mg/dL	10.2 - 49.8
CREATININE - SERUM	83.21 µmol/L	44.2 - 123.7
Method :-Jaffé Method	0.94 mg/dl	0.5 - 1.4
CBC (COMPLETE BLOOD COUNT)		
TOTAL WBC COUNT	10590 cells/cumm	4000 - 11000 cells/cumm
DC (DIFFERENTIAL COUNT)		
NEUTROPHILS	62.8 %	40-75%
LYMPHOCYTES	23.2 %	20-45%
EOSINOPHILS	2.1 %	2-6 %
MONOCYTES	11.3 %	2-8 %

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Specialist Pathologist

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P.O. Box 400 Postal Code : 511
Ibri, Sultanate of Oman
T : + 968 2568 8075
F : + 968 2568 8025
M : +968 9139 9073 / 7155 9977
O : +968 7155 9977
E : oakh.ibri@asterhospital.com
www.asterhospital.com
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GSM No.:	98436299 **ID Card No.:** 77075254	**Report Date:**	28/04/2021 **Time:** 15:24
Ref. By:	EXTERNAL DOCTOR	**Bill No:**	0755341 **Bill Date:** 28/04/2021
		Report Status:	Final

INVESTIGATION	RESULT	REFERENCE RANGE
BASOPHILS	0.6 %	0-1%
HB (HEMOGLOBIN)	16.4 gm/dl	Male-13 - 18 gm/dl Female-11- 15 gm/dl
TOTAL RBC COUNT	5.48 million/cu	MALE: 4.5-6.5million/cu FEMALE: 3.9-5.5million/cu
PLATELET COUNT	1.88 lakhs/cumm	1.0 - 4.0 lakhs / cumm
PCV (PACKED CELL VOLUME)	49.20 %	Males : 42% - 52% Females : 37% - 47%
MCV (MEAN CORPUSCULAR VOLUME)	89.80 FL	76 - 96 FL
MCH (MEAN CORPUSCULAR HEMOGLOBIN)	29.90 PG	27 - 33 PG
MCHC(MEAN CORPUSCULAR HEMOGLOBIN CONCENTRATION)	33.30 g/dl	32 - 36 g/dl
ESR (ERYTHROCYTE SEDIMENTATION RATE)	03 mm/ 1st hr	MALE:0-9 mm/ 1st hr FEMALE:0-20 mm/ 1st hr
Capillary Photometry Technology Measures the kinetics of red cells aggregation.Clinical Laboratory and Standard Institute (CLSI) procedure for the ESR Test.		
SICKLE CELL	NEGATIVE	
URINE ROUTINE		
URINE BIOCHEMISTRY		
GLUCOSE	NIL	
PROTEIN	NIL	
KETONE	NIL	
BILIRUBIN	NIL	
pH	ACIDIC	

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J.BIJI GEORGE
LABORATORY TECHNICIAN
REG. NO. 4384

Specialist Pathologist

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INVESTIGATION	RESULT	REFERENCE RANGE
UROBILINOGEN	NORMAL	
URINE MICROSCOPY (Centrifugation Method)		
RED BLOOD CELLS (RBC)	NIL /hpf	
PUS CELLS	0-2 /hpf	
EPITHELIAL CELLS	NIL /hpf	
CRYSTALS	NIL /hpf	
CAST	NIL /hpf	
BACTERIA	PRESENT /hpf	
YEAST CELLS	NIL /hpf	

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X-RAY REPORT

Doc No:	0058005
Name:	PRAKASH SUKUMARAN
Age/DOB:	42 Y
ID Card No	77075254
Sex:	Male
Referred By:	EXTERNAL DOCTOR
Clinical Diagnosis:	
X-Ray/UltraSound	CHEST X-RAY
Date:	28/04/2021
X-Ray Filim No:	TO
Bill No:	0755341
Charge Sheet No:	

Both lung fields are normal

Both cp angles are clear

Mediastinal shadow and bony thorax are normal

Cardiac configuration is within normal limits

Conclusion: A normal X-ray appearance

Signature: .....

