



Ainile
Medical Complex
مجمع النيل الطبي

Mr. SUKHVIR SINGH LAKHA



24013082 DOB: 24/10/1987

Fitness to Work Certificate

Employee Data

Last Name **LAKHA**

Date **16/08/24**

I.D No. **116249408**

Age **37**

First Name **Sukhvir Singh**

Occupation **Driver**

Type of Medical Evaluation

Mark those applying

A1 Aircraft refueling

A6 Emergency response team work

A2 Breathing apparatus

A7 Professional driving

A3 Business traveler

A8 Remote location work

A4 Catering and food preparation

A9 Transfers- group A country

A5 Crane or forklift driving

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 their fitness to work status for the above tasks is as follows

Fit with no restrictions

FIT

Fit with following restrictions

The employee is fit for above work but should avoid the following tasks

Work near moving machinery or sharp edges

Operate motor vehicles, forklifts or heavy machinery

Working at height

Use a respirator

Pull push carry weight over Kg

Repetitive twisting of valves or wrenches

Ascend/descend ladders or stairs

Flying

Other(Specify)

These restrictions are permanent

These restrictions are temporary until

(date)

Temporary Unfit until

(date)

Permanently Unfit

Date

16/08/24

Signature

Print Name



Al Nile Medical Complex

مجمع النيل الطبي

Mr. SUKHVIR SINGH LAKHA SING



0103226200



Petroleum Development Oman
MEDICAL DEPARTMENT

PLEASE COMPLETE YOUR PERSONAL
DETAILS IN BLOCK CAPITALS

Surname/Forenames		SUKHVIR SINGH LAKHA	
Nationality		INDIAN	
Company Number:		Reference Indicator:	
Mobile No. 94020068	Home/Leave Address:		
Personal Details			
A ☒ Male ☐ Female		☒ Married ☐ Single ☐ Separated / Divorced / Widow(er)	
Home/Leave Address:		Relationship to employee ☐ Wife ☐ Son ☐ Daughter	
Reason for Examination (tick as appropriate)		No. of children:	
Periodic Medical Examination ☒		Final / Retirement ☐ Other Reason: ☐	
Employee only			
B Present Job and Location:		Next Job and Location:	
Are you a registered person with special needs? ☐		Do you belong to any Medical Insurance Scheme? ☐	
Previous Medical History: All important medical events should be listed and dated at every medical examination. To be completed together with the interviewing Nurses or Doctor who will be able to help by referring to your notes.			
Please answer the following questions and tick 'N' (no) or 'Y' (yes) in the column. If 'Y' please describe			
	N	Y	Description
Have you, since your last medical been treated by your family doctor or specialist for significant (major) ailments?	☒		
1 Ear, nose, eye or throat problems	☒		
2 Chest problems like asthma, bronchitis, other bad cough	☒		
3 Heart abnormality, chest pains	☒		
4 Abdominal pains, abnormal bowel motions	☒		
5 Urogenital problems (kidney disease, menstrual disorder)	☒		
6 Skin trouble or allergies	☒		
7 Epileptic fits, dizzy spells or migraine	☒		
8 History of mental illness, depression anxiety	☒		
9 Diabetes, thyroid disease	☒		
10 Blood disorder e.g., anaemia, blood cancer e.g., leukaemia	☒		
11 Any history of accidents or fractures	☒		
12 Have you had any serious allergies	☒		
13 Do any dependants have a significant ongoing illness?	☒		
14 Any family history of cancers	☒		
Do you take any regular medicines, or have you taken in the past?	☒		anti-hypertensive medication
Do you smoke? If yes, what and how much each day?	☒		Sometimes
Do you drink alcohol? If yes, what is your average weekly intake?	☒		
Have you ever taken illicit/recreational drugs?	☒		
Are you doing regular sports or physical activities?	☒		
STATEMENT: I have read the above questions and the above answers are correct and no information concerning my present or past state of health has been withheld. I understand and agree that this form will be held as a confidential record by the concerned medical institute and may be copied (by paper or secure electronic transmission) to PDO the Occupational Health Services for the purpose of Health Surveillance and other Occupational Health review.			
Date: 8/08/24	Signature of Applicant: S Shish		



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Mr. SUKHVIR SINGH LAKHA



24013082 DOB: 24/10/1987

FOR COMPLETION BY EXAMINING DOCTOR

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. Hemial 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.	
174	124		130/80	
PULSE	HEARING	VISION		
98/min.	L Normal R Normal	DISTANT R L Uncorrected 20/20 20/20 Corrected 20/20 20/20	NEAR R L 20/20 20/20	
			20/20 both eyes	
N	A	LABORATORY AND OTHER SPECIAL INVESTIGATIONS	N A	
✓		1. Urinalysis	✓	7. Audiogram
✓		2. Hb, Blood count, 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 AND RECOMMENDATIONS:

☐ FIT ALL AREAS

☐ FIT WITH RESTRICTION

☐ TEMPORARY UNFIT

☐ UNFIT

Date: 8-8-2024 Name (Block Capitals): Dr.

