

Appendix 32: EX1 Form (Initial Examination Report)

INITIAL EXAMINATION REPORT (MEDICAL – CONFIDENTIAL)



**Petroleum Development Oman
MEDICAL DEPARTMENT**

PLEASE COMPLETE YOUR PERSONAL
DETAILS IN BLOCK CAPITALS

**Petroleum Development Oman
MEDICAL DEPARTMENT**

PLEASE COMPLETE YOUR PERSONAL
DETAILS IN BLOCK CAPITALS

Surname

Forenames

Address

Home telephone number

Place of examination

Date

If a dependant enter employee's name here:

Surname:

Forenames:

Birth date

Nationality:

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: Driver

Pre-Overseas

Area:

Name and address of family doctor

List your last 3 jobs

(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
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/arm/pit		☒						

How much tobacco each day?

NO

Average daily alcohol consumption

NO

Have you ever taken elicited drugs? NO 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: 14.07.2025



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.
160	72.6	28.3	113 63
PULSE /mins.	HEARING L R	VISION DISTANT R L	NEAR R L
83	N N	Uncorrected Corrected	6/6 6/6 N N
Colour Vision	Blood Group		
N	A	LABORATORY AND OTHER SPECIAL INVESTIGATIONS	
✓		1. Urinalysis	
✓		2. Hb, Bloodcount, ESR	
		3. LFT, RFT, RBS → High RBS	
		4. Drug Screen	
		5. Lipids (40 years +)	
		6. Sickle Cell test	
		7. Audiogram	
		8. Lung Function	
		9. Chest X-Ray	
		10. ECG	
		11. CVS risk for 40 yrs. & above	
		12. HIV, Hepatitis screening	
OTHER FINDINGS (Physique, scars, disabilities, mental stability including behaviour, etc.)			
DR. S. J. PA General Practitioner MOH Lic No: 20495 nmc specialist hospital, Al Hail DR. SADRA ALIREZA NIKSERESHT General Practitioner MOH Lic No: 20495 nmc specialist hospital, Al Hail			
ASSESSMENT: ☒ FIT ALL AREAS ☐ FIT WITH RESTRICTION ☐ TEMPORARY UNFIT ☐ UNFIT Date: 14/07/22 Name (Block Capitals): Dr. / Nurse Signature:			
REVIEW/CONSULTATION DR. MASOOD SIDDIQUE General Practitioner MOH Lic No: 11094 nmc specialist hospital, Al Hail FIT			
Date: Name (Block Capitals): Dr. / Nurse Signature:			

DEPARTMENT OF LABORATORY MEDICINE

File No: 35091919	Report No: 0158313
Name: GURDEEP SINGH 6915	Sample Date: 14/07/2025 Time: 6:51
Address:	Received By:
Gender: M Age: 49 Y Nationality: INDIAN	Received Date: Time:
GSM No.: 95836531 ID Card No.: 64938806	Report Date: 14/07/2025 Time: 08:59
Ref. By: DR MAHDI KARIMI	Bill No: 0381411 Bill Date: 14/07/2025
	Report Status: Final

INVESTIGATION	RESULT	REFERENCE RANGE
PDO PACKAGE ABOVE 40 YEARS		
→RANDOM BLOOD SUGAR	9.37 mmol/L	4.11 -7.9mmol/L
CREATININE	50.00 µ mol/L	Adults: MALE: 62 – 106 µ mol/L FEMALE: 44 - 80 µ mol/L
SGPT (ALT)	24.50 U/L	MALE : up to 41 U/L, FEMALE : up to 33 U/L.
TOTAL WBC COUNT	6.00 x 10 ³ / µL	4.00-11.00 x 10 ³ / µL
DIFFERENTIAL COUNT		
NEUTROPHIL (%)	50.41 %	40-75%
LYMPHOCYTE (%)	37.01 %	20-45%
MONOCYTE (%)	8.36 %	2-8%
EOSINOPHIL (%)	2.73 %	1-6%
BASOPHIL (%)	1.49 %	0-1%
ERYTHROCYTE SEDIMENTATION RATE	07 mm/1st hr	MALE:0-15 mm/ 1st hr FEMALE:0-20 mm/ 1st hr
HAEMOGLOBIN	14.82 gm/dl	Male : 13 -18 gm/dl Female:11-15 gm /dl childrens 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	TRACE	NEGATIVE
URINE PROTEIN	NEGATIVE	NEGATIVE
URINE KETONE	NEGATIVE	NEGATIVE

