



Al Nile
Medical Complex
مجمع النيل الطبي

Medical Fitness Certificate

Name of the Examined : Mr. Prakash K Raman
Age : 53yrs
ID Number : 115440317
Date of medical Examination: 23/10/2024
Examining physician : DR. Islam Ateya
Medical centre : AL NILE MEDICAL CENTER
Company : Truck Oman

Assessment Results

The certificate is valid for 2 years from the date of medical examination

Fitness classifications:

- ✓ Fit to work without restrictions
- Fit work with restrictions
- Unfit to work temporarily or definitely

FIT

Restrictions list:

- R1: Unfit to work offshore, on marine vessels and in remote locations.
R2: Unfit for Lifting and strenuous efforts.
R3: Unfit to work in certain countries, check with geomarket health advisor.
R4: Unfit to work in jobs requiring precise color vision.
R5: Unfit to work in job with high level of noise.
R6: Unfit to work in high risk of malaria countries.
R7: Unfit to work in extreme heat.
R8: Unfit to work in extreme cold.
R9: Contact Geo market health advisor/international medical coordinator - there exist specific restriction.
R10: Unfit to work for a temporarily of time until further notice.
R11: Unfit to work in jobs requiring good visual acuity (eg: driving company vehicle).
R12: Fit only for defined period of time (1, 3 or 6 months) and must be reassessed and fitness redefined.
R13: Unfit to drive company vehicle.
R14: Unfit to fly long haul flights.
R15: Unfit to work in heights and confined spaces.

COMMENTS

Client has high triglycerides, given 2yrs ago by 1X1X3" - diet, sport
Renew F/U after one month

Examining physician stamp and signature



CONFIDENTIAL MEDICAL TO BE COMPLETED BY THE EMPLOYEE

Med – check History form		Name:	PRAKASH KUTTIKATTUPARAMBIL RAMAN		
		GIN:			
Place of examination	Date	Mobile:	99024273		
At Nile Medical Complex	23.10.2024				
Age: 53 y	Nationality: INDIAN	Blood Group	O 'positive'		
☒ Male ☐ Female	☒ Married ☐ Single ☐ Separated / Divorced	Number Of Children:	Two		
Do You Have You Had: (Tick "Yes" or "No" column or put a (?) if uncertain exclude minor ailments.)					
	Y	N		Y	N
1-SINUS TROUBLE		☒	21- CANCER		☒
2- NECK SWELLING / GLANDS		☒	22- HEART DISEASE		☒
3-DIFFICULTY IN VISION		☒	23- RHEUMATIC FEVER		☒
4- ANY EAR DISCHARGE		☒	24- ABNORMAL HEARTBEAT		☒
5- ASTHMA / BRONCHITIS		☒	25- HIGH BLOOD PRESSURE		☒
6- FEVER / OTHER SIGNIFICANT ALLERGY		☒	26- STROKE		☒
7-ANY SKIN TROUBLE		☒	27- SERIOUS CHEST PAIN		☒
8- TUBERCULOSIS		☒	28-ANY BLOOD DISEASE		☒
9- SHORTNESS OF BREATH		☒	29- KIDNEY DISEASE		☒
10- COUGHED / VOMITED BLOOD		☒	30- BLOOD IN URINE		☒
11- SEVERE ABDOMINAL PAIN		☒	31- DIABETES		☒
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?	NIL		AVERAGE DAILY ALCOHOL CONSUMPTION	NIL	
HAVE YOU EVER TAKEN ILICITED 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'S DOCTORS, AND THE DETAILS SENT TO THEM BY THE EXAMINING DOCTOR.					
DATE: 23.10.2024					
SIGNATURE OF APPLICANT: 					