ISLAM ATEYA MOHAMMED SAKR

Signature:

Islam Sakr

REVIEW/CONSULTATION

Dr. ISLAM ATEYA MOHAMMED SAKR
General Practitioner
Lic. No. 15574

Date: 8-8-2024 Name (Block Capitals): Dr.

Signature:





Al Nile
Medical Complex
مجمع النيل الطبي

C.R.NO.1128642, P.O.BOX:300, NIZWA - 611
 Phone: 25426665 ,25426228 Whatsapp:94146648
 Instagram:https://www.instagram.com/alnile medical

File No : 24013082

Pres. No : 447580

Phar.Req :

Serv.Req : 051336

تقرير طبي

Medical Report

Name : SUKHVIR SINGH LAKHA SINGH - Male - 36 (Y)

Date 16/08/2024

Vitals:

TEMPERATURE (CELSIUS)	36.9 celcius
PULSE	99
BLOOD PRESSURE	
Systolic	157
Diastolic	94

Visit:

c/o: the patient is under evaluation, preemployment and discovered to have high TG and cholesterol and presented for evaluation, the patient is totally asymptomatic, but has gained 25 Kg during the last 3 years, without change in his diet, no DOE or chest pain, no dysuria, no fever, no headache.

PMH: HTN diagnosed 15 years ago, FH: HTN in his father. Social.H: non-smoker, gets 2-3 drinks weakly, works as a driver, married ;

PE: obese, heart: s1s2 reg without any murmurs or additional sounds, RESP: clear

INV: LIPID Panel: TG=615, Chol=234

TSH=0.9, Na=141, K=4.13

conclusion the patient history and physical+ laboratory evaluation suggests familial hyperlipidemia(hypertriglyceridemia)

management:

low fat, low carb diet

Weight reduction\active lifestyle

reduce alcohol ingestion

fenofibrate (lipantyl) 145mg tab OD x30D

review after 1 month for LFTs

Investigation and Radiology:

LIPID PANEL

DR. BASSEL ALI AL RATEL

Reg. Number : 19770





SID NO. : 01033175
Patient ID : 24013082
Name : Mr. SUKHVIR SINGH LAKHA SINGH
Age / Gender : 36 Y / Male
Referrer :
Consultant : DR.BASSEL ALI AL RATEL



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Collection Date & Time : 16/08/2024 10:17:19
Received Date & Time : 16/08/2024 10:28:14
Reported Date & Time : 16/08/2024 10:55:49

National ID : 116249408

Nationality : INDIAN

Final Test Report

Test Name (Method/Specimen)	Result	Biological Reference
BIOCHEMISTRY		
LIPID PANEL serum		
TRIGLYCERIDE	615.7 mg/dl	male:40-160 mg/dl female: 35-135 mg/dl
CHOLESTEROL	234.9 mg/dl	<200 mg/dl
HDL CHOLESTEROL	62.38 mg/dl	40-60
LDL CHOLESTEROL	49.0 mg/dl	UP TO 150 mg/dl


Suresh Bharathan
Technician
MOH License No 10223





SID NO. : 01033188
Patient ID : 24013082
Name : Mr. SUKHVIR SINGH LAKHA SINGH
Age / Gender : 36 Y / Male
Referrer :
Consultant : DR.BASSEL ALI AL RATEL



Page : 1 of 1

Collection Date & Time : 16/08/2024 12:02:08
Received Date & Time : 16/08/2024 12:02:40
Reported Date & Time : 16/08/2024 12:27:45

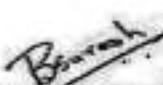
National ID : 116249408

Nationality

: INDIAN

Final Test Report

Test Name (Method/Specimen)	Result	Biological Reference
BIOCHEMISTRY		
SODIUM (NA+) (ISE Method Direct/ serum)	141.0 mmol/l	135 - 145 mmol/l
POTASSIUM (K+) (ISE Method Direct/ serum)	4.13 mmol/l	3.7 - 5.5
IMMUNOLOGY		
TSH	0.940 μ IU/ml	0.272 - 4.20


Suresh Bharathan
Technician
MOH License No 10223





SID NO. : 01032262
Patient ID : 24013082
Name : Mr. SUKHVIR SINGH LAKHA SINGH
Age / Gender : 36 Y / Male
Referrer : FITNESS TO WORK
Consultant : Dr.ISLAM ATEYA MOHAMMAD SAKR



Page : 1 of 3

Collection Date & Time : 08/08/2024 11:20:21
Received Date & Time : 08/08/2024 11:32:01
Reported Date & Time : 08/08/2024 12:40:42

