MEDICAL FITNESS CERTIFICATE FOR TRUCKOMAN

NAME	**AVTAR SINGH BHATOE**		
AGE/D.O.B	39Y 10.10.1981	**DATE**	10.12.2020
PASS/ID NO:	73695116	**GENDER**	MALE
VISION-RT-EYE	6/6 WITHOUT GLASSES	**HEIGHT**	179 CM
LT-EYE	6/6 WITHOUT GLASSES	**WEIGHT**	111 KG
HEART	NORMAL	**BP**	108 /88 mmHg
LUNGS	NORMAL	**PULSE**	68/ Min
ABDOMEN	NORMAL	**CNS**	NORMAL
SKIN	NORMAL	**ENT**	NORMAL

INVESTIGATIONS

FBS	NORMAL
BLOOD GROUP	B POSITIVE
HAEMOGRAM	NORMAL
LFT	NORMAL
RFT	HYPERURICEMIA
LIPID PROFILE	DLP
SICKLING TEST	NEGATIVE
URINE ROUTINE	NORMAL
AUDIOGRAM	Normal hearing threshold

COMMENTS

* Obesity - Advised for weight reduction
* DLP- advised lifestyle modification
* HYPERURICEMIA - Advised treatment

CONCLUSION **MEDICALLY FIT**

Signature: .....

FIT

Dr.B.VENKATESH KUMAR
CARDIOLOGIST
MOH NO#14581

SEAL

BADR AL SAMAA HOSPITAL L.L.C. NIZWA C.R No. 1693808/8 SULTANATE OF OMAN

File No: 3330038
Name: AVTAR SINGH BHATOE
Age: 39 Y **Sex:** M
Nationality: INDIAN
GSM No.: 95920852
Ref. By: DR. VENKATESH KUMAR

Doc No: 3487366
Date: 10/12/2020 **Time:** 10:30
Bill No: 04054656
Chs No:
ID No:

Test	Result	Normal Range	
BLOOD GROUP	B		
Rh	POSITIVE		
HAEMOGRAM			
TOTAL COUNT(W B C)	8.3 K/uL	4.0 - 11.0 K/uL	
DIFFERENTIAL COUNT			
NEUTROPHILS	61 %	40- 75 %	
LYMPHOCYTES	30 %	20 -45 %	
EOSINOPHILS	03 %	01 - 06 %	
MONOCYTS	06 %	02 - 10 %	
BASOPHILS	00 %		
HAEMOGLOBIN	14.8 gm/dl	Male : 14 - 18 gm/dl Female - 12-16 gm/dl	
R B C COUNT	5.3 mil/ul	3.8 - 5. 8 mil/ul	
PCV	41.5 %	37 - 47 %	
M C V	78.9 fL	78 - 93 fL	
M C H	28.2 pg	27 - 32 pg	
M C H C	**35.7 gm/dL**	31 - 35 gm/dL	
PLATELET COUNT	216 k/Ul	150 - 400 k/Ul	
SICKLING TEST	NEGATIVE		
RENAL FUNCTION TEST			
UREA	2.99 mmol/L (18 mg/dl)	1.66 - 7.47 mmol/L	10 - 45 mg/dl
CREATININE	76.02 umol/L (0.86 mg/dl)	61.88-123.76 umol/L	0.7 - 1.4 mg/dl
URIC ACID	**475.84 umol/L (8.0 mg/dl)**	Male:202-416 umol/L , Female:149-357 umol/L	Male:3.4-7.0 mg/dl, 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:

Headquarters:
CR. No. 1693808, P.B No. 443, P.C. 112,
Ruwi, Sultanate of Oman, Tel: +968 24799760, Fax: 24799765
Al Khuwair : 24488322 | Sohar : 26846660 | Al Khoud : 24546099 | Salalah : 23291830
Barka : 26884910 | Sur : 25546112 | Nizwa : 25447777 | Falaj : 26754131
Email: info@badralsamaahospitals.com

المقر الرئيسي :
س.ت. : ١٦٩٣٨٠٨، ص . ب: ٤٤٣، الرمز البريد : ١١٢
روي، سلطنة عمان. هاتف : ٢٤٧٩٩٧٦٥، فاكس : ٢٤٧٩٩٧٦٠
الخوير : ٢٤٤٨٨٣٢٢ | صحار : ٢٦٨٤٦٦١٠ | الخوض : ٢٤٥٤٦٠٩٩ | صلالة : ٢٣٢٩١٨٣٠
برکاء : ٢٦٨٨٤٩١٠ | صور : ٢٥٥٤٦١١٢ | نزوى : ٢٥٤٤٧٧٧٧ | فلج : ٢٦٧٥٤١٣١
البريد الإلكتروني info@badroman.com

N = Normal A = Abnormal (please describe)			PHYSICAL EXAMINATION
N	A		
✓		1. Eyes & Pupils	(R) Cornea → mild opacity @ 9 o'clock position
✓		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.	

HEIGHT cm	WEIGHT kg	BMI	B.P.	PULSE	HEARING	VISION				Colour Vision	Blood Group
						DISTANT		NEAR			
						R	L	R	L		
179	111	34.6	108/88	68/mins.	L	Uncorrected	6/6	6/6	N/6	N	B+ve
					R	Corrected					

N	A		LABORATORY AND OTHER SPECIAL INVESTIGATIONS	N	A	
✓		1. Urinalysis				7. Audiogram Bilateral hearing within normal limit.
✓		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. 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: 10/11/2020 Name (Block Capitals): Dr. / Nurse Signature:

REVIEW/CONSULTATION

Date: 10/11/2020 Name (Block Capitals): Dr. / Nurse Signature:

BADR AL SAMAA HOSPITAL L.L.C. NIZWA C.R No. 1/69380/8, SULTANATE OF OMAN

Dr. RAJILA P.P
MBBS., DNB (ENT)., DLO
Specialist Ent Surgeon
MOH Lic No.: 18387

Dr. B. VENKATESH KUMAR
CARDIOLOGIST
MOH NO#14581

Appendix 20: (Form SQ5): Epworth Screening Quest. For Sleep Apnoea

Employee Data		Date: 10/11/2020
Name: [illegible]		Department/Company:
I. D No.	Tel #	Occupation : operator

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

FIT

1	sitting and reading
1	watching TV
0	sitting inactive in a public place (e.g. theatre or meeting)
2	as a passenger in the car for an hour without a break
2	Lying down to rest in the afternoon when circumstances permit
0	Sitting a talking with someone
2	Sitting quietly after lunch without alcohol
0	In a car, while stopped for a few minutes in traffic
Total	8

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

Signature:_____ Date: 10/11/2020

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