CONFIDENTIAL MEDICAL

TO BE COMPLETED BY THE EXAMINING PHYSICIAN

NAME: <u>PRAKASH KATTUPARAMBIL</u>	AGE: <u>53.4</u>	SEX: <u>M</u>	COMPANY: <u>TRUK OMAN</u>	QIN: <u></u>
<u>RAMAN</u>				

PAST MEDICAL HISTORY <u>no</u>	BLOOD GROUP <u>O POSITIVE</u>
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ALLERGIES: <u>no</u>	DATE OF INITIAL INJECTION	BOOSTER DUE DATE
VACCINATION		
HEPATITIS A		
HEPATITIS B		
TYPHOID FEVER		
INFLUENZA		

TESTS RESULTS	
AUDIOGRAM:	<u>none</u>
DSU 5 PANEL	<u>-</u>

ECG	<u>none</u>
CHEST X-RAY	<u>none</u>

BLOOD INVESTIGATIONS					
RBCS	<u>4.90</u>	4.20-6.30*10 ⁶ /UL	SGOT		MALE:10-50 FEMALE:10-35U/L
WBCS	<u>4360</u>	4.0-11.0*10 ⁹ /UL	SGPT		MALE:UP TO 41 FEMALE:10-35U/L
NEUTRO	<u>47.9%</u>	37-72%	GGT		0-50/U/L
EOSINO	<u>2.7%</u>	0-6%	FBS:		60-110 MG/DL
BASO	<u>1.2%</u>	0-1%	CHOLESTEROL		UP TO 200 MG/DL
LYMPHO	<u>42.9%</u>	10-58%	HDL		20-60 MG/DL
MONO	<u>5.2%</u>	0-14%	LDL		UP TO 130 MG/DL
HEMATOCRIT	<u>44.9%</u>	37-51%	TRIGLYCERIDES		35-175 MG /DL
HEMOGLOBIN	<u>15.2 g/dl</u>	MALE:13.5-18.0 FEMALE:11.5-16.0G/DL	CREATININE		MALE:0.7-1.2 MG/DL FEMALE:0.5-0.9MG/DL
ESR	<u>4</u>	MALE: 0-10 MM/HR FEMALE: 0-20 MM/HR	URIC ACID		MALE:3.6-7.7 MG /DL FEMALE:2.5-6.8 MG /DL

URINE ANALYSIS		name	
BLOOD	- no	SUGAR	- no
ALBUMIN	- no	OTHERS	microscopic
STOOL ANALYSIS			
PARASITES	- no	BLOOD	- no

COMMENTS	<u>none</u>
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EXAMINING PHYSICIAN


 د. إسلام أتي / Dr. ISLAM ATEY
 General Practitioner
 23-10-2024



Schlumberger

VISUAL FIELDS:		normal		COLOR VISION:		normal	
SPEECH:		normal		WHISPER TEST:		normal	
NEAR VISION RIGHT EYE:		6/6		NEAR VISION LEFT EYE:		6/6	
DISTANT VISION LEFT EYE:		6/6		DISTANT VISION RIGHT EYE:		6/6	
HEIGHT: 174 cm		WEIGHT: 74 kg		BMI: 24		BP: 120/76 mmHg	
						PULSE: 80/min	
BODY SYSTEM / ORGAN	N	A	ABNORMALITY IF ANY				
EYES AND PUPILS	N						
EAR/ NOSE/ THROAT	N						
TEETH AND MOUTH	N						
LUNGS AND CHEST	N						
CARDIOVASCULAR	N						
ABDOMEN	N						
HERNIAL ORIFICES	N						
ANUS AND RECTUM	N						
GENITO - URINARY	N						
EXTREMITIES	N						
MUSCULOSKELETAL	N						
SKIN / VARICOSE VEINS	N						
NEUROLOGICAL	N						
MENTAL FITNESS	N						
BREAST	-						

Handwritten signature: *Dr. Ibrahim A. Mohammed Saeed*
 Printed text: **DR. IBRAHIM A. MOHAMMED SAEED**
 General Practitioner
 23.10.2024





