



MEDICAL FITNESS CERTIFICATE FOR TRUCK OMAN LLC

NAME	KHALID ' ABDALLAH SALIM 'ABDALLAH AL ABDALI		
AGE/D.O.B	41 Y, 01.09.1978	DATE	18.02.2020
PASS/ID NO:	8724835	GENDER	MALE
VISION-RT-EYE	6/6 WITHOUT GLASSES	HEIGHT	168 CM
LT-EYE	6/6 WITHOUT GLASSES	WEIGHT	85 KG
HEART	NORMAL	BP	134/92 mmHg
LUNGS	NORMAL	PULSE	72/Min
ABDOMEN	NORMAL	CNS	NORMAL
SKIN	NORMAL	ENT	NORMAL

INVESTIGATIONS

FBS	NORMAL
BLOOD GROUP	A POSITIVE
HAEMOGRAM	NORMAL
LIPIDPROFILE	DLP
RFT	NORMAL
LFT	NORMAL
SICKLING TEST	NEGATIVE
URE	NORMAL
ECG	NORMAL
AUDIOGRAM	Normal audiometric threshold
FRAMINGHAM REPORT	Probability of developing cardiovascular disease in next 10 years is 2.76%

COMMENTS	* DLP- Advised life style modification
	* Newly detected HTN - Advised life style modification

CONCLUSION

Signature:

MEDICALLY FIT

Dr. B. VENKATESH KUMAR
CARDIOLOGIST
MOH NO#14581

FIT





File No: 3306173
Name: KHALID ABDALLAH SALIM ABDALLAH AL ABDALI
Age: 41 Y Sex: M
Nationality: OMANI
GSM No.: 96221125
Ref. By: DR. VENKATESH KUMAR

Doc No: 3448904
Date: 18/02/2020 Time: 09:22
Bill No: 03946266
Chs No:
ID No:

Test	Result	Normal Range
BLOOD GROUP	A	
Rh	POSITIVE	
HAEMOGRAM		
TOTAL COUNT(W B C)	4.6 K/uL	4.0 - 11.0 K/uL
DIFFERENTIAL COUNT		
NEUTROPHILS	34 %	40- 75 %
LYMPHOCYTES	48 %	20 -45 %
EOSINOPHILS	08 %	01 - 06 %
MONOCYTS	10 %	02 - 10 %
BASOPHILS	00 %	
HAEMOGLOBIN	13.7 gm/dl	Male : 14 - 18 gm/dl Female - 12-16 gm/dl
R B C COUNT	5.71 mil/ul	3.8 - 5.8 mil/ul
PCV	41.9 %	37 - 47 %
M C V	73.5 fL	78 - 93 fL
M C H	24.1 pg	27 - 32 pg
M C H C	32.8 gm/dL	31 - 35 gm/dL
PLATELET COUNT	215 k/UI	150 - 400 k/UI
SICKLING TEST	NEGATIVE	
RENAL FUNCTION TEST		
UREA	3.65 mmol/L (22 mg/dl)	1.66 - 7.47 mmol/L 10 - 45 mg/dl
CREATININE	65.42 umol/L (0.74 mg/dl)	61.88-123.76 umol/L 0.7 - 1.4 mg/dl
URIC ACID	380.67 umol/L (6.4 mg/dl)	Male:202-416 umol/L , Male:3.4-7.0 mg/dl, Female:149-357 umol/L Female:2.5-6.0mg/dl

Medical Technologist
Out of Normal Range

Out of Critical Range

Requisitioning Doctor:

Clinical Pathologist

Collected Date And Time:

Reported Date And Time:



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Age: 41 Y Sex: M
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Doc No: 3448905
Date: 18/02/2020 Time: 09:22
Bill No: 03946266
Chs No:
ID No:

Test	Result	Normal Range	
BLOOD SUGAR[FASTING]	4.94 mmol/L (89 mg/dl)	Normal: upto 5.55 mmol/l, Impaired fasting glucose:5.55-6.99 mmol/l Diabetic : > 6.99 mmol/l	Normal : up to 100 mg/dl Impaired fasting glucose:100-126 mg/dl Diabetic: > 126 mg/dl
LIPID PROFILE			
CHOLESTEROL [TOTAL]	5.33 mmol/l (206 mg/dl)	Upto 5.17 mmol/l	Up to 200 mg/dl
CHOLESTEROL [HDL]	2.53 mmol/l (98 mg/dl)	>1.03 mmol/l	> 40 mg/dl
CHOLESTEROL [LDL]	2.45 mmol/l (94.8 mg/dl)	Upto 3.36 mmol/l	Up to 130 mg/dl
CHOLESTEROL [VLDL]	0.34 mmol/l (13.2 mg/dl)	Upto 1.29 mmol/l	Up to 50 mg/dl
TRIGLYCERIDES	0.75 mmol/l (66 mg/dl)	Up to 2.26 mmol/l	Up to 200 mg/dl
LIVER FUNCTION TEST			
ALKALINE PHOSPHATASE	33 U/L	Male :40 - 129 U/L Female:-35 -104 U/L Children:1y-9 y:145-420 U/L 10y-11y:30 -560 U/L	
SGOT (AST)	23 IU/L	Up to 40 IU / L	
SGPT (ALT)	27 IU/L	Up to 41 IU / L	
TOTAL BILIRUBIN	8.21 umol/L (0.48 mg/dl)	Up to 17 umol/l	Up to 1.0 mg/dl
DIRECT BILIRUBIN	3.59 umol/L (0.21 mg/dl)	Up to 5 umol/l	Up to 0.3 mg/dl
INDIRECT BILIRUBIN	4.62 umol/L (0.27 mg/dl)	Upto 12 umol/L	Up to 0.7 mg/dl
PROTEIN TOTAL	73 gm/L (7.3 gm/dl)	60 - 83 gm/L	6.0 - 8.3 gm/dl
ALBUMIN	44 gm/L (4.4 gm/dl)	32 - 50 gm/L	3.2 - 5.0 gm/dl
GLOBULIN	29 gm/L (2.9 gm/dl)	23 - 35 gm /L	2.3 - 3.5 gm/dl

Medical Technologist
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Page : 1 of 1

Collected Date And Time:

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N = Normal A = Abnormal (please describe)				PHYSICAL EXAMINATION							
N	A										
☒		1. Eyes & Pupils		Normal / Reactive							
☒		2. E.N.T.									
☒		3. Teeth & Mouth									
☒		4. Lungs & Chest		Normal							
☒		5. Cardiovascular System		Bis @ New murmur							
☒		6. Abdo. Viscera		Sip, Bis @							
☒		7. Hernial Orifices		Normal							
☒		8. Anus & Rectum									
☒		9. Genito-urinary		Normal							
☒		10. Extremities		Normal							
☒		11. Musculo-skeletal		Normal							
☒		12. Skin & Varicose Vns.		Normal							
☒		13. C.N.S.		Normal							
HEIGHT cm	WEIGHT kg	BMI	B.P.	PULSE	HEARING	VISION				Colour Vision	Blood Group
168	85	30.1	134 / 92	72 mins.	L ☒ R ☒	DISTANT	NEAR	R L R L			
						Uncorrected	Corrected	6/6 6/6 6/6 6/6	(M)	A+ve	
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 +)									11. CVS risk for 40 yrs. & above
☒		6. Sick Cell test									12. HIV, Hepatitis screening
OTHER FINDINGS (Physique, scars, disabilities, mental stability including behaviour, etc.)											
SHH x Newley detaw x km. DLP - Actual life style Modification											
ASSESSMENT:											
FIT ALL AREAS ☒ FIT WITH RESTRICTION ☐ TEMPORARY UNFIT ☐ UNFIT ☐											
Date: 18/03/2020 Name (Block Capitals): Dr. / Nurse Signature:											
REVIEW/CONSULTATION											
Date: 18/03/2020 Name (Block Capitals): Dr. / Nurse Signature:											


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