DR. KALESHA SHAIK
Specialist Radiology
MOH Reg. No. 17925

Seal

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P.O. Box 400, Postal Code : 511
Ibri, Sultanate of Oman
T : + 968 2568 8075
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42 Years

PRAKASH
Male

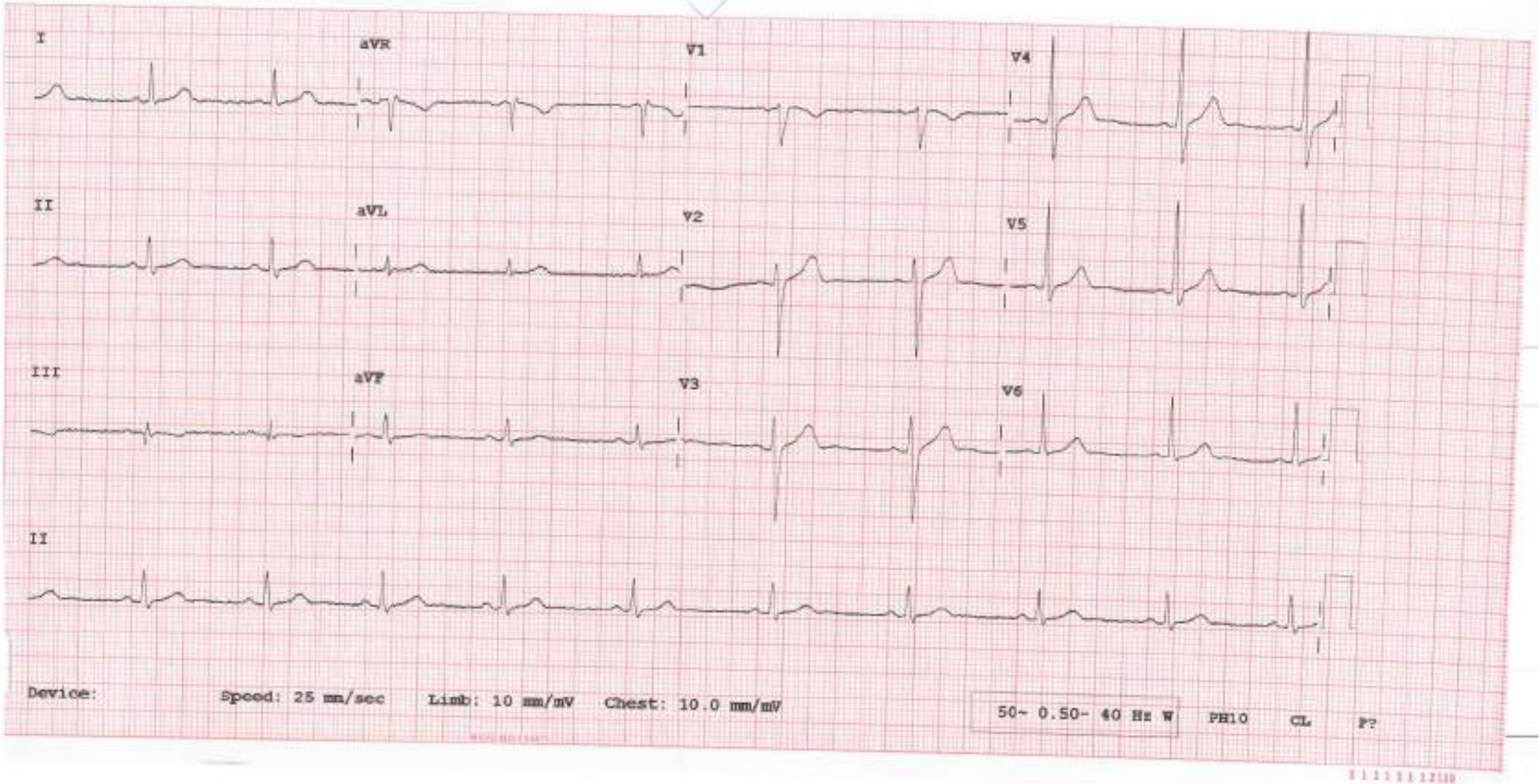
28-Apr-21 01:40:33 PM
Oman AlKhair Hospital (Emergency