115440317

Prakash

SIGNATURE

سلطنة عُمان
SULTANATE OF OMAN

مطابقة
مقيم

RESIDENT
CARD

CIVIL NUMBER
115440317

EXPIRY DATE
15/09/2026

DATE OF BIRTH
29/05/1971

الرقم المدني
تاريخ الانتهاء
تاريخ الميلاد
مكان الميلاد

الاسم: براكاش كوتيكمانو براهيدل وعمان
الجنس: صائغ راس قاطرة (تريكة)
عمل: موظف مراقب لخدمة حركة مرور جدي لتأمين الحدود في م





SID NO. : 01043267
Patient ID : 21293642
Name : Mr. PRAKASH K RAMAN
Age / Gender : 50 Y / Male
Referrer : TRUCK OMAN
Consultant : Dr.ISLAM ATEYA MOHAMMAD SAKR



Page : 1 of 4

Collection Date & Time : 23/10/2024 07:59:41
Received Date & Time : 23/10/2024 08:23:43
Reported Date & Time : 23/10/2024 09:39:12

National ID : 115440317

Nationality : INDIAN

Partial Test Report

Test Name (Method/Specimen)	Result	Biological Reference
BIOCHEMISTRY		
SCHLUMBERGER FITNESS TO WORK EDTA/Serum		
BLOOD SUGAR FASTING	6.8 mmol/l	3.3 - 6.1
CREATININE	0.99 mg/dl	Male: 0.7-1.4 mg/dl Female: 0.6-1.1mg/d
SGOT	24.5 U/L	Upto 40
SGPT	33.6 U/L	less than 41
Gamma-Glutamyltransferase (GGT)	33 U/L	5 - 36
LIPID PANEL		
TRIGLYCERIDE	318.8 mg/dl	male:40-160 mg/dl female: 35-135 mg/dl
CHOLESTEROL	221.0 mg/dl	<200 mg/dl
HDL CHOLESTEROL	37.68 mg/dl	40-60
LDL CHOLESTEROL	120.0 mg/dl	UP TO 150 mg/dl
URIC ACID	6.4 mg/dl	Male:3.4-7.0 Female: 2.4-5.7
HBA1C	5.8 %	4 - 6.0%
CLINICAL PATHOLOGY		
SCHLUMBERGER FITNESS TO WORK EDTA/Serum		
URINE ANALYSIS Microscopy/Urine		
Physical		
Color	Yellow	
Transparency	Clear	
Chemical		


Hajer Muhammad Hussin
Technician
MOH License No 9245





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: INDIAN

Partial Test Report

Test Name (Method/Specimen)	Result	Biological Reference
Specific Gravity	1.030	
PH	Acidic	
Glucose	NIL	
Acetone	NIL	
Bilirubin	NIL	
Blood	NIL	
Urobilinogen	NIL	
Protein	Trace	
Nitrate	NIL	
Microscopic		
Leukocytes	NIL	
Pus Cells	4-8	
Erythrocytes	1-3 /hpf	0 - 2
Squamous Epithelial Cell	few /hpf	
Crystal	NIL	
Cast	NIL	
Bacteria	NIL	
Others	Mucus thread (+)	
STOOL ANALYSIS		
NOTION		
Physical		
Colour	Brownish	
Consistency	Semi Formed	
Microscopic		


Hajer Muhammad Hussin
Technician
MOH License No 9245





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Name : Mr. PRAKASH K RAMAN
Age / Gender : 50 Y / Male
Referrer : TRUCK OMAN
Consultant : Dr.ISLAM ATEYA MOHAMMAD SAKR



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Partial Test Report

Test Name (Method/Specimen)	Result	Biological Reference
Pus Cells	1-2 /hpf	
RBC Cells	0-1 /hpf	
E-HISTOLYTICA	NIL	
E-COLI	NIL	
Giardia Lamblia	NIL	
Taenia Saginata	NIL	
Taenia Solium	NIL	
Schistosoma Haematobium	NIL	
Ascaris Lumbricoides	NIL	
Trichuris Trichiura	NIL	
Ancylostoma Duodenale	NIL	
Others	NIL	

