PEACE LAND MEDICAL CENTER

MEDICAL EXAMINATION REPORT (CONFIDENTIAL)

PLEASE COMPLETE YOUR PERSONAL DETAILS IN BLOCK CAPITALS

Surname	ALLAM
Forenames	WAQAS MEHMOOD BITTA
Address	85972176 - TRUCKOMAN-SLB
Home telephone number	94745038

Place of examination: MUSCAT	Date: 5/01/22		
If a dependant enter employee's name here: Surname:		Forenames:	
Birth date: 10/06/87	Nationality: PAKISTAN	Country of birth: PAKISTAN	Religion: MUSLIM
☑ Male ☐ Female	☑ Married ☐ Single ☐ Separated /Divorced	Relationship to employee: ☐ Wife ☐ Son ☑ Daughter	Number of children: 1
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					
4. Any ear discharge			24. Abnormal heartbeat			42. Awarded benefits for industrial injury/illness		
5. Asthma/bronchitis			25. High blood pressure					
6. Hayfever /other significant allergy			26. Stroke			43. Treated for a mental condition, e.g. depression		
7. Any skin trouble			27. Serious chest pain					
8. Tuberculosis			28. Any blood disease			44. Treated for problem drinking or drug abuse		
9. Shortness of breath			29. Kidney disease					
10. Coughed/vomited blood			30. Blood in urine			45. Exposed to toxic substance or noise		
11. Severe abdominal pain			31. Painful passage of urine					
12. Stomach ulcer			32. Diabetes			FOR WOMEN ONLY		
13. Recurrent indigestion			33. Headaches/migraine			Have you ever had:-		
14. Jaundice or hepatitis			34. Dizziness/fainting			46. An abnormal smear		
15. Gall Bladder disease			35. Epilepsy			47. Any gynaecological treatment		
16. Marked change in bowel habits			36. Joints/spinal trouble					
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? 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: 5/01/2022 **Signature of Applicant:**

PEACE LAND MEDICAL CENTER

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

N = Normal A = Abnormal (please describe)

N	A	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	Colour Vision	Blood Group
175	94	30.7	124/84	69 /mins.	L N R	DISTANT R 6/6 L 6/6; NEAR R L; Uncorrected; Corrected	N	

N	A	LABORATORY AND OTHER SPECIAL INVESTIGATIONS
✓		1. Urinalysis
✓		2. Hb, Bloodcount, ESR
✓		3. LFT, RFT, RBS
✓		4. Drug Screen
✓		5. Lipids (40 years +)
✓		6. Sickle Cell test

N	A	
✓		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.)

ASSESSMENT:

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

Date 5/1/2022 Name (Block Capitals): Dr. / Nurse Signature

PEACE LAND MEDICAL CENTER

REVIEW/CONSULTATION

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

مركز بلاد السلام الطبي

Peace Land Medical Center

Epworth Screening Questionnaire for Sleep Apnoea

WAQAS MEHMOOD DITTA ALLAH
34 Y(M) <Blank>
05/01/22 09:33
0028212
64924 Bill # 0031161
PEACELAND

Employee Data	Date: 5/01/2022
Name:	Department/Company: T Ruck Oman
I. D No.	Occupation: H.O.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 [redacted] *(Print Name)* certify that to the best of my knowledge the above information supplied by me is true and correct.

Signature: [redacted] Date: 05/01/2022

PEACE LAND MEDICAL CENTER

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:	WAQAS MEHMOOD DITTA ALLAH	**Doc No:**	0015520
Age:	34 Y **Nationality:** PAKISTANI	**File No:**	0026212
Gender:	M	**Bill No:**	0031161
Ref. By:	DR. EMAD OMER	**Date:**	05/01/2022
GSM No.:	94745038	**Time:**	16:18

Test	Result	Normal Range
MEDICAL CHECKUP SCHLUMBERGER SPECIFICATION		
COMPLITE BLOOD COUNT		
RBC	5.1 10"12/l	Male 4.38 -5.78 10"12/l Female 4.0- 5.0 10"12/l
HAEMOGLOBIN	15.5 gm %	Male 13 - 17 gm % Female 11 - 14 gm %
HCT	46.7 %	Male 39.30 -50.00 % Female 37 -47 %
MCV	76 fl	84-94 fl
MCH	25.2 pg	27 - 33 pg
MCHC	33.1 g/dl	29.6 - 35.6 %
WBC COUNT	9.8 10"9 d/l	5.0 - 11.0 10"9/l
DIFFERENTIAL COUNT		
NEUTROPHIL	60 %	40-75 %
LYMPHOCYTE	37 %	20-45 %
EOSINOPHIL	01 %	1-6 %
MONOCYTE	02 %	2-8%
BASOPHIL	00 %	0-1%
ESR	10	Male 0 - 22 mm / 1st hour Female 0 - 20 mm / 1st hour
PLATELET	302 10"9/l	156 - 342 10"9/l
SICKLE CELL TEST	NEGATIVE	
LIVER FUCTION TEST		
ALKALINE PHOSPHATASE	108 U/L	53 - 128 U/L
S. BILIRUBIN TOTAL	0.32 mg/dl	0 - 2.0 mg/dl
S.G.O.T.	27.5 U/L	0 - 35.0 U/L
S.G.P.T.	44.5 U/L	10 - 45 U/L

PEACE LAND MEDICAL CENTER

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:	WAQAS MEHMOOD DITTA ALLAH	**Doc No:**	0015520
Age:	34 Y **Nationality:** PAKISTANI	**File No:**	0026212
Gender:	M	**Bill No:**	0031161
Ref. By:	DR. EMAD OMER	**Date:**	05/01/2022
GSM No.:	94745038	**Time:**	16:18

Test	Result	Normal Range
GGT	54.8 U/L	0 - 55.0 U/L
ALBUMIN	4.2 g/dl	3.50 - 5.20 g/dl
TOTAL PROTEIN	7.0 g/dl	6 - 8 g/dl
S. BILIRUBIN DIRECT	0.12 mg/dl	0.0 - 0.20 mg/dl
RENAL FUNCTION TEST		
UREA	27.8 mg/dl	18.0 - 55.0 mg/dl
S.CREATININE	0.86 mg/dl	0.70 -1.30 mg/dl
S.URIC ACID	6.5 mg/dl	3.5 - 7.2 mg/dl
LIPID PROFILE		
Total Cholesterol	190 mg/dl	0.0 - 200 mg/dl
Triglyceride	180.0 mg/dl	0.0 - 150 mg/dl
HDL - CHOL	43.2 mg/dl	35.0 - 79.0 mg/dl
LDL - CHOL	110.8 mg/dl	< 100 mg/dl
VLDL	36.0 mg/dl	2.0 - 30 mg/dl
FASTING BLOOD SUGAR	97.1 mg/dl	74 - 100 mg/dl
URINE ROUTINE ANALYSIS		
PHYSICAL		
Quantity	5 ml	
Colour	Yellow	
Sp. Gravity	1.015	
pH	Acidic	
Appearance	Clear	
CHEMICAL		
Nitrite	Negative	
Protein	Negative	
Glucose	Negative	
Ketones	Negative	

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:	WAQAS MEHMOOD DITTA ALLAH	**Doc No:**	0015520
Age:	34 Y **Nationality:** PAKISTANI	**File No:**	0026212
Gender:	M	**Bill No:**	0031161
Ref. By:	DR. EMAD OMER	**Date:**	05/01/2022
GSM No.:	94745038	**Time:**	16:18

Test	Result	Normal Range
Urobilinogen	Normal	
Bilirubin	Negative	
Blood	Negative	
MICROSCOPIC		
PUS CELLS	1-2	
EPITHELIAL CELLS	2-3	
RBC'S	0-1	
CASTS	NIL	
CRYSTALS	NIL	
BACTERIA	NIL	
OTHERS	NIL	
STOOL ROUTINE ANALYSIS		
PHYSICAL		
Colour	Brownnish	
Consistency	Soft	
Reaction	Acidic	
Mucus	NIL	
MICROSCOPIC		
Ova:	NIL	
Cyst:	NIL	
Pus Cells:	0-1 Cells/hpf	
RBCs	0-1 Cells/hpf	
Others	NIL	
Bacteria	NIL	
DRUG TESTING		
AMPHETAMINES(AMP)	NEGATIVE	
MORPHINE(MOP)	NEGATIVE	
COCAINE(COC)	NEGATIVE	

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:	WAQAS MEHMOOD DITTA ALLAH	**Doc No:**	0015520
Age:	34 Y **Nationality:** PAKISTANI	**File No:**	0026212
Gender:	M	**Bill No:**	0031161
Ref. By:	DR. EMAD OMER	**Date:**	05/01/2022
GSM No.:	94745038	**Time:**	16:18

Test	Result	Normal Range
PHENCYCLIDINE(PCP)	NEGATIVE	
METHAMPHETAMINE(MET)	NEGATIVE	
TRAMADOL(TRA)	NEGATIVE	
BARBITURATES(BAR)	NEGATIVE	
BENZODIAZEPINES(BZO)	NEGATIVE	
MEDTHODONE(MED)	NEGATIVE	
TRICYCLIC ANTIDEPRESSANTS	NEGATIVE	
MARIJUANA(THC)	NEGATIVE	

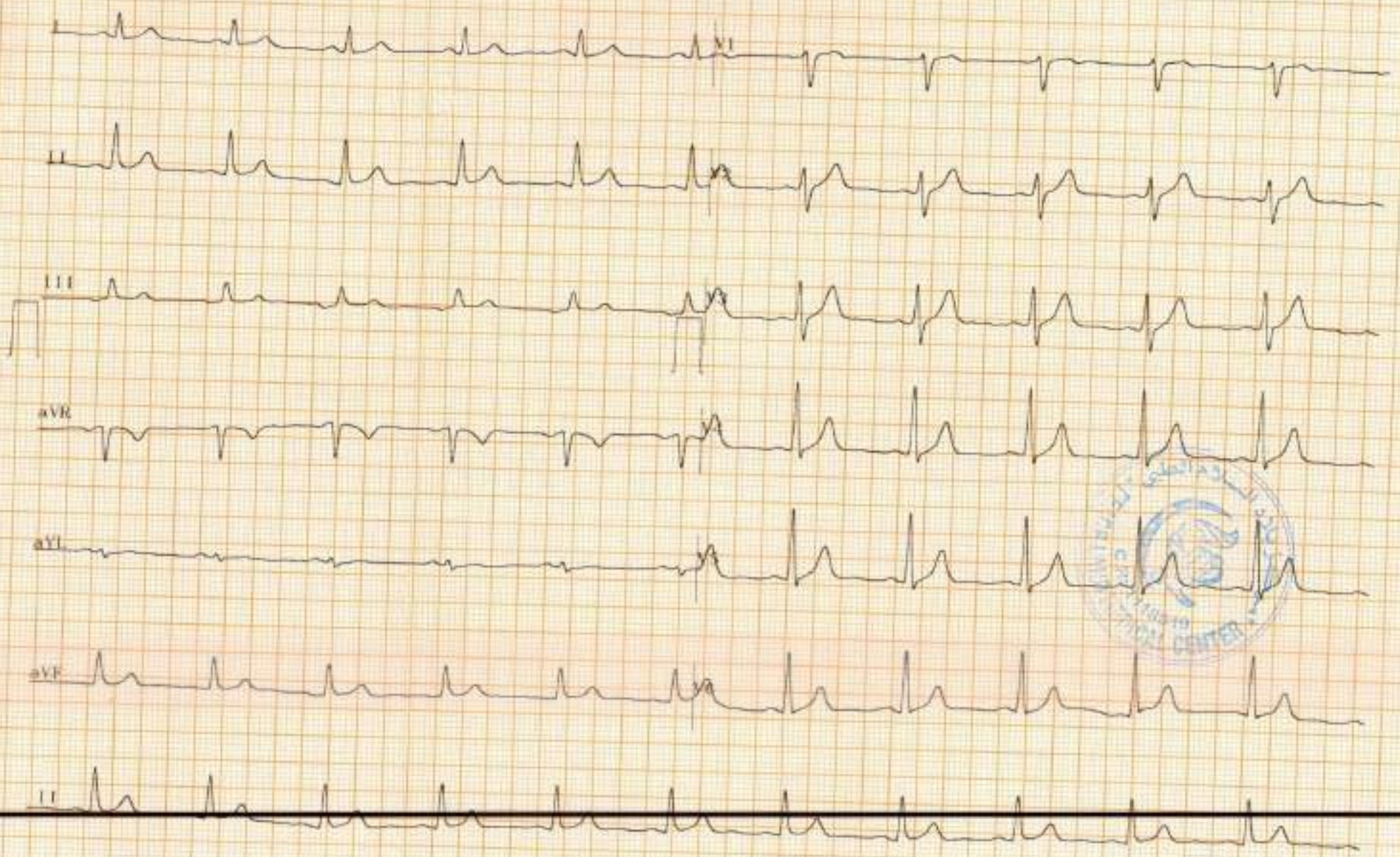
Medical Technologist

2022-01-05 16:45:26 6 Channel + 1 Rhythm Report

ID : Waqas Mehmood
Name:
yrs. /
cm / kg

Heart Rate: 69bpm ** Analysis Result ** (To be finally confirmed by cardiologist)
PR Int.: 140 ms Normal Sinus Rhythm
QRS Dur.: 86 ms Normal Axis
QT/QTc: 366/392 ms [Normal ECG]
P-R-T axes:
-6 56 51

Hospital:
Prescribed by:



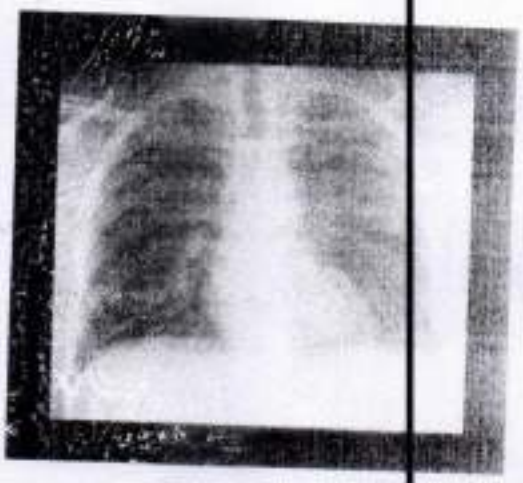
0.1Hz- 100Hz, AC50Hz, EMG. All Channels: 10.0mm/mV, 25.0ms/sec. CARDIO-M Ver5.10M.30 Medical Econet GmbH.

International Specialized
Heart & Vascular Center

المركز الدولي التخصصي لأمراض
القلب و الأوعية الدموية

Name: WAQAS MEHMOOD
File No: 8731

Date: WEDNESDAY 5 JANUARY , 2022



Chest x-ray Report: PA chest x-ray.

- Lung fields appear normal.
- Hila appear normal.
- Both CP angles are clear.
- Cardiac silhouette is within normal limits
- Bony thorax appear normal.

DR. OUSSAMA ADNAN MOHAMMED
CARDIOLOGIST
HEART VASCULAR CENTER (IHVC)

C.R:1290488
Sultanate of Oman
CENTER FOR HEART INTERNATIONAL SPECIALIZED

- Comment: Normal PA chest x-ray.

Dr. MATLOOBA ALZADJALI MD, MPH, Dip Cardiology, PhD

Peace Land Medical Center

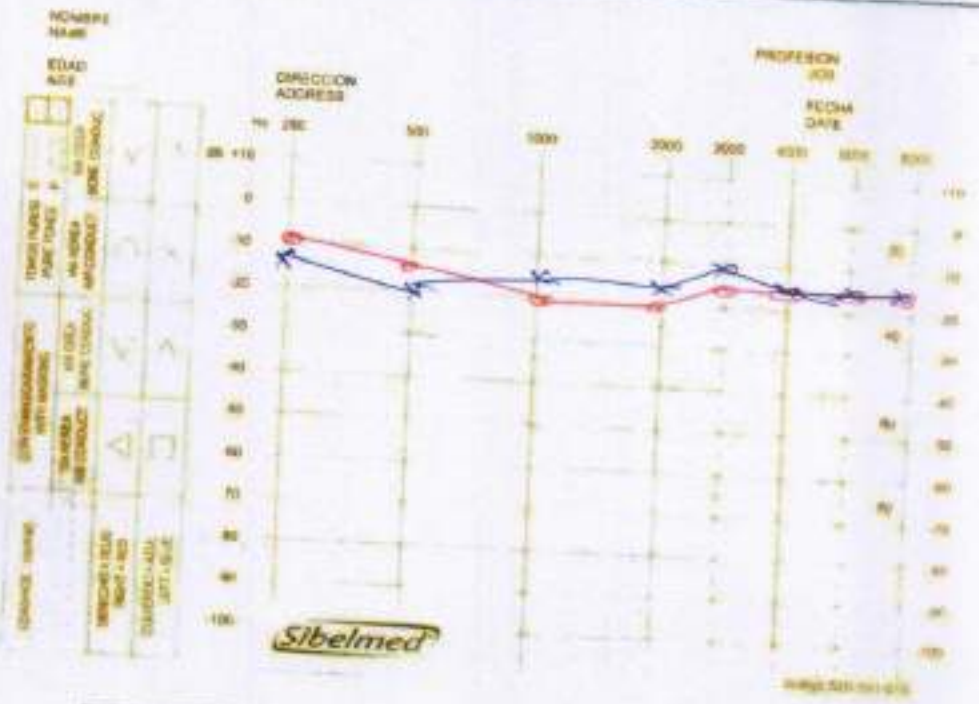
WAQAS MEHMOOD DITTA ALLAH
34 Y(M) «Blank»
05/01/22 09:39
0028212
64924
Bill # 0031101

PLACEMAND

Name:		
Sender:		
Ref By:		

HEARING TEST REPORT

	Company	
	Occupation	H.DIS
	Date:	5/1/22



INTERPRETATION
× LEFT EAR
○ RIGHT EAR

RESULT
☑ Normal
☐ Hearing Loss
☐ Left ☐ Right

مركز بلاد السلام الطبي
PEACE LAND MEDICAL CENTER

Fitness for work certificate

Employee Data			
Name	WAQAS MEHMOOD	Date	5/11/2022
I.D No.	85972176	Department/Company	TO
		Occupation	H.D.D.

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			FIT
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 5/11/2022

PEACE LAND MEDICAL CENTRE