Rate	61
RR	984
PR	143
QRSD	99
QT	392
QTc	395

--AXIS--

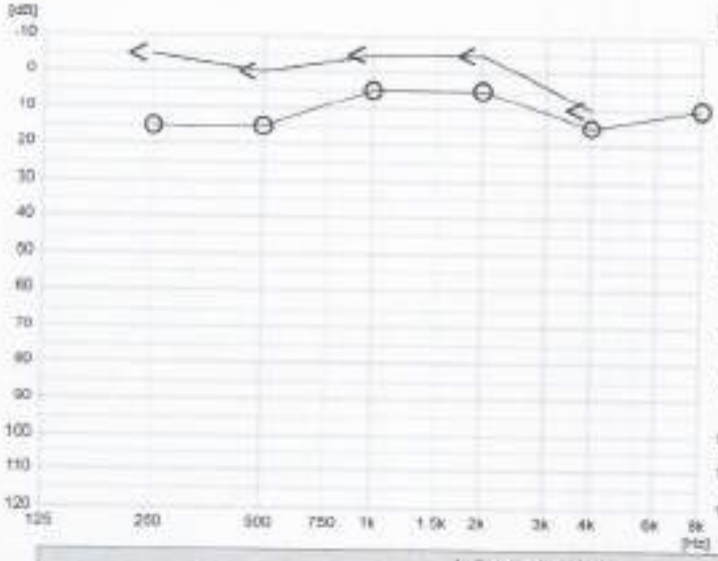
P	50
QRS	20
T	15

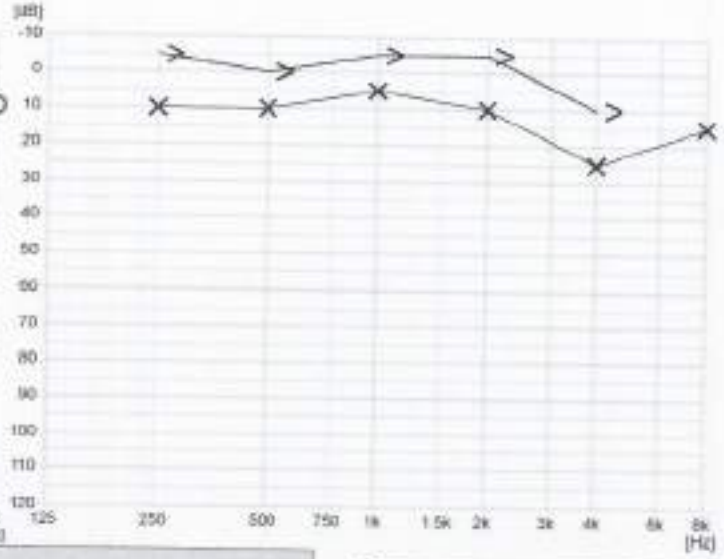
12 Lead; Standard Placement



SUPER QUALITY HEARING AID AND SPEECH THERAPY CENTER

Code:	Last name , First name Born:
0755341	SUKUMARAN , PRAKASH28.04.2021
Test type:	Test date:
Tonal audiometry	28.04.2021





Audiometry (unaided)								
Freq [Hz]	500	1000	1500	2000	3000	4000	6000	8000
Left	10	5		10		25		15
Right	15	0		5		15		10

Calculate % hearing loss (if known)	L [%]	R [%]	Amount [%]	Comments
Does the applicant exceed 35dB loss in either ear at 0.5, 1.0 or 2.0KHz?			Yes/No	

Legend	R	L
Air	O	X
Air/Masked	△	□
Bone	<	>
Bone/Masked	[	]
MCL	M	M
UCL	m	m
Free Field	Ø	%
Free Field/Aided	A	A
Binaural	B	
No response	I	

PTA

Right :- 8.3 dBHL

Left :- 8.3 dBHL

Comments

BILATERAL HEARING SENSITIVITY WITHIN NORMAL LIMITS

Signature:

Date: 28/04/2021

C.R. No: 1093282
P.O. Box: 3371
Postal Code: 131
Sultanate of Oman