HAEMATOLOGY

SCHLUMBERGER FITNESS TO WORK
EDTA/Serum

Complete blood count (CBC)

Haemoglobin	15.2 gm/dl	13 - 18
TOTAL LEUCOCYTES COUNT	4360 Cells / Cumm	4000 - 11000

DIFFERENTIAL COUNT
EDTA

Neutrophil	47.9 %	45 - 70
Lymphocytes	42.9 %	15 - 45
Eosinophils	2.7 %	1 - 6
Monocyte	5.2 %	2 - 8
Basophils	1.2 %	< 1

Suresh Bharathan

Suresh Bharathan
Technician
MOH License No 10223





SID NO. : 01043267
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Name : Mr. PRAKASH K RAMAN
Age / Gender : 50 Y / Male
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Consultant : Dr.ISLAM ATEYA MOHAMMAD SAKR



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: INDIAN

Partial Test Report

Test Name (Method/Specimen)	Result	Biological Reference
PACKED CELL VOLUME (HCT)	44.90 %	< 54
RBC COUNT	4.90 millions/mm	4.5 - 5.5
MCV	91.6 fl	81.8 - 95.5
MCH	31.0 pg	27 - 32.3
MCHC	33.8 g/dL	32.4 - 35
PLATELET COUNT	185000 cu.mm	150,000 - 450,000
RDW-CV	12.9 %	11 - 16
RDW-SD	42.7 fl	35 - 56
ESR(AUTOMATED)	4 mm/hr	< 15
BLOOD GROUPING & RH TYPING		
Blood Group	O	
Rh Typing	POSITIVE	
PO		

Suresh

Suresh Bharathan

Technician

MOH License No 10223





Al Nile
Medical Complex
مجمع النيل الطبي

Mr. PRAKASH K RAMAN (50)



