

Medical Fitness Certificate

Name of the Examined : Mr. RAFAQAT HUSSAIN
Age : 43yrs/M
ID Number : 101602393
Date of medical Examination: 03/03/2025
Examining physician : DR. ISLAM ATEYA

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 geo market 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

Mild increase S. creatinine - advise low protein diet and repeat test after 2 weeks.

Examining physician stamp and signature



Hospital/ Clinic seal



CONFIDENTIAL MEDICAL TO BE COMPLETED BY THE EMPLOYEE

Med – check History form		Name: <u>MR. RAFAAT HUSAIN</u>	
		GIN: _____	
Place of examination <u>AKNKE 1-10SPRAX</u>		Date <u>2/3/2025</u>	
		Mobile: <u>94465097</u>	
Age: _____	Nationality: <u>PAKISTANI</u>	Blood Group	<u>O Positive</u>
☒ Male ☐ Female	☒ Married ☐ Single ☐ Separated / Divorced	Number Of Children: <u>5</u>	
Do You Have You Had: (Tick "Yes" or "No" column or put a (?) if uncertain exclude minor ailments.)			
	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- HAY-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? _____		AVERAGE DAILY ALCOHOL CONSUMPTION _____	
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 COMPANYS DOCTORS, AND THE DETAILS SENT TO THEM BY THE EXAMINING DOCTOR.			
DATE: <u>2/3/25</u>			
SIGNATURE OF APPLICANT: _____			

(Signature)



VISUAL FIELDS:	N	COLOR VISION:	N
SPEECH:	N	SHISPER TEST:	N
NEAR VISION RIGHT EYE:	6/6	NEAR VISION LEFT EYE:	C/6
DISTANT VISION LEFT EYE:	6/6	DISTANT VISION RIHT EYE:	6/6
HEIGHT: 170 cm	WEIGHT: 66 kg	BMI: 22	BP: 120/70
			PULSE: 80

BODY SYSTEM / ORGAN	N	A	ABNORMALITY IF ANY
EYES AND PUPILS	✓		
EAR/ NOSE/ THROAT	✓		
TEETH AND MOUTH	✓		
LUNGS AND CHEST	✓		
CARDIOVASCULAR	✓		
ABDOMEN	✓		
HERNIAL ORIFICES	✓		
ANUS AND RECTUM	✓		
GENITO – URINARY	✓		
EXTREMITIES	✓		
MUSCULOSKELETAL	✓		
SKIN / VARICOSE VIENS	✓		
NEUROLOGICAL	✓		
MENTAL FITNESS	✓		
BREAST	✓		

Dr. Ateya Mohamed Elmaghrabi
 Dr. Ateya Mohamed Elmaghrabi
 Dr. Ateya Mohamed Elmaghrabi
 Dr. Ateya Mohamed Elmaghrabi



CONFIDENTIAL MEDICAL

TO BE COMPLETED BY THE EXAMINING PHYSICIAN

NAME: MR. RAFAAT HUSSEIN	AGE: 43y	SEX: M	COMPANY:	GIN:
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PAST MEDICAL HISTORY		BLOOD GROUP	
		O + ve	
ALLERGIES:			
VACCINATION		DATE OF INITIAL INJECTION	BOOSTER DUE DATE
HEPATITIS A			
HEPATITIS B			
TYPHOID FEVER			
INFLUENZA			

TESTS RESULTS
AUDIOGRAM: normal
OSU 5 PANFL

ECG	Normal
CHEST X-RAY	Normal

BLOOD INVESTIGATIONS					
HBCS	4.97	4.20-6.30*10 ⁶ /UL	SGOT	21.7	MALE: 10-50 FEMALE: 10-35U/L
WBCS	6.680	4.0-11.0*10 ³ /UL	SGPT	27.6	MALE: UP TO 41 FEMALE: 10-35U/L
NEUTRO	43.7	37-72%	GGT	37	0-50/UL
EOSINO	3.0	0-6%	FBS:	5.3mmol/L	60-110 MG/DL
BASO	0.4	0-1%	CHOLESTEROL	192.1	UP TO 200 MG/DL
LYMPHO	46.2	10-58%	HDL	47.64	20-60 MG/DL
MONO	0.8	0-14%	LDL	132	UP TO 130 MG/DL
HEMATOCRIT	45.9	37-51%	TRIGLYCERIDES	62.5	35-175 MG/DL
HEMOGLOBIN	15.6	MALE: 13.5-18.0 FEMALE: 11.5-16.0G/DL	CREATININE	1.45	MALE: 0.7-1.2 MG/DL FEMALE: 0.5-0.9MG/DL
ESR	4.0	MALE: 0-10 MM/HR FEMALE: 0-20 MM/HR	URIC ACID	5.1	MALE: 3.6-7.7 MG/DL FEMALE: 2.5-6.8 MG/DL

