PEACE LAND MEDICAL CENTER

MEDICAL EXAMINATION REPORT (CONFIDENTIAL)

PLEASE COMPLETE YOUR PERSONAL DETAILS IN BLOCK CAPITALS

Surname: SINGH
Forenames: GURDEEP SINGH DALBIR
Address: 64938806 T.O
Home telephone number: 97831077

Place of examination: MCT | Date: 28.9.21

If a dependant enter employee's name here:
Surname:
Forenames:

Birth date: 15.5.76 | Nationality: Indian | Country of birth: India | Religion: Hindu

☑ Male ☐ Female | ☑ Married ☐ Single ☐ Separated /Divorced | Relationship to employee: (1) Wife (1) Son (1) Daughter | Number of children: 2

Reason for examination: Pre-Employment ☐ Periodic medical check-up ☐ Pre-Overseas ☐ | Job: Opecator | Area:

Name and address of family doctor

List your last 3 jobs
(1)
(2)
(3)

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		✓	41. Rejected for employment or insurance for medical reasons		✓
3. Difficulty in vision		✓	23. Rheumatic fever		✓	42. Awarded benefits for industrial injury/illness		✓
4. Any ear discharge		✓	24. Abnormal heartbeat		✓	43. Treated for a mental condition, e.g. depression		✓
5. Asthma/bronchitis		✓	25. High blood pressure		✓	44. Treated for problem drinking or drug abuse		✓
6. Hayfever /other significant allergy		✓	26. Stroke		✓	45. 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		✓	46. An abnormal smear		
10. Coughed/vomited blood		✓	30. Blood in urine		✓	47. Any gynaecological treatment		
11. Severe abdominal pain		✓	31. Painful passage of urine		✓	48. Are you pregnant?		
12. Stomach ulcer		✓	32. Diabetes		✓	49. HAVE YOU HAD AN ILLNESS NOT MENTIONED ABOVE		
13. Recurrent indigestion		✓	33. Headaches/migraine		✓			
14. Jaundice or hepatitis		✓	34. Dizziness/fainting		✓			
15. Gall Bladder disease		✓	35. Epilepsy		✓			
16. Marked change in bowel habits		✓	36. Joints/spinal trouble		✓			
17. Blood in stools (motions)		✓	37. Surgical operation		✓			
18. Marked change in weight		✓	38. Serious accident/fracture		✓			
19. Varicose veins		✓	39. Tropical disease		✓			
20. Lump in breast/armpit		✓	40. Fear of heights		✓			

How much tobacco each day? NO

Average daily alcohol consumption NO

Have you ever taken elicited 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.

Date: 28-9-21

Signature of Applicant: Gurdeep Singh

PEACE LAND MEDICAL CENTER

FOR COMPLETION BY EXAMINING DOCTOR OR NURSE
Further details of medical history and recreational activities

N	A	N = Normal A = Abnormal (please describe)	PHYSICAL EXAMINATION
✓		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.	
		14. Breast	

HEIGHT cm	WEIGHT kg	BMI	B.P (MMHG)	PULSE	HEARING	VISION DISTANT R	VISION DISTANT L	VISION NEAR R	VISION NEAR L	Colour Vision	Blood Group
162	72	27.4	133/80	109 mins.	L N R	Uncorrected 6/6 Corrected	6/6	R	L	N	

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 +)	2-9-16		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: 29/9/2016 Name (Block Capitals): Dr. / Nurse Signature

Dr. Abdulrahman Abdulatef, General Practitioner, MOH License No.: 78486

REVIEW/CONSULTATION

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

مركز بلاد السلام الطبي

Peace Land Medical Center

Epworth Screening Questionnaire for Sleep Apnoea

Employee Data			
Name: Gurdev		Date:	28/9/2021
I. D No. 64938876	Tel #	Department/Company:	TO
		Occupation :	Operat

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
0	Total

If you score a total of 19 or more you should seek advice from medical personnel on site before continuing to drive or operate machinery in the workplace.