21293642 DOB: 29/05/1971

Patient Id : 21293642

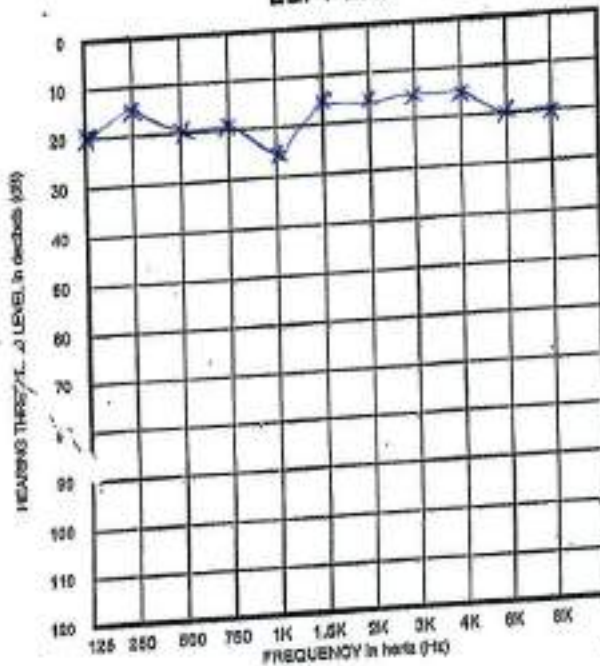
Name : PRAKASH KUTTIKATTUPARAMBIL RAMAN

Age / Gender : 53y / m

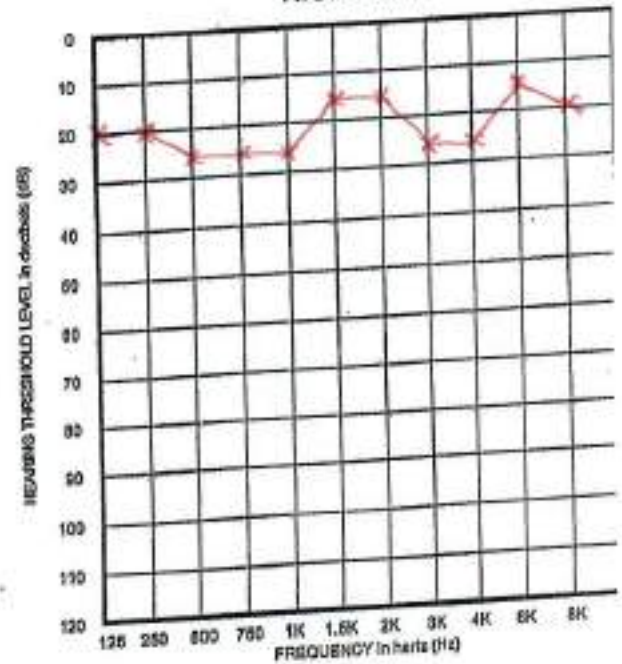
Consultant : DR. ISLAM

Report Date : 23.10.24

LEFT EAR



RIGHT EAR



PURE TONE AVERAGE (500-1000-2000 Hz)		
Ear	Air	Bone
RIGHT		
LEFT		

Provisional Diagnosis: Bilateral Hearing Sensitivity within Normal Limit.