National ID : 116249408

Nationality

: INDIAN

Partial Test Report

Test Name (Method/Specimen)	Result	Biological Reference
BIOCHEMISTRY		
PDO FITNESS TO WORK (up to 40 yrs)		
BLOOD SUGAR FASTING	6.0 mmol/l	3.3 - 6.1
LIVER PROFILE		
SGOT (IFCC without PDP/ serum)	45.6 U/L	Upto 40
SGPT (IFCC without PDP/ serum)	41.5 U/L	less than 41
TOTAL PROTEIN (Biuret / End Point/ serum)	7.7 g/dL	6.6 - 8.7
BILIRUBIN TOTAL (DCA/ serum)	0.85 mg/dl	UP TO 1.1
ALKALINE PHOSPHATASE (IFCC (AMP)/ serum)	69.0 U/L	35 - 104
RENAL PROFILE		
UREA (urease-GLDH,kinetic/ serum)	26 mg/dl	15 - 45 <65 yrs: <50 >65 yrs: <71
CREATININE (ENZYMATIC METHOD/ serum)	1.61 mg/dl	Male: 0.7-1.4 mg/dl Female: 0.6-1.1mg/d
URIC ACID (UriCase-Trinder/ serum)	10.1 mg/dl	Male:3.4-7.0 Female: 2.4-5.7
SODIUM (NA+) (ISE Method Direct/ serum)	137.0 mmol/l	135 - 150
POTASSIUM (K+) (ISE Method Direct/ serum)	4.20 mmol/l	3.5 - 5.5
LIPID PANEL		
TRIGLYCERIDE (GPO- Bichromatic end Point/ serum)	427.8 mg/dl	male:40-160 mg/dl female: 35-135 mg/dl
CHOLESTEROL (CHOD-PAP/ serum)	259.0 mg/dl	<200 mg/dl
HDL CHOLESTEROL (Direct / immunoprecipitation/ serum)	69.15 mg/dl	40-60
LDL CHOLESTEROL (Calculated/ serum)	104.0 mg/dl	UP TO 150 mg/dl
BIOCHEMISTRY		

Vivek Adattupuurath

Technician

MOH Licence No 12409





SID NO. : 01032262
Patient ID : 24013082
Name : Mr. SUKHVIR SINGH LAKHA SINGH
Age / Gender : 36 Y / Male
Referrer : FITNESS TO WORK
Consultant : Dr.ISLAM ATEYA MOHAMMAD SAKR



Page : 2 of 3

Collection Date & Time : 08/08/2024 11:20:21
Received Date & Time : 08/08/2024 11:32:01
Reported Date & Time : 08/08/2024 12:40:42

National ID : 116249408

Nationality : INDIAN

Partial Test Report

Test Name (Method/Specimen)	Result	Biological Reference
PDO FITNESS TO WORK (up to 40 yrs)		
URINE ANALYSIS		
Microscopy/Urine		
Physical		
Color	Yellow	
Transparency	Clear	
Chemical		
Specific Gravity	1.030	
PH	Acidic	
Glucose	NIL	
Acetone	NIL	
Bilirubin	NIL	
Blood	NIL	
Urobilinogen	NIL	
Protein	NIL	
Nitrate	NIL	
Microscopic		
Leukocytes	NIL	
Pus Cells	3-5	
Erythrocytes	0-2 /hpf	0 - 2
Squamous Epithelial Cell	few /hpf	
Crystal	NIL	
Cast	NIL	
Bacteria	NIL	


Vivek Adattuppurath
Technician
MOH Licence No 12409





SID NO. : 01032262
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Name : Mr. SUKHVIR SINGH LAKHA SINGH
Age / Gender : 36 Y / Male
Referrer : FITNESS TO WORK
Consultant : Dr.ISLAM ATEYA MOHAMMAD SAKR



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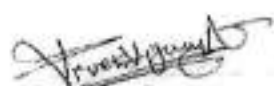
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Received Date & Time : 08/08/2024 11:32:01
Reported Date & Time : 08/08/2024 12:40:42

National ID : 116249408

Nationality : INDIAN

Partial Test Report

Test Name (Method/Specimen)	Result	Biological Reference
Others	NIL	
BIOCHEMISTRY		
PDO FITNESS TO WORK (up to 40 yrs)		
Complete blood count (CBC)		
Haemoglobin (Electrical Impedance/ EDTA)	16.3 gm/dl	13 - 18
TOTAL LEUCOCYTES COUNT	9050 Cells / Cumm	4000 - 11000
DIFFERENTIAL COUNT		
EDTA		
Neutrophil	68 %	45 - 70
Lymphocytes	25 %	15 - 45
Eosinophils	1 %	1 - 6
Monocyte	6 %	2 - 8
Basophils	0.2 %	less than 1
PACKED CELL VOLUME (HCT)	50.50 %	less than 54
RBC COUNT (Electrical Impedance/ EDTA)	5.50 millions/mm	4.5 - 5.5
MCV	91.8 fl	81.8 - 95.5
MCH	29.6 pg	27 - 32.3
MCHC (Electrical Impedance/ EDTA)	32.2 g/dL	32.4 - 35
PLATELET COUNT (Electrical Impedance/ EDTA)	277000 cu.mm	150,000 - 450,000
RDW-CV	12 %	11 - 16
RDW-SD	41 fl	35 - 56
ESR(AUTOMATED) ((Automated)/ EDTA Blood)	14 mm/hr	< 15


Vivek Adattupurath
Technician
MNH License No 12409





SID NO. : 01032262
Patient ID : 24013082
Name : Mr. SUKHVIR SINGH LAKHA SINGH
Age / Gender : 36 Y / Male
Referrer : FITNESS TