PEACE LAND MEDICAL CENTER

MEDICAL EXAMINATION REPORT (CONFIDENTIAL)

PLEASE COMPLETE YOUR PERSONAL DETAILS IN BLOCK CAPITALS

Surname: MOHAMED AL-BREIKI
Forenames: TALAL KHAMIS HAMDAN
Address: 8140476 - Tauk Oman
Home telephone number: 99628111

Place of examination: Muscat | Date: 29/6/22

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

Birth date: 18/8/79 | Nationality: Omani | Country of birth: Oman | Religion: Muslim

[√] Male [ ] Female | [√] Married [ ] Single [ ] Separated /Divorced | Relationship to employee: [ ] Wife [ ] Son [ ] Daughter | Number of children:

Reason for examination: Pre-Employment [ ] | Periodic medical check-up [√] | Pre-Overseas [ ]

Job: H.D.D.

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					
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			FOR WOMEN ONLY		
14. Jaundice or hepatitis			34. Dizziness/fainting			Have you ever had:-		
15. Gall Bladder disease			35. Epilepsy			46. An abnormal smear		
16. Marked change in bowel habits			36. Joints/spinal trouble			47. Any gynaecological treatment		
17. Blood in stools (motions)			37. Surgical operation			48. Are you pregnant?		
18. Marked change in weight			38. Serious accident/fracture			49. HAVE YOU HAD AN ILLNESS NOT MENTIONED ABOVE		
19. Varicose veins			39. Tropical disease					
20. Lump in breast/armpit			40. Fear of heights					

How much tobacco each day? N/O

Average daily alcohol consumption N/O.

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: 29/6/22

Signature of Applicant:

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.	PULSE	HEARING	VISION DISTANT R	VISION DISTANT L	VISION NEAR R	VISION NEAR L	Colour Vision	Blood Group
166	64	23.2	125/85	84/mins.	L N R	Uncorrected 6/6	6/6			N	
						Corrected					

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 +)		3.3%		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: 30/6/2022 Name (Block Capitals): Dr. / Nurse Signature:

PEACE LAND MEDICAL CENTRE

General Practitioner

REVIEW/CONSULTATION

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

مركز بلاد السلام الطبي

Peace Land Medical Center

Epworth Screening Questionnaire for Sleep Apnoea

TALAL KHAMIS HAMDAN MOHAMMED
42 Y(M) «Block» 29/06/22 08:16 PEACELAND
0032460
68252 Bill # 0037984

Employee D	
Name:	Date: 29/6/22.
I. D No.	Department/Company: Truck Drivers
	Occupation : H.D.D.

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
Total 0	

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

Signature _____ Date: 29/6/22

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:	TALAL KHAMIS HAMDAN MOHAMMED ALBREKI	**Doc No:**	0021999
Age:	42 Y **Nationality:** OMANI	**File No:**	0032460
Gender:	M	**Bill No:**	0037894
Ref. By:	ABDULRAHMAN ABDULLATEIF ABDULRAHMAN ZEINELDEEN	**Date:**	30/06/2022
GSM No.:	99628111	**Time:**	08:15

Test	Result	Normal Range
TRUCK OMAN-PDO MEDICAL CHECKUP ABOVE 40 YRS		
COMPLITE BLOOD COUNT		
RBC	5.21 10"12/l	Male 4.38 -5.78 10"12/l Female 4.0- 5.0 10"12/l
HAEMOGLOBIN	16.5 gm %	Male 13 - 17 gm % Female 11 - 14 gm %
HCT	48.2 %	Male 39.30 -50.00 % Female 37 -47 %
MCV	93 fl	84-94 fl
MCH	31.8 pg	27 - 33 pg
MCHC	34.4 g/dl	29.6 - 35.6 %
WBC COUNT	**13.7 10"9 d/l**	5.0 - 11.0 10"9/l
DIFFERENTIAL COUNT		
NEUTROPHIL	60 %	40-75 %
LYMPHOCYTE	35 %	20-45 %
EOSINOPHIL	02 %	1-6 %
MONOCYTE	03 %	2-8%
BASOPHIL	00 %	0-1%
ESR	--	Male 0 - 22 mm / 1st hour Female 0 - 20 mm / 1st hour
PLATELET	**211 10"9/l**	156 - 342 10"9/l
SICKLE CELL TEST	NEGATIVE	
LIVER FUCTION TEST		
ALKALINE PHOSPHATASE	93 U/L	53 - 128 U/L
S. BILIRUBIN TOTAL	**0.58 mg/dl**	0 - 2.0 mg/dl
S.G.O.T.	**25.5 U/L**	0 - 35.0 U/L

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Medical Technologist

Peace Land Medical Center
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Sultanate of Oman
Tel: 24617117/24617148/24617149

LAB RESULT

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Gender:	M	**Bill No:**	0037894
Ref. By:	ABDULRAHMAN ABDULLATEIF ABDULRAHMAN ZEINELDEEN	**Date:**	30/06/2022
GSM No.:	99628111	**Time:**	08:11

Test	Result	Normal Range
S.G.P.T.	26.2 U/L	10 - 45 U/L
GGT	33.1 U/L	0 - 55.0 U/L
ALBUMIN	4.0 g/dl	3.50 - 5.20 g/dl
TOTAL PROTEIN	6.7 g/dl	6 - 8 g/dl
S. BILIRUBIN DIRECT	0.16 mg/dl	0.0 - 0.20 mg/dl
RENAL FUNCTION TEST		
UREA	32.8 mg/dl	18.0 - 55.0 mg/dl
S.CREATININE	0.86 mg/dl	0.70 -1.30 mg/dl
S.URIC ACID	8.0 mg/dl	3.5 - 7.2 mg/dl
LIPID PROFILE		
Total Cholesterol	172 mg/dl	0.0 - 200 mg/dl
Triglyceride	140.8 mg/dl	0.0 - 150 mg/dl
HDL - CHOL	63.2 mg/dl	35.0 - 79.0 mg/dl
LDL - CHOL	80.7 mg/dl	< 100 mg/dl
VLDL	28.1 mg/dl	2.0 - 30 mg/dl
FASTING BLOOD SUGAR	98.4 mg/dl	74 - 100 mg/dl
URINE ROUTINE ANALYSIS		
PHYSICAL		
Quantity	5 ml	
Colour	Yellow	
Sp. Gravity	1.020	
pH	Acidic	
Appearance	Clear	
CHEMICAL		
Nitrite	Negative	
Protein	Negative	
Glucose	Negative	

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Ref. By:	ABDULRAHMAN ABDULLATEIF ABDULRAHMAN ZEINELDEEN	**Date:**	30/06/2022
GSM No.:	99628111	**Time:**	08:11

Test	Result	Normal Range
Ketones	Negative	
Urobilinogen	Normal	
Bilirubin	Negative	
Blood	Negative	
MICROSCOPIC		
PUS CELLS	2-3	
EPITHELIAL CELLS	0-2	
RBC'S	0-1	
CASTS	NIL	
CRYSTALS	NIL	
BACTERIA	NIL	
OTHERS	NIL	

