



PEACELAND MEDICAL CENTER

MEDICAL EXAMINATION REPORT (CONFIDENTIAL) Appendix 32: EX1 Form (Initial Examination Report)

6949

PLEASE COMPLETE YOUR PERSONAL
DETAILS IN BLOCK CAPITALS

Surname		Forenames		Address		Company Name	
		MAKHAN SINGH		75949014		T.O. P.O.	
Place of examination: Muscat		Date: 6/7/23		Home telephone number		95264676	
If a dependant enters employee's name here: Surname:				Forenames:			
Birth date: 3/6/73		Nationality: Indian		Country of birth: India		Religion: Sikh	
☒ Male ☐ Female		☒ Married ☐ Single ☐ Separated/Divorced		Relationship to employee ☐ Wife ☐ Son ☐ Daughter		Number of children: 3	
Reason for examination		Pre-Employment ☒ Periodic medical check-up		Job:		Area:	
		Pre-Overseas ☐		H.O.D			
Name and address of family doctor				List your last 3 jobs			
(1)		(2)		(2)		(3)	
DO YOU HAVE OR 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. Hayfever /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. Painful passage of urine		☒	
12. Stomach ulcer		☒		32. Diabetes		☒	
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? (X)							
FAMILY HISTORY: Diabetes (X) Tuberculosis (X) Epilepsy (X) Asthma (X) Eczema (X) Heart disease (X) High blood pressure (X) Stroke (X) Blood Disease (X) Cancer (X)							
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: 6/7/23		Signature of Applicant: [Signature]					



PEACELAND MEDICAL CENTER

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.
		14. Breast

HEIGHT - cm	WEIGHT kg	BMI	B.P.	PULSE	HEARING	VISION	Colour Vision	Blood Group
168	81	28	140 90	82 mins.	L N R N	DISTANT R L Uncorrected 6/6 Corrected 6/6	NR	

N	A		LABORATORY AND OTHER SPECIAL INVESTIGATIONS	N	A	
✓		1. Urinalysis		✓		7. Audiogram
✓		2. Hb, Bloodcount, ESR				8. Lung Function
✓		3. LFT, RFT, RBS	7EBS			9. Chest X-Ray
✓		4. Drug Screen		✓		10. ECG
✓		5. Lipids (40 years +)	7TC, 7TC	29-4		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.)

Internist consultation → 1 DM on med
2, HTN on med

1. LSM & RFR (dist. Extern & dist)
2. MEU 3m later by internist
3. Take medications properly

ASSESSMENT:

☒ FIT ALL AREAS ☐ FIT WITH RESTRICTION ☐ TEMPORARY UNFIT ☐ UNFIT

Date: 16/7/23

Name (Block Capitals): Dr. / Nurse



REVIEW/CONSULTATION

Date:

Name (Block Capitals): Dr. / Nurse

Signature:



Epworth Screening Questionnaire for Sleep Apnoea

MAHJAN SINGH # 0018407 # 800 Y.M. Date of Birth: 005/17		Date: <u>6/7/23.</u>
 78812 05/07/23 09:29		Department/Company: <u>T.O.</u>
ID # _____		Occupation: <u>H.D.D</u>

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 & talking with someone
0	Sitting quietly after lunch without alcohol
0	In a car, while stopped for a few minutes in traffic
Total	<u>0</u>

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, Mahajan Singh (Print Name) certify that to the best of my knowledge the above information supplied by me is true and correct.

Signature: 

Date: 6/7/23





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

LAB RESULT

Name: MAKHAN SINGH
Age: 50 Y Nationality: INDIAN
Gender: M
Ref. By: DR.SHIMA
GSM No.: 95264676

Doc No: 0034909
File No: 0016407
Bill No: 0051755
Date: 08/07/2023
Time: 17:07

Test	Result	Normal Range
TRUCK OMAN-PDO MEDICAL CHECKUP ABOVE 50 YRS		
COMPLITE BLOOD COUNT		
RBC	$6.0 \times 10^{12}/L$	Male $4.38 - 6.0 \times 10^{12}/L$ Female $4.0 - 5.2 \times 10^{12}/L$
HAEMOGLOBIN	17.5 gm %	Male 13 - 17 gm % Female 11 - 14 gm %
HCT	53.0 %	Male 39.30 - 50.00 % Female 37 - 47 %
MCV	84 fl	84-94 fl
MCH	27.0 pg	27 - 33 pg
MCHC	32.0 g/dl	29.6 - 35.6 %
WBC COUNT	$5.8 \times 10^9/L$	$4.0 - 11.0 \times 10^9/L$
DIFFERENTIAL COUNT		
NEUTROPHIL	66 %	40-75 %
LYMPHOCYTE	27 %	20-45 %
EOSINOPHIL	03 %	1-6 %
MONOCYTE	04 %	2-8 %
BASOPHIL	00 %	0-1 %
ESR	-	Male 0 - 15 mm / 1st hour Female 0 - 20 mm / 1st hour
PLATELET	$158 \times 10^9/L$	$150 - 450 \times 10^9/L$
SICKLE CELL TEST	NEGATIVE	
LIVER FUCTION TEST		
ALKALINE PHOSPHATASE	102 U/L	53 - 128 U/L
S. BILIRUBIN TOTAL	1.0 mg/dl	0 - 2.0 mg/dl
S.G.O.T.	23.2 U/L	0 - 35.0 U/L
S.G.P.T.	44.0 U/L	10 - 45 U/L



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: MAKHAN SINGH
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Ref. By: DR.SHIMA
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Doc No: 0034909
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Date: 08/07/2023
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Test	Result	Normal Range
ALBUMIN	4.5 g/dl	3.50 - 5.20 g/dl
TOTAL PROTEIN	7.6 g/dl	6 - 8 g/dl
S. BILIRUBIN DIRECT	0.19 mg/dl	0.0 - 0.20 mg/dl
RENAL FUNCTION TEST		
UREA	22.7 mg/dl	18.0 - 55.0 mg/dl
S.CREATININE	0.92 mg/dl	0.70 - 1.30 mg/dl
S.URIC ACID	4.1 mg/dl	3.5 - 7.2 mg/dl
LIPID PROFILE		
Total Cholesterol	204 mg/dl	0.0 - 200 mg/dl
Triglyceride	220.0 mg/dl	0.0 - 150 mg/dl
HDL - CHOL	41.5 mg/dl	35.0 - 79.0 mg/dl
LDL - CHOL	118.5 mg/dl	< 100 mg/dl
VLDL	44.0 mg/dl	2.0 - 30 mg/dl
FASTING BLOOD SUGAR	144.4 mg/dl	74 - 100 mg/dl
URINE ROUTINE ANALYSIS		
PHYSICAL		
Quantity	5 ml	
Colour	Yellow	
Sp. Gravity	1.025	
pH	Acidic	
Appearance	Clear	
CHEMICAL		
Nitrite	Negative	
Protein	Negative	
Glucose	Negative	
Ketones	Negative	
Urobilinogen	Normal	



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: MAKHAN SINGH
Age: 50 Y Nationality: INDIAN
Gender: M
Ref. By: DR.SHIMA
GSM No.: 95264676

Doc No: 0034909
File No: 0016407
Bill No: 0051755
Date: 08/07/2023
Time: 17:07

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



Medical Technologist

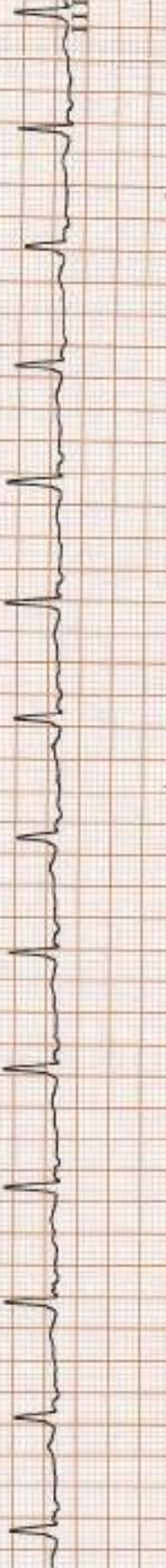
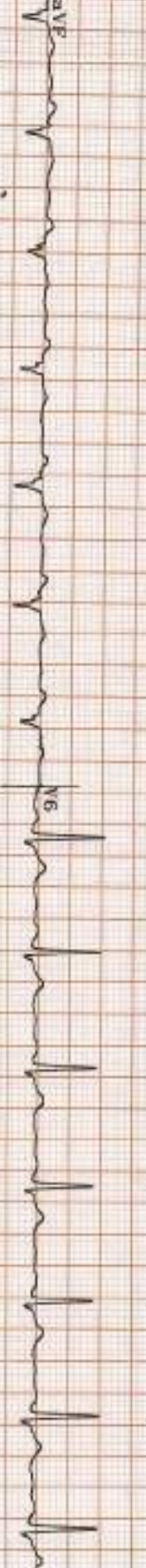
NAME: SINGH
 # 001607 8 50V 5000 5000
 06/07/23 08:28
 7813

Heart Rate: 81bpm
 PR Int.: 142 ms Normal Sinus Rhythm
 QRS Dur.: 110 ms Normal Axis
 QT/QTc: 344/399 ms LAF(Left Atrial Enlargement)
 P-R-T axes: Moderately Abnormal ECG

52 -13 17



Prescribed by:
 Hospital:



0.1Hz- 150Hz, AC50Hz.

All Channels: 10.0mm/mV. 25.0mm/sec.

EKG2000 Ver5.05M.30 Ricnet Co., Ltd.

Estimated 10-year Global CVD Risk

29.4%*

Risk Category

High Risk*

Estimated Vascular Age

>80 Years*

*Due to this patient being diabetic, they are placed in the High Risk Category and should be treated based on the following guidelines.

Treatment Guidelines

ATP-III (2004)

Treatment Targets

LDL <100 mg/dL (<2.59 mmol/L)

Non-HDL <130 mg/dL (<3.37 mmol/L)

CCS (2009)

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 <2-2.5 mmol/L (<80-100 mg/dL)

TChol <4-4.5 mmol/L (<155-175 mg/dL)





AGE	EDADAGE (NORMAL)	WITH MASKING		WITHOUT MASKING	
		AIR CONDUCT	BONE CONDUCT	AIR CONDUCT	BONE CONDUCT
RIGHT-RED	Δ	⌈	○	∇	
LEFT-BLUE	□	⌋	×	▲	

Graph showing Hearing Level (dB HL) versus Frequency (Hz). The graph displays two data series: Right Ear (Red line with open circles) and Left Ear (Blue line with open triangles). The Y-axis ranges from -100 to +10 dB HL. The X-axis ranges from 250 to 8000 Hz. The graph shows that the Left Ear generally has better hearing (lower dB HL values) than the Right Ear across most frequencies, particularly in the 1000-4000 Hz range.

Frequency (Hz)	Right Ear (dB HL)	Left Ear (dB HL)
250	-10	-5
500	-15	-10
1000	-10	-5
2000	-10	-5
3000	-15	-10
4000	-10	-5
6000	-15	-10
8000	-20	-15

Corrig 510-341-mi





مركز بلاد السلام الطبي

Peace Land Medical Center

Fitness for work certificate

Employee Data		Date 10/7/23	
Name MAKHAN SINGH		Department/Company TO PDO	
I.D No. 75949014		Occupation HDD	
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	
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			
Pulling, 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 16/7/23	
Name of health advisor Signature		 Dr. Shima Seyedabdollah Jafar Cardiovascular Specialist MOH Lic. No. 21962	



nmc specialty hospital, al-hail

P.O BOX : 613, Postal Code : 133
al-hail
24269222

Medical Report

Ref.No: 0000011/MED/NMC/2023

NAME: MAKHAN SINGH			
AGE : 50 Y	DOB : 06/30/1973	GENDER : M	NATIONALITY : INDIAN
FILE NO : 50063383	ResidentCardNo : 75949074	Emp No :	

To Whom it may Concern

This is to inform that Mr MAKHAN SINGH was found to have high BP and elevated FBS during his health check up. He is apparently asymptomatic and not on any regular medicines. His clinical examination is within normal limits. ECG normal. HbA1c 8.6%. Now he is being prescribed medications along with advice regarding diet and lifestyle modification. Need to be under regular follow up for monitoring and optimization of treatment. No absolute contraindication for continuing his work, provided adhering to treatment.

ON EXAMINATION:

INVESTIGATION:

DIAGNOSIS:

Hypertension , Diabetes Mellitus

TREATMENT GIVEN:

FURTHER PLAN:

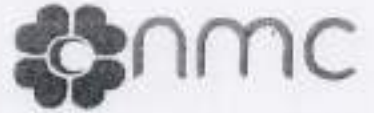
DR NISANTH KALLINKEEL
GENERAL MEDICINE

(Name with seal)



Place : nmc specialty hospital, al-hail





DEPARTMENT OF LABORATORY MEDICINE

File No: 50063383
Name: MAKHAN SINGH

Address:

Gender: M Age: 50 Y Nationality: INDIAN
GSM No.: 95264676 ID Card No.: 75949014
Ref. By: DR NISANTH KALLINKEEL

Report No: 0091849
Sample Date: 13/07/2023 Time: 18:36
Received By:
Received Date: Time:
Report Date: 13/07/2023 Time: 19:40
Bill No: 0244358 Bill Date: 13/07/2023

INVESTIGATION	RESULT	REFERENCE RANGE
RANDOM BLOOD SUGAR	5.56 mmol/L	4.11 - 7.9 mmol/L
HbA1C	6.6 %	NORMAL : < 6.0 GOOD DIABETES CONTROL : < 7 FAIR DIABETES CONTROL : 7-8 POOR DIABETES CONTROL : > 8

Verified By:

10756

Lab Technologist

Approved By:

Specialist Pathologist

Electronically signed at: 7/13/2023 7:40:00

Printed at: 13/07/2023 7:46:43 PM



مستشفى النمس التخصصي
nmc specialty hospital

NMC Healthcare LLC
CR No: 1558137
Plot No: 294, Block: 33B
Building No: 012, Al Jada North
Subsidiary of Ormco
T: (+966) 2426 9222
F: (+966) 2426 9296

Vent rate: 36 BPM
 PR int: 154 ms
 QRS dur: 100 ms
 QT/QTc: 364/376 ms
 P-R-T axes: 23 -1 27

SINUS BRADYCARDIA
POSSIBLE RIGHT VENTRICULAR CONDUCTION DELAY (RSP QRS) IN V1-V2
BORDERLINE ECG
UNCONFIRMED REPORT



STS Summary Report

PEACELAND MEDICAL CENTER

Name: **MAKHAN SINGH**
Details: 50years(Male), 81Kg, 169cm

24617149
ID: 04160723
Doctor: **Dr. SHIMA**

Tested On: 16/07/2023, 11:16 AM

99

Test Summary Report

Target HR = 170
Protocol = BRUCE
HR achieved = 162 (95%)
Total time = 16:03
Peak Ex = Exercise 4
Exercise time = 10:01
Max ST deviation = 8.15(Lead V2)
Recovery time = 04:11

Object of test : A 50 YEAR OLD MALE, OCCUPATIONAL HEALTH
Risk factor : HTN
Activity :
Other Investigation :
Ex tolerance :
Ex Arrhythmia : NONE
Hemo Response : NL
Chrono response : NL

Reason for Termination : FATIGUE

Stagewise Summary

Stage Name	Duration (min:ss)	HR at the end of stage	Max ST (mm)	Min ST (mm)	Speed km/hr	Slope (%)	METS	sys/dia(mmHg)	RPP	Comments
Supine	01:02	87	8.15(V2)	-4.64(AVR)	0.0	0.0	0.00	150/80(103)	13350	
Waiting for Exercise	00:49	93	6.43(V3)	-1.52(AVR)	0.0	0.0	0.00	150/80(103)	15450	
Exercise 1	03:00	103	7.42(V3)	-2.30(AVR)	2.7	10.0	5.10	150/80(103)	16500	
Exercise 2	03:00	113	6.87(V2)	-2.66(AVR)	4.0	12.0	7.10	160/80(106)	19680	
Exercise 3	03:00	139	6.43(V3)	-3.04(AVR)	5.5	14.0	10.00	170/80(110)	25670	
Peak Exercise 4	01:01	155	4.12(V3)	-2.39(AVR)	6.8	16.0	13.00	180/80(113)	29160	
Recovery 1	01:00	131	5.55(V2)	-2.19(AVR)	6.8	16.0	0.00	200/90(126)	31000	
Recovery 2	01:00	120	6.48(V4)	-4.64(AVR)	6.8	16.0	0.00	190/90(123)	25270	
Recovery 3	01:00	110	8.15(V2)	-4.55(AVR)	6.8	16.0	0.00	170/80(110)	20400	
Recovery 4	01:00	108	7.11(V2)	-3.65(AVR)	6.8	16.0	0.00	150/80(103)	17100	
Recovery 5	00:11	107	4.98(V3)	-1.73(AVR)	6.8	16.0	0.00	---		

Medication: PERINIDOPRIL/ AMLODIPINE TAB 10/10 MG QD

History: HTN RECENTLY DIAGNOSED

BPL DYNATRAC ULTRA Technician: MR KOGUL Done By: Confirmed by:

STS Summary Report

PEACELAND MEDICAL CENTER

Name: **MAKHAN SINGH**

24617149

ID: 04160723

Details: 50years(Male), 81Kg, 168cm

Doctor: **Dr. SHIMA**

Tested On: 16/07/2023, 11:16 AM

GK

Observations: A 50 YEAR OLD MALE UNDERWENT EXERCISE TOLERANCE TEST, UTILIZING BRUCE PROTOCOL. THE PATIENT DID NOT COMPLAIN OF CHEST PAIN, SOB OR DIZZINESS.

COMPLETED 10:01 MINUTES OF EXERCISE (STAGE 4), ACHIEVED 13 METS, GOOD FUNCTIONAL CLASS.

RESTING HEART RATE 75 BPM AND INCREASED TO 162 BPM WHICH IS 95% OF THE MAXIMUM AGE-PREDICTED HEART RATE.

RESTING BLOOD PRESSURE: 130/80 MMHG AND INCREASED TO 200/90 MMHG, NEITHER HYPERTENSIVE BLOOD PRESSURE RESPONSE NOR HYPOTENSION.

RESTING ECG SHOWED NORMAL SINUS RHYTHM.

EXERCISE ECG SHOWED NO SIGNIFICANT ST-T WAVE CHANGES.

REASON FOR TERMINATION WAS FATIGUE.

Final Impression: THE TEST IS NEGATIVE FOR EXERCISE-INDUCIBLE ISCHEMIA. HE IS CONSIDERED FIT FROM CARDIAC POINT OF VIEW AT PRESENT TO WORK.

Dr. Shima Bayazit
Certification No. 21982