Verified By:

Approved By:



10577

DR ROSE MARY

Lab Technologist

Specialist Pathologist

Electronically signed at: 7/14/2025 9:13:00

MOH License No: 18178
Electronically signed at: 14/07/2025 9:55:00 AM

Printed at: 14/07/2025 11:45:47 AM

Page : 1 of 2

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DEPARTMENT OF LABORATORY MEDICINE

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	Report Status: Final

INVESTIGATION	RESULT	REFERENCE RANGE
URINE BILIRUBIN	NEGATIVE	NEGATIVE
NITRITE	NEGATIVE	NEGATIVE
URINE PH	6.5	4.6-8.0
SPECIFIC GRAVITY	1.015	1.010-1.030
BLOOD	NEGATIVE	NEGATIVE
UROBILINOGEN	NORMAL	NORMAL
URINE MACROSCOPY		
COLOUR	YELLOW	
APPEARANCE	CLEAR	
URINE MICROSCOPY		
RBC	NIL /hpf	0-3
PUSCELLS	2-3 /hpf	0-5
EPITHELIAL CELLS	0-2 /hpf	NIL
CRYSTAL	NIL /hpf	NIL
CAST	NIL /hpf	NIL
BACTERIA	NIL	
MUCOUS THREAD	NIL	
LIPID PROFILE		
TOTAL CHOLESTEROL	2.67 mmol/L	< 5.18 mmol/L
HDL	1.07 mmol/L	>1.5 mmol/L
TRIGLYCERIDES	1.72 mmol/L	Desirable : <2.083 mmol/L Boderline high : 2.83 - 5.67 mmol/L Hypertriglyceridemia >5.65 mmol/L
LDL	1.22 mmol/L	< 2.6 mmol/L
VLDL	0.78 mmol/L	0.128-0.645mmol/L

Verified By:

Approved By:




10577

DR ROSE MARY

Lab Technologist

Specialist Pathologist

Electronically signed at: 7/14/2025 9:13:00

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Page: 2 of 2



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AUDIOMETRY REPORT

Churudeep Singh

U107.05

14-JUL-25 09:42

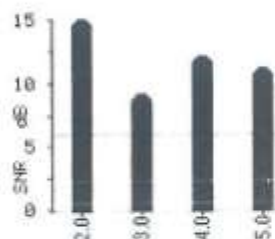
DP 2s 2 sec avg

SN: G11005649 G12014595

EX M MRN 35091919 Date of Test 14/7/2025

NAME:

Left: Pass



F2	L1	L2	DP	NF	SNR	P
2.0	65	55	-6	-10	15	P
3.0	65	55	-5	-14	9	P
4.0	65	55	-6	-19	12	P
5.0	65	55	-9	-20	11	P

U107.05

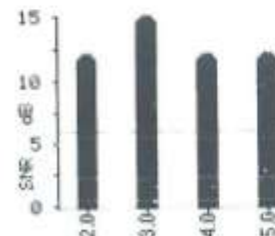
14-JUL-25 09:39

DP 2s 2 sec avg

SN: G11005649 G12014595

NAME:

Right: Pass



F2	L1	L2	DP	NF	SNR	P
2.0	65	55	-2	-11	12	P
3.0	65	54	-5	-19	15	P
4.0	64	55	-8	-20	12	P
5.0	64	55	-8	-20	12	P



Signature
Signature of the Technician

NMCOMAN/DOC/NSG/75



Pulmonary Function Report

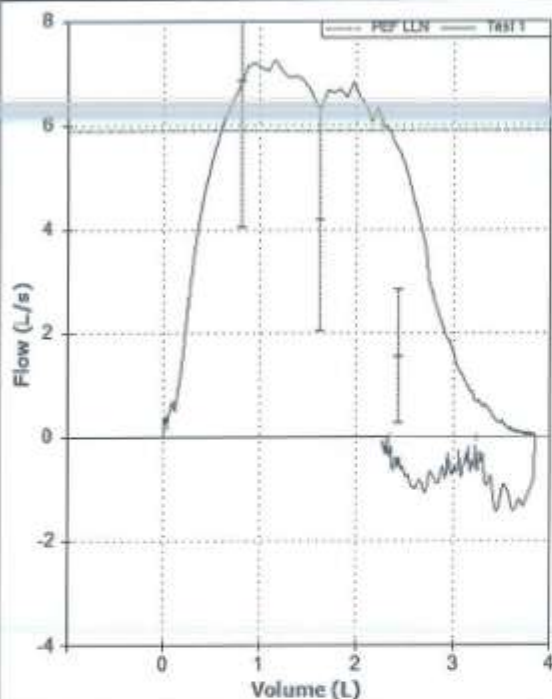
Subject Information

ID:	2025195_094255758	Alternate ID:	35091919		
Last Name:	Singh	First Name:	Gurudeep	Middle Name:	
Population:	Asian	Gender:	Male	Date of Birth:	15/05/1976
Age:	49	Height:	160 cm	Weight:	72.0 kg
BMI:	28.1	Smoking:	Non Smoker		

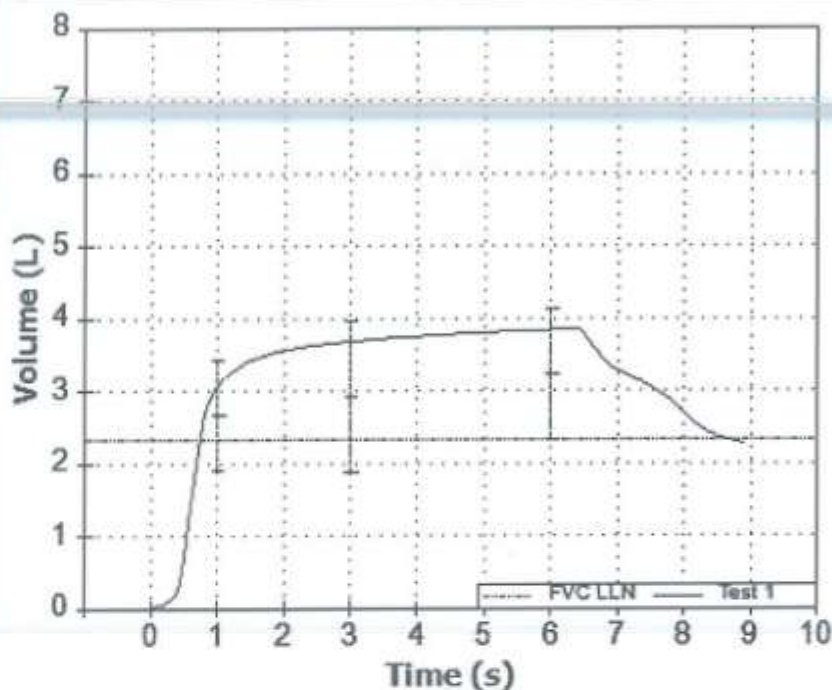
Test Session Information

Test Date:	14/07/2025 09:45	Device:	ALPHA Touch	Serial Number:	32166
No. of Tests:	5	Accuracy Chk:	30/05/2019 15:42	User:	Administrator
Pred. Values:	ERS 93	Pred. Factor:	90%	Posture:	Sitting

Flow/Volume Graph



Volume/Time Graph



Results

Parameter	Pred	LLN	Best	% Pred.	Z-Score
FVC (L)	3.24	2.34	3.85	119	1.11
FEV1 (L)	2.67	1.92	3.37	126	1.53
FEV1 Ratio	0.78	0.67	0.88	113	1.49
FEV6 (L)	3.24	2.34	3.85	119	1.11
PEF (L/min)	472	353	436	92	-0.50
FEF25-75 (L/s)	3.70	1.99	5.43	147	1.66

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
D	-	-	1 blow(s)	0 blow(s)	0 blow(s)

Computer Suggested Interpretation

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

Reference Pictogram

[illegible]

LLN

Reference

C.R. No: 166817

Sulfonate of Quin

RECEPTION

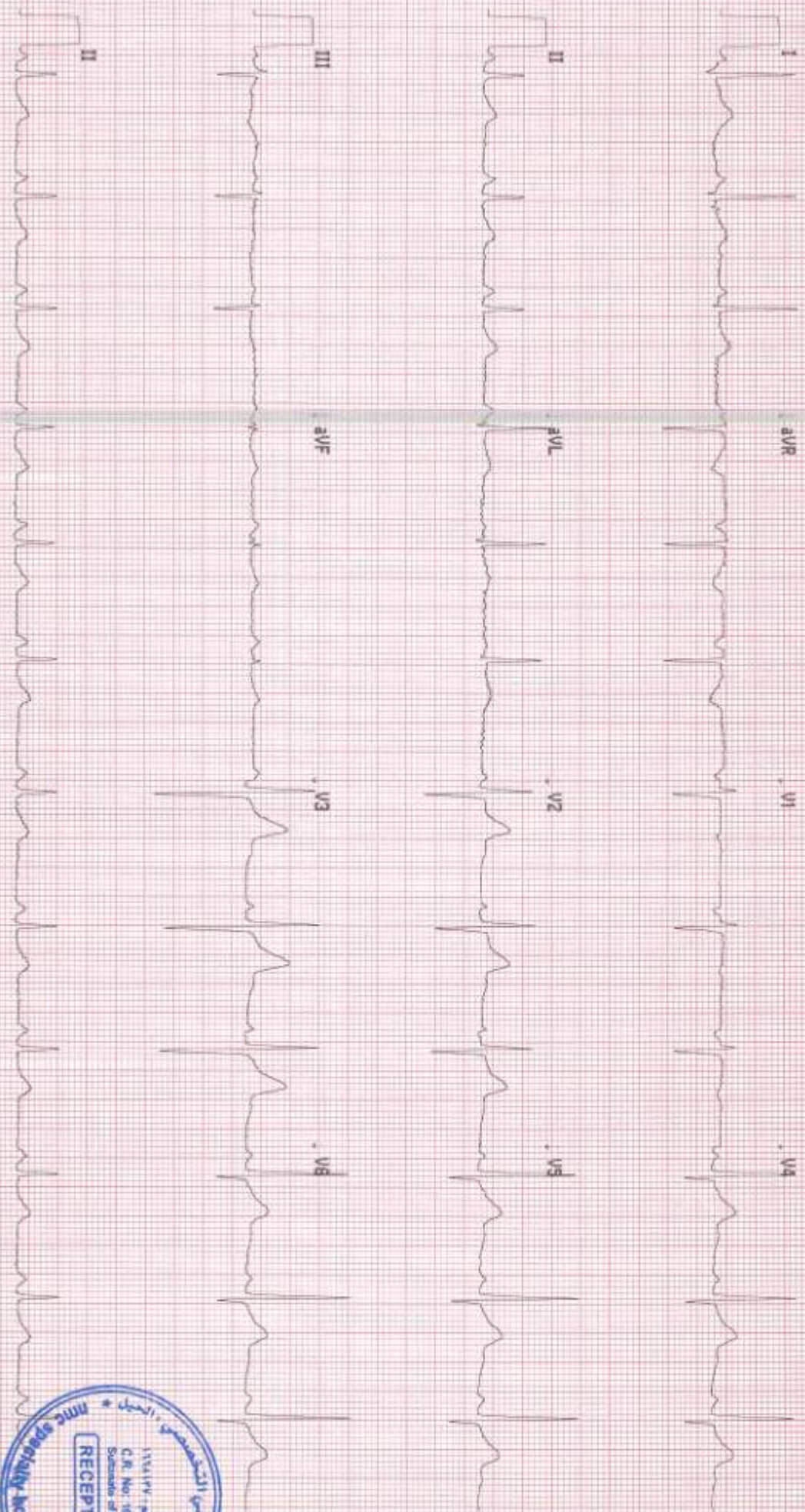
RECEIVED

ID: 35091919
DOB: 49yr, Male

Vent rate: 71 BPM
PR int: 143 ms
QRS dur: 76 ms
QT/QTc: 368/391 ms
P-R-T axes: 47 2 37

SINUS RHYTHM
POSSIBLE LEFT ATRIAL ENLARGEMENT (-0.1mV P WAVE IN V1/V2)
POSSIBLE LEFT VENTRICULAR HYPERTROPHY (VOLTAGE CRITERIA PLUS LAE OR QRS WIDENING)
ABNORMAL ECG

UNCONFIRMED REPORT



Framingham Risk Score (2008)

Questions

1. Gender?	Male
2. Age?	45-49
3. Total Cholesterol?	<4.14 mmol/L
4. HDL?	0.9-1.16 mmol/L
5. Systolic Blood Pressure?	<120 mmHg
6. On Medication for Hypertension?	No
7. Smoker?	No
8. Diabetic?	No
9. Known Vascular Disease (CAD, PVD, S...	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.

References

Ralph B. D'Agostino, Sr, Ramachandran S. Vasan, Michael J. Pencina, Philip A. Wolf, Mark Cobain, Joseph M. Massaro and William B. Kannel.

[General cardiovascular risk profile for use in primary care: the Framingham Heart Study.](#)
Circulation 2008 February 12, 117 (6): 743-53

McPherson R et al.
[Canadian Cardiovascular Society position statement—recommendations for the diagnosis and treatment of dyslipidemia and prevention of cardiovascular disease.](#)
Canadian Journal of Cardiology 2006, 22 (11): 913-27

[Management of Blood Cholesterol in Adults: Systematic Evidence Review from the Cholesterol Expert Panel.](#)

Ian Graham et al.
[European guidelines on cardiovascular disease prevention in clinical practice: executive summary: Fourth Joint Task Force of the European Society of Cardiology and Other Societies on Cardiovascular Disease Prevention in Clinical Practice \(Constituted by representatives of nine societies and by invited experts\).](#)
European Heart Journal, Volume 28, Issue 19, October 2007, Pages 2375-2414

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

$\geq 50\%$ 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

DR. SADRA ALJAZA HINERESH
General Practitioner
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IDOMN64938806<4<<<<<<<<<<<<<<
7605150M2612258IND<<<<<<<<<<<<<<
GURDEEP<SINGH<DALBIR<<<<<<<<<<<



PDO FTW - Gurdeep Singh #6915

From Muatasim Al Mandhari <Muatasim@truckomangroup.com>

Date Sun 7/13/2025 12:09 PM

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

Cc Rahul Bhalerao [NMC Oman] <rahul.bhalerao@nmcoman.com>; Davis George <davis@truckomangroup.com>; Sahaya Jayaraj <Sahaya@truckomangroup.com>; Sampuran Sanndhu <sampuran@truckomangroup.com>; Sudheesh Krishnan <sudheesh.krishnan@truckomangroup.com>; Jeyasingh <jeyasingh@truckomangroup.com>

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Do NOT ACT on any instructions given on email unless you recognize the Sender, If in doubt please contact the Sender directly for confirmation. Do not click on links or open attachments unless you recognize the sender.

Dear NMC Team,

Please arrange PDO FTW for Gurdeep Singh #6915 for tomorrow, 14th July 2025 and share the reports once it is completed. Thank you.

Regards,



Muatasim AL-Mandhari |HSE Advisor

TER HSE Dept

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