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

Signature: Gurdev Singh Date: 28.9.21

Peace Land Medical Center
P.O. Box 1403, Postal Code: 133, Al Azaiba, Roundabout Al Sahwa Tower
Sultanate of Oman
Tel: 24617117/24617148/24617149

LAB RESULT

Name:	GURDEEP SINGH DALBIR SINGH	**Doc No:**	0012060
Age:	45 Y **Nationality:** INDIAN	**File No:**	0021993
Gender:	M	**Bill No:**	0026423
Ref. By:	DR. EMAD OMER	**Date:**	29/09/2021
GSM No.:	97831077	**Time:**	10:38

Test	Result	Normal Range
TRUCK OMAN-PDO MEDICAL CHECKUP ABOVE 40 YRS		
COMPLITE BLOOD COUNT		
RBC	5.7 10"9/l	Male 4.38 -4.98 10"2/l Female 4.5- 5.5 10"12/l
HAEMOGLOBIN	14.5 gm %	Male 13 - 16 gm % Female 11 - 14 gm %
HCT	43.0 %	Male 39.30 -44.10 % Female 37 -47 %
MCV	75 fl	84-94 fl
MCH	25.3 pg	27 - 33 pg
MCHC	33.8 g/dl	29.6 - 35.6 %
WBC COUNT	7.9 10"9 d/l	5.0 - 11.0 10"9/l
DIFFERENTIAL COUNT		
NEUTROPHIL	60 %	40-75 %
LYMPHOCYTE	33 %	20-45 %
EOSINOPHIL	03 %	1-6 %
MONOCYTE	04 %	2-8%
BASOPHIL	00 %	0-1%
ESR	-	Male 0 - 22 mm / 1st hour Female 0 - 20 mm / 1st hour
PLATELET	293 10"9/l	156 - 342 10"9/l
SICKLE CELL TEST	NEGATIVE	
LIVER FUCTION TEST		
ALKALINE PHOSPHATASE	71 U/L	53 - 128 U/L
S. BILIRUBIN TOTAL	0.48 mg/dl	0 - 2.0 mg/dl
S.G.O.T.	24.9 U/L	0 - 35.0 U/L
S.G.P.T.	28.9 U/L	10 - 45 U/L

PEACE LAND MEDICAL CENTRE

Medical Technologist

Peace Land Medical Center
P.O. Box 1403, Postal Code: 133, Al Azaiba, Roundabout Al Sahwa Tower
Sultanate of Oman
Tel: 24617117/24617148/24617149

LAB RESULT

Name: GURDEEP SINGH DALBIR SINGH
Age: 45 Y **Nationality:** INDIAN
Gender: M
Ref. By: DR. EMAD OMER
GSM No.: 97831077

Doc No: 0012060
File No: 0021993
Bill No: 0026423
Date: 29/09/2021
Time: 10:38

Test	Result	Normal Range
GGT	42.8 mg/dl	0 - 55.0 mg/dl
ALBUMIN	4.6 mg/dl	3.50 - 5.20 mg/dl
TOTAL PROTEIN	7.7 mgd/l	6 - 8 mgd/l
S. BILIRUBIN DIRECT	0.12 mg/dl	0.0 - 0.20 mg/dl
RENAL FUNCTION TEST		
UREA	19.8 mg/dl	18.0 - 55.0 mg/dl
S.CREATININE	0.98 mg/dl	0.70 -1.30 mg/dl
S.URIC ACID	7.0 mg/dl	3.5 - 7.2 mg/dl
LIPID PROFILE		
Total Cholesterol	140 mg/dl	0.0 - 200 mg/dl
Triglyceride	64.8 mg/dl	0.0 - 150 mg/dl
HDL - CHOL	62.3 mg/dl	35.0 - 79.0 mg/dl
LDL - CHOL	64.8 mg/dl	< 100 mg/dl
VLDL	12.9 mg/dl	2.0 - 30 mg/dl
FASTING BLOOD SUGAR	99.8 mg/dl	74 - 100 mg/dl
URINE ROUTINE ANALYSIS		
PHYSICAL		
Quantity	5 ml	
Colour	Yellow	
Sp. Gravity	1.010	
pH	Acidic	
Appearance	Clear	
CHEMICAL		
Nitrite	Negative	
Protein	Negative	
Glucose	Negative	
Ketones	Negative	

Medical Technologist

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LAB RESULT

Name:	GURDEEP SINGH DALBIR SINGH	**Doc No:**	0012060
Age:	45 Y **Nationality:** INDIAN	**File No:**	0021993
Gender:	M	**Bill No:**	0026423
Ref. By:	DR. EMAD OMER	**Date:**	29/09/2021
GSM No.:	97831077	**Time:**	10:38

Test	Result	Normal Range
Urobilinogen	Normal	
Bilirubin	Negative	
Blood	Negative	
MICROSCOPIC		
PUS CELLS	1-2	
EPITHELIAL CELLS	0-1	
RBC'S	0-1	
CASTS	NIL	
CRYSTALS	NIL	
BACTERIA	NIL	
OTHERS	NIL	

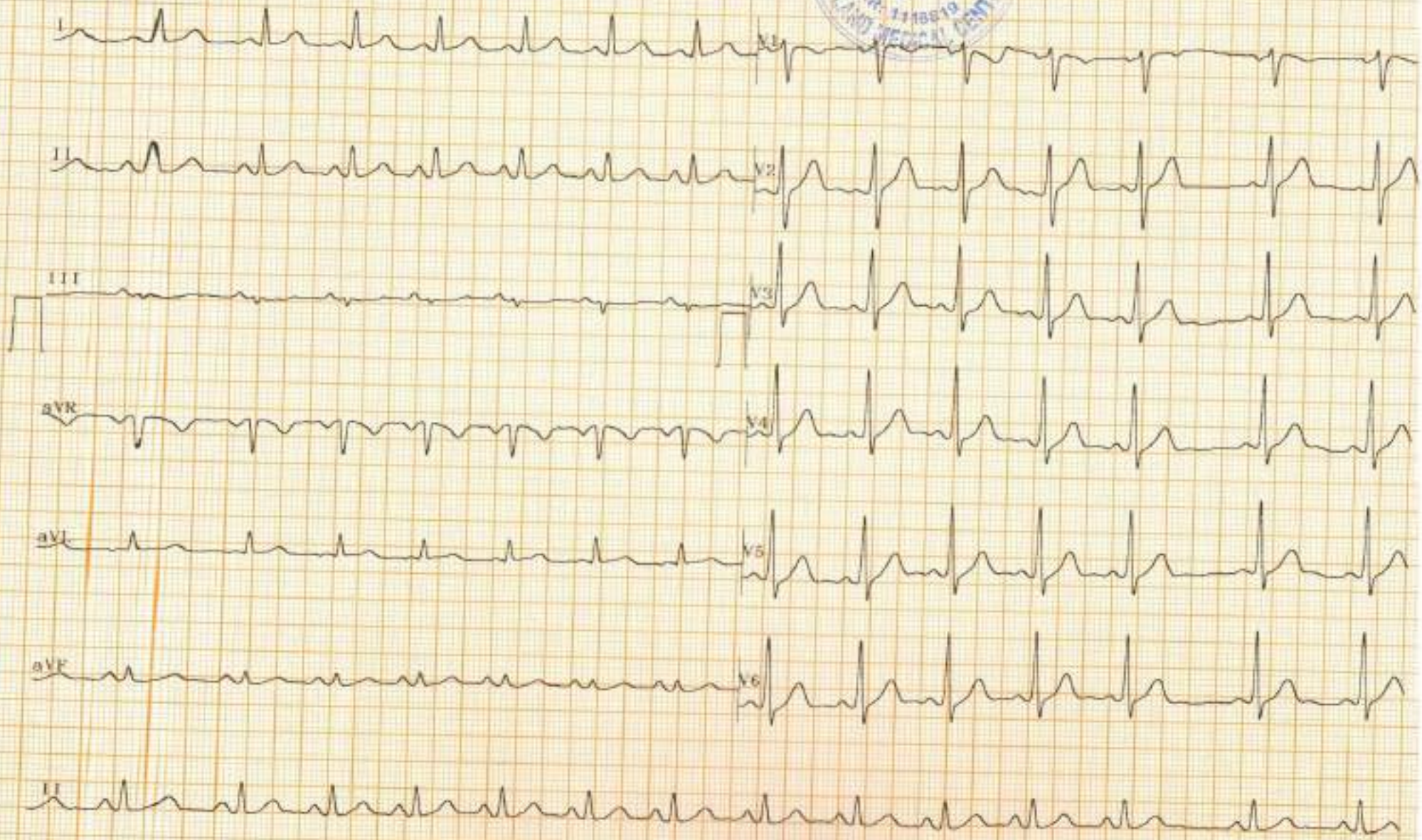
Medical Technologist

2021-09-28 16:37:11 6 Channel + 1 Rhythm Report

Hospital:
Prescribed by:

ID :
Name: Gurdeep
yrs. /
cm / kg

Heart Rate: 102bpm ** Analysis Result ** (To be finally confirmed by cardiologist)
PR Int.: 138 ms Atrial Fibrillation
QRS Dur.: 96 ms Normal Axis
QT/QTc: 452/791 ms Nonspecific intraventricular conduction delay
P-R-T axes: possible Anteroseptal MI
23 20 10 [Markedly Abnormal ECG]



0.1Hz- 100Hz, AC 50Hz, EMG. All Channels: 10.0mm/mV, 25.0mm/sec. CARDIO-M Ver5.10M.30 Medical Econet

Estimated 10-year Global CVD Risk

3.9%

Risk Category

Low Risk

Estimated Vascular Age

40 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)

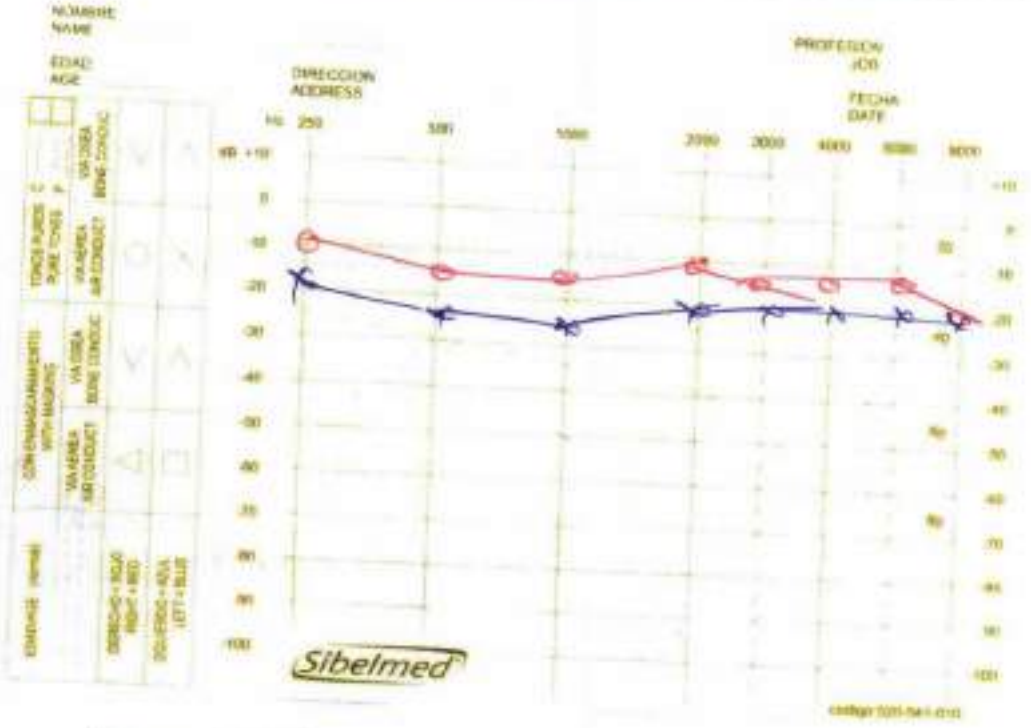
CCS (2009)
Initiate Pharmacotherapy if
LDL >5 mmol/L (>193 mg/dL)
TChol/HDL-C >6 mmol/L (>231 mg/dL)

Treatment Targets
≥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)

Peace Land Medical Center

AUDIOMETRY TEST REPORT			
Name:	Gursdeep Singh		
Gender:	M	Company	T.P
Ref By:	Dr. Emad Omer	Occupation	Cleaner
		Date:	9/6/21



INTERPRETATION
× LEFT EAR
○ RIGHT EAR

RESULT
☑ Normal
☐ Hearing Loss
☐ Left ☐ Right

PEACE LAND MEDICAL CENTER C.R. 1118819

Pulmonary Function Test Results

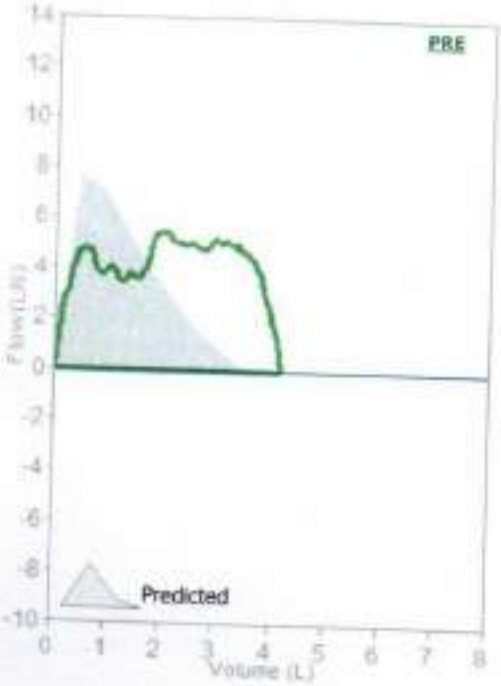
Visit date 28/09/2021

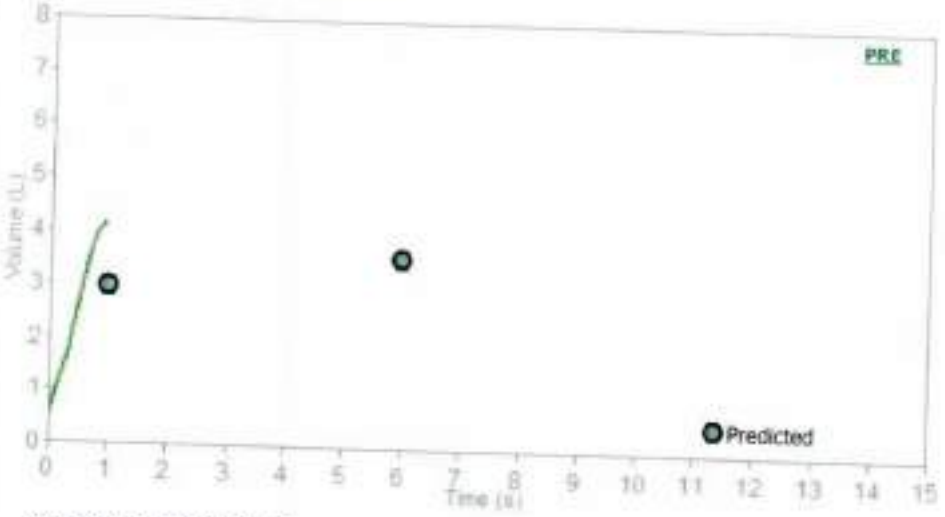
Patient code 64938806
Surname SINGH
Name GURDEEP
Date of birth 15/05/1976

Smoke
Patient group

Age	45
Gender	Male
Height, cm	162
Weight, kg	72
BMI	27.43
Pack-Year	

FVC FEV1 FEV1%





Quality Control Grade: F
0 Acceptable trials

Interpretation

Normal Spirometry

PRE Trial date 28/09/2021 11:33:18

Parameters		LLN	Pred	Best	%Pred	Z-score	PRE # 1	PRE # 2	PRE # 3	POST	%Pred	%Chg
FVC	L	2.50	3.55	4.14*	117	0.92	4.14			*		
FEV1	L	2.08	2.94	4.14*	141	2.28	4.14			*		
FEV1/FVC	%	73.5	83.7	100.0*	119	2.63	100.0			*		
PEF	L/s	4.24	7.66	5.58*	73	-1.00	5.58			*		
ELA	Years		45	45	100		45					
FEF2575	L/s	1.45	3.23	4.57	142	1.24	4.57					
FET	s		6.00	0.94	16		0.94					
FIVC	L	2.50	3.55									
FEV1/VC	%	73.5	83.7									

*Best values from all loops - BTPS 1.078 28 °C (82.4 °F) - Predicted Knudson

Conclusion / Medical report

Signature

Instrument used
Minispir S S/N C11507

MIR

مركز بلاد السلام الطبي
Peace Land Medical Center
Peace Land

Fitness for work certificate

Employee Data		Date	29/9/2011
Name	GURDEEP SINGH	Department/Company	TO
I.D No.	64938806	Occupation	Operator

Type of Medical Evaluation Mark those applying √

A1 Aircraft refuelling		A6 Fire / Emergency response team work	
A2 Breathing apparatus		A7 Professional driving	✓
A3 Business traveller		A8 Remote location work	
A4 Catering and food preparation		A9 Transfers – group A country	
A5 Crane or forklift driving & all heavy vehicles	✓	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			
Name of health advisor Signature		Date	29/9/2011

FIT

P.O. Box 1403, Postal Code 133, Al Ghubra, Muscat