URINE ANALYSIS			
BLOOD	NIL	SUGAR	NIL
ALBUMIN	NIL	OTHERS	NIL
STOOL ANALYSIS			
PARASITES	NIL	BLOOD	NIL

COMMENTS	High S. creatinine, repeat after 2 weeks advice :- ↓ protein intake,
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EXAMINING PHYSICIAN

Dr. Mohamed Sakr
19-1-2011
AL NILE HOSPITAL





Al Nile
Medical Complex
مجمع النيل الطبي

Patient Name: RAFAQAT HUSAIN
HUSSAIN
File No: 25003085
Age: 43y 10m 21d
Gender : Male
Nationality: Pakistan

FRAMINGHAM SCORE

Estimated Global Risk

Results

Copy Results

Estimated 10-year Global CVD Risk

4.7%

Risk Category

Low Risk

Estimated Vascular Age

42 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)

Created by QxMD

مجمع النيل الطبي
Dr. ATEYA / MOHAMMED SAKR
General Practitioner
Signature





Al Nile
Medical Complex
مجمع النيل الطبي

P.O.BOX:300, POSTAL CODE - 611 NIZWA, SULTANATE OF OMAN C.R.NO.1128642

PH : 25426665, 25426228 \ WHATSAPP:94146648

Instagram:https://www.instagram.com/alnile_medical

Lab Report

Patient Name:	RAFAQAT HUSAIN HUSSAIN	Date:	02/03/2025 10:49:44
File No:	25003085	Age/Gender: 43y 10m 20d / M	Sid No: Bill#5882
Payer Name:		Collection Date & Time:	02/03/2025 10:43:16
Insurance Card No:	--	Received Date & Time:	02/03/2025 10:49:44
Doctor:		Reported Date & Time:	02/03/2025 12:04:47
Billing Time:	02/03/2025 10:39:01	Mobile: 94465097	Id Card No: 101602393

Test Name	Result	Biological Reference
SGPT	27.6 U/L	< 41.0
Gamma-Glutamyltransferase (GGT)	37.0 U/L	5.0-63.0
CHOLESTEROL	192.1 mg/dl	< 200.0
BLOOD SUGAR FASTING	5.3	-
SGOT	21.7 U/L	< 40.0
CREATININE	1.45 mg/dl	0.7- 1.4
LDL CHOLESTEROL	132.0 mg/dl	< 150.0
URIC ACID	5.1 mg/dl	3.4- 7.0
HDL CHOLESTEROL	47.64 mg/dl	40.0- 60.0
TRIGLYCERIDE	62.5 mg/dl	40.0- 160.0
Complete Blood Count		
Haemoglobin	15.6 mg/dl	13.0- 18.0
Total leucocyte count	6,680.0 Cells / Cumm	3,999.0- 11,000.0
Differential count		
Neutrophil	43.7 %	40.0- 75.0
Lymphocytes	46.2 %	15.0- 45.0
Eosinophils	3.0 %	1.0- 6.0
Monocyte	6.6 %	2.0- 8.0
Basophils	0.4 %	< 10.0
Packed cell volum	45.5 %	< 54.0
RBC count	4.97 millions/mm	4.5- 5.5
MCV	91.6 fl	81.8- 95.5
MCH	31.5 pg	27.0- 32.3
MCHC	34.3 g/dl	32.4- 35.0
Platelet count	208,000.0 Cumm	150,000.0- 400,000.0
RDW-CV	12.6 %	11.0- 16.0
RDW-SD	42.1 fl	35.0- 56.0
ESR(AUTOMATED)	4.0 mm/hr	< 15.0
BLOOD GROUP	O	-
RH Typing	POSITIVE	-
URINE ANALYSIS		
Color	Yellow	-
Transparency	Clear	-



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PH : 25426665, 25426228 \ WHATSAPP:94146648

Instagram: https://www.instagram.com/alnile_medical

Test Name	Result	Biological Reference
Specific Gravity	0.0	-
PH	Alkaline	+
Glucose	NIL	-
Acetone	NIL	+
Bilirubin	NIL	-
Blood	NIL	-
Urobilinogen	NIL	-
Protein	NIL	-
Nitrate	NIL	-
Leukocyte	NIL	-
Pus cells	1-2	-
Erythrocytes	0-2	-
Squamous Epithelial Cell	Few	-
Crystal	NIL	-
Cast	NIL	-
Bacteria	NIL	+
Others	NIL	+

2025-03-02 12:12:26

****End of Report****

Hajer Mohammed
Hussin Mousa
License No: 9245



Technician: Hajer Mohammed
Hussin Mousa
License No: 9245



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Medical Complex
مجمع النيل الطبي

Patient ID: 25003085

Name: MR. RAFAQAT HUSAIN HUSSAIN

Age / Gender: 43 / M

Consultant: Dr. ISLAM ATEYA MOHAMMAD SAKR

Report Date: 02/03/2025

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



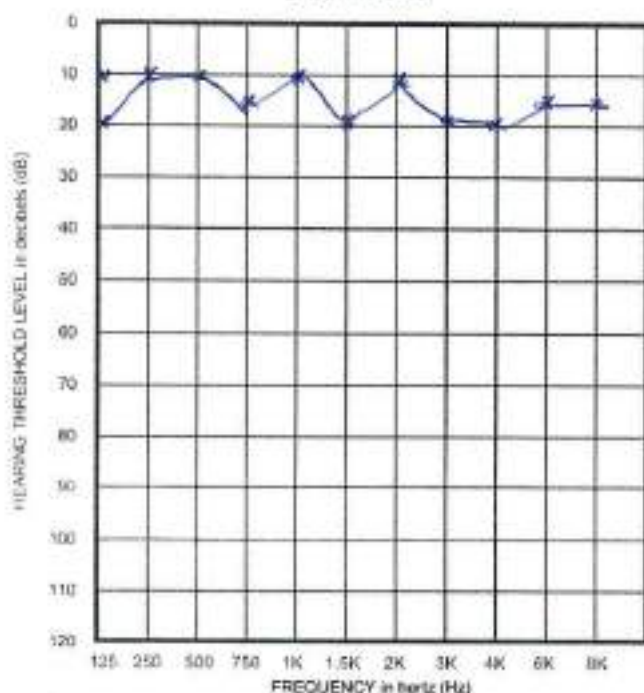


Patient Id : Patient Name: RAFAQAT HUSAIN
Name : HUSSAIN
Consultant : File No: 25003085
Age: 43y 10m 20d
Gender: Male
Nationality: Pakistan

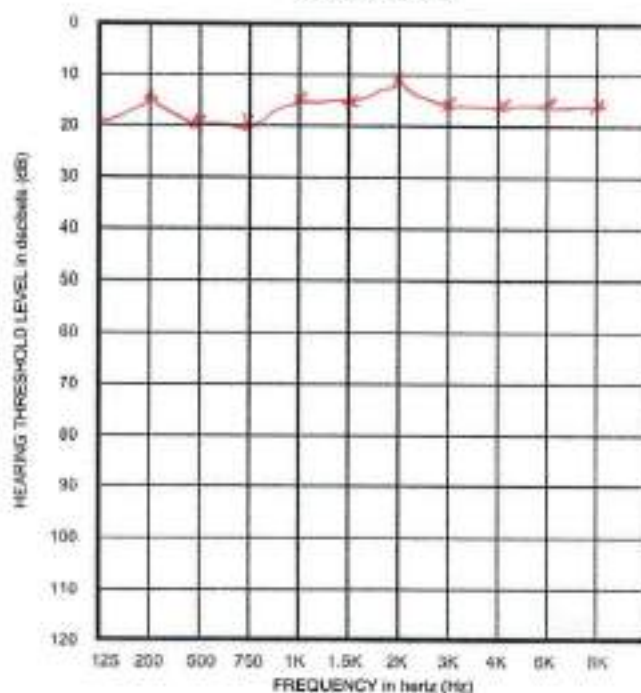
Age / Gender :

Report Date :

LEFT EAR



RIGHT EAR



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

Provisional Diagnosis: Bilateral Hearing sensitivity is within normal limit.

Al Nile Medical Complex
الدكتور / إيتام بنت حميد السليمانية
Signature Audiologist
Mob No: 488



2025-03-02 11:04:22

Name : RAFAQAT HUSAIN

Sex : Age : 0

Section: DR. ISLAM

RoomID:

BedID:

ID:

Operator: ANU M

<< Conclusions >>

Cardiac electric axis normal;
I AV block

Report need physician confirm

Patient Name: RAFAQAT HUSAIN

HUSSAIN

File No: 25003065

Age: 43y 10m 20d

Gender : Male

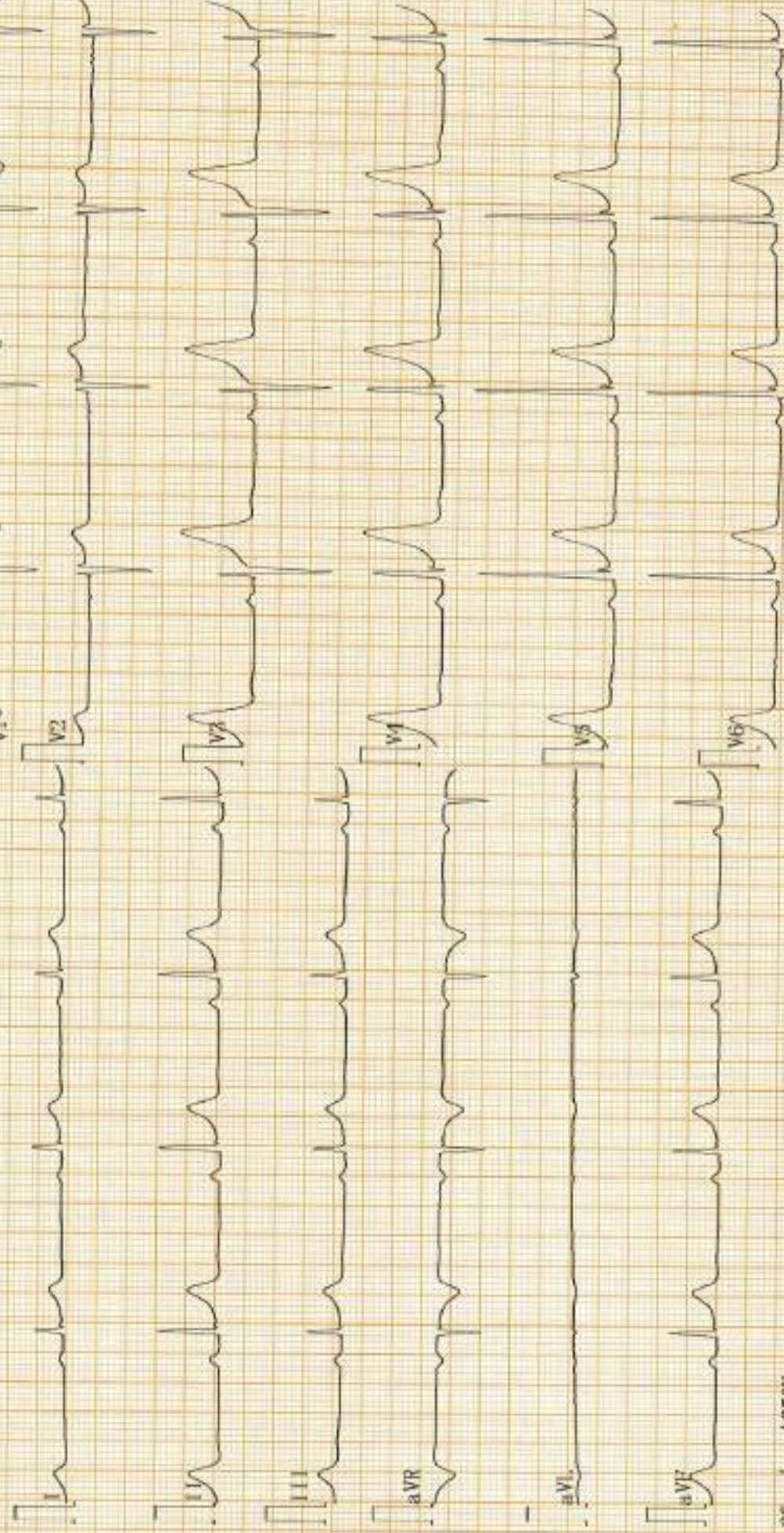
Nationality: Pakistan

Sino brady cardiac
asymptomatic

Physician:

AUTO 10mm/mV

10mm/mV



25mm/s AC50Hz