PEACE LAND MEDICAL CENTER

Medical Technologist

2022-08-29 08:26:46

6Channel+1 Rhythm Report

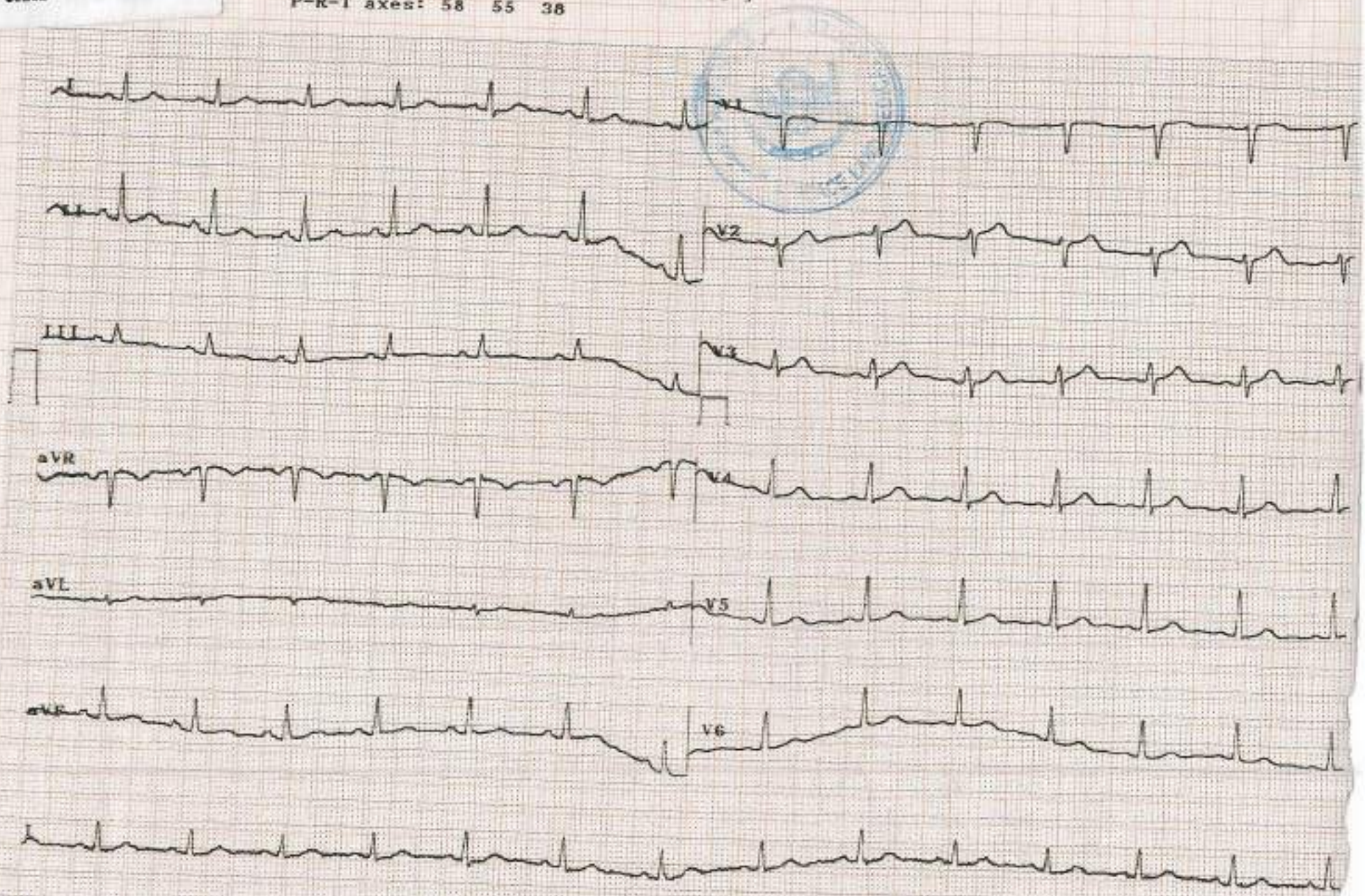
Hospital:PLMS

Confirmed by:

TALAL KHAMIS HAMDAN MOHAMMED
42 Y(M) <Blank> 29/08/22 08:16
0032480
PEACELAND
69262 B/# 0037884

Heart Rate : 84 BPM
PR Int.: 152 ms
QRS Dur.: 78 ms
QT/QTc: 348/413 ms
P-R-T axes: 58 55 38

** Analysis Result ** (Unconfirmed Report)
NORMAL SINUS RHYTHM
NORMAL AXIS
[NORMAL ECG]



0.1Hz- 40Hz,AC50Hz,PM,Qik. 10.0/5.0mm/mV. 25.0mm/sec. CARDIO-M PLUS 1.13.30 Medical Econ

Estimated 10-year Global CVD Risk

3.3%

Risk Category

Low Risk

Estimated Vascular Age

38 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)

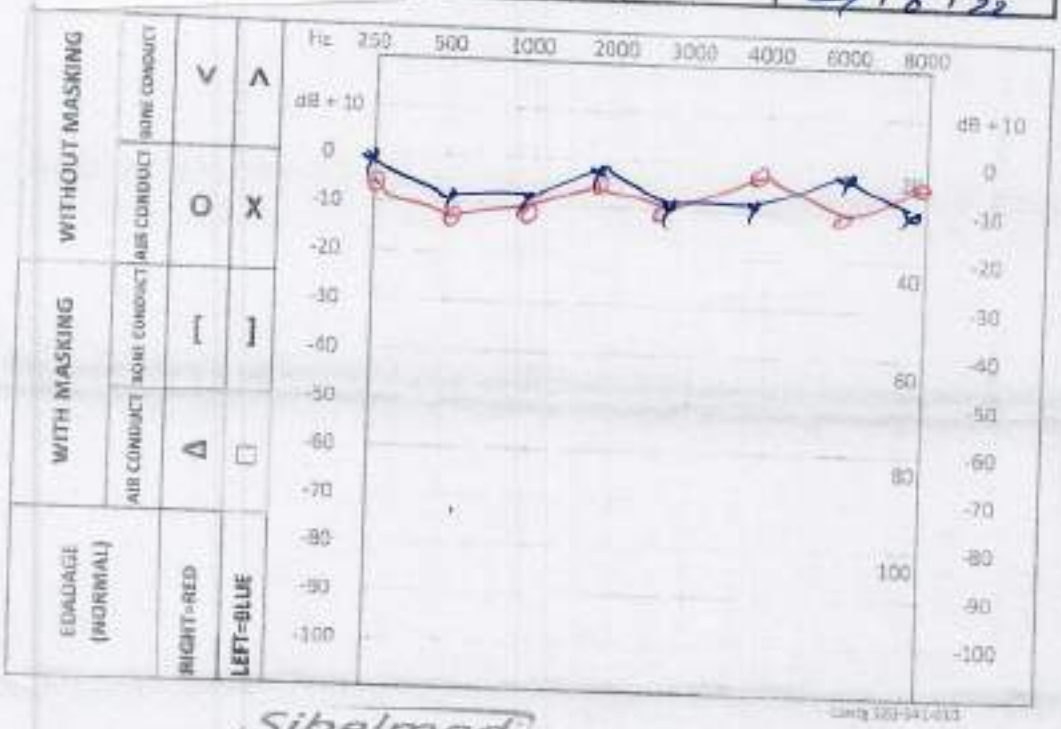
مركز بلاد السلام الطبي
Peace Land Medical Center

TALAL KHAMIS HAMDAN MOHAMMED
42 Y(M) «Blank» 29/06/22 08:16
0032480
0037894
69282

PEACELAND

DIOMETRY TEST REPORT

COMPANY	Buyk omen
OCCUPATION	A/D-D
DATE	29/6/22



Sibelmed

INTERPRETATION
X LEFT EAR
O RIGHT EAR

RESULT
- [x] NORMAL
- [ ] HEARING LOSS
- [ ] RIGHT
- [ ] LEFT

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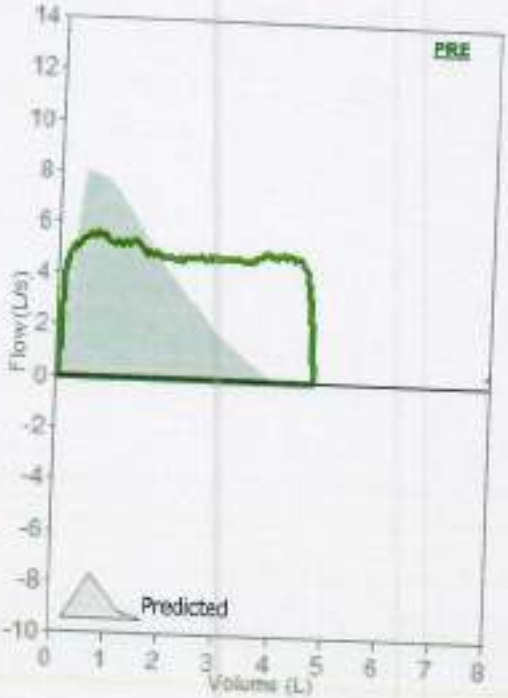
ص.ب ١٤٠٣ الرمز البريدي ١٣٣ دوار العذيبة مبنى ابراج الصحوة مبنى أ سلطنة عمان
P.O. Box 1403, Postal Code : 133, Al Azaiba Roundabout al Sahwa Tower, Sultanate of Oman
Tel.: 24617117 / 24617148 / 24617149 هاتف ٢٤٦١٧١١٧/٢٤٦١٧١٤٨/٢٤٦١٧١٤٩

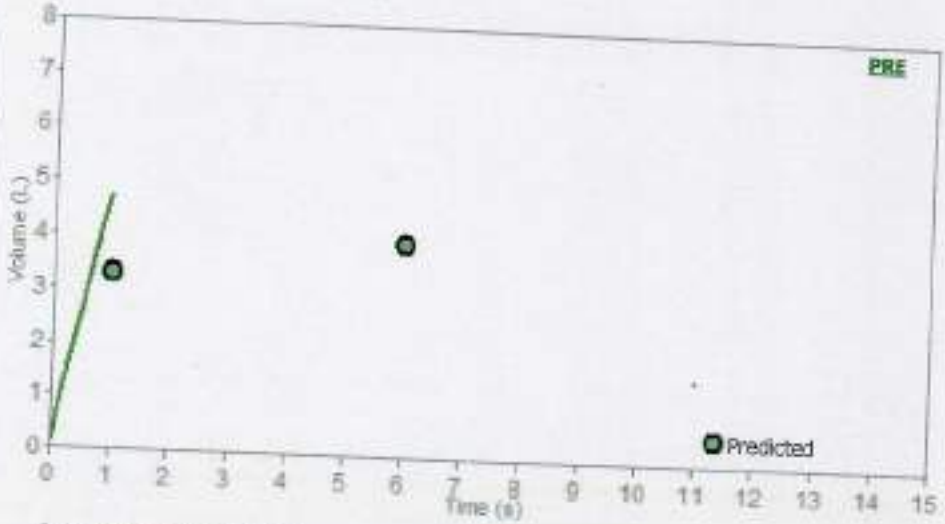
Pulmonary Function Test Results

Visit date 29/06/2022

Patient code	8140476	Age	42
Surname	KHAMIS	Gender	Male
Name	TALAL	Height, cm	166
Date of birth	18/08/1979	Weight, kg	64
Ethnic group	Not defined	BMI	23.23
Smoke		Pack-Year	
Patient group			

FVC PRE | FEV1 PRE | FEV1% PRE





Quality Control Grade: F
0 Acceptable trials

Interpretation

Normal Spirometry

PRE Trial date 29/06/2022 08:33:10

Parameters		LLN	Pred	Best	%Pred	Z-score	PRE # 1	PRE # 2	PRE # 3	POST	%Pred	%Chg
FVC	L	2.93	3.98	4.71*	118	1.15	4.71			*		
FEV1	L	2.43	3.30	4.71*	143	2.70	4.71			*		
FEV1/FVC	%	73.4	83.6	100.0*	120	2.65	100.0			*		
PEF	L/s	4.72	8.14	5.69*	70	-1.18	5.69			*		
ELA	Years		42	42	100		42					
FEF2575	L/s	1.79	3.57	4.84	136	1.17	4.84					
FET	s		6.00	0.96	16		0.96					
FIVC	L	2.93	3.98									
FEV1/VC	%	73.4	83.6									

*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
Last calibration check 01/11/2021 09:35:10

PEACE LAND MEDICAL CENTER

MIR

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Peace Land Medical Center
Peace Land
بلاد السلام

Fitness for work certificate

Employee Data			
Name	TALAL KHAMIS	Date	30/6/2021
I.D No.	8140476	Department/Company	T-O.
Type of Medical Evaluation Mark those applying √		Occupation	H-O.D.

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			FIT
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	30/6/2021

ص.ب ١٤٠٣، الرمز البريدي ١٣٣ دوار العذيبة مبنى أبراج الصحوة مبنى ٢ سلطنة عمان
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