Signature Audiologist

P.O. Box: 300
Hawthorn, P.C. 011
Subsidiary of Oman
Al Nile Medical Complex

Dr. Islam
Audiologist
Al Nile Medical Complex

AUTO 10mm/mV

10mm/mV

AL NILE MEDICAL CENTER

1970-03-13 08:54:41

Name : PRAKASH K RAMAN

Sex : Male Age : 53

Section: DR ISLAM

RoomID: _____

BedID: _____

ID: _____

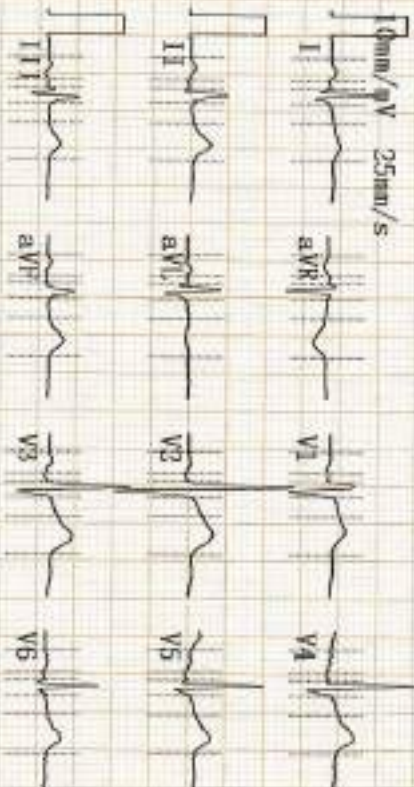
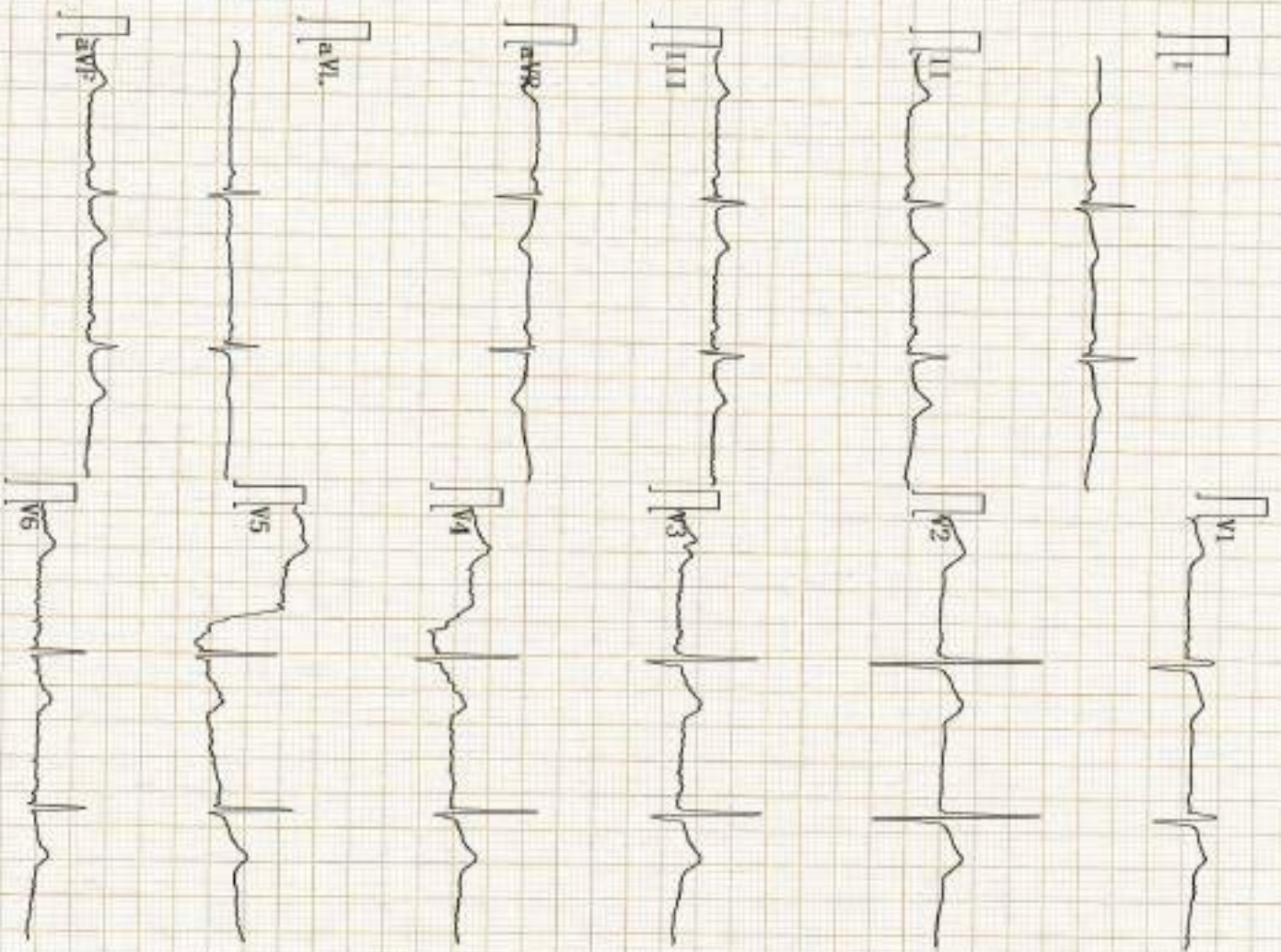
Operator: SMITHA

Custom2: _____

Mr. PRAKASH K RAMAN (50)



21293642 DOB: 29/05/1971



<< Conclusions >>

Normal Sinus Rhythm;
Cardiac electric axis normal;

Report need physician confirm



25mm/s AC50Hz

Physician: _____



Al Nile
Medical Complex
مجمع النيل الطبي

Patient ID: 21293642

Name: Mr. Prakash K Raman

Age / Gender : 50 /M

Consultant: Dr. Islam Ateya Saker

Report Date: 23/10/2024

CHEST X-RAY - PA VIEW

- ❖ Both lungs are clear with no pleural effusion or pneumothorax
- ❖ Both hila are normal in size and density
- ❖ Normal cardio pericardial silhouette.
- ❖ Bones in view are unremarkable

Impression

Normal chest x-ray

Dr. Badriya Al-Qassabi
Consultant Radiologist
Staff no : 135





FRAMINGHAM SCORE

Mr. PRAKASH K RAMAN (50)



Results

21293642 DOB: 29/05/1971

Estimated 10-year Global CVD Risk

11.2%

Risk Category

Moderate Risk

Estimated Vascular Age

57 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)

Hospital/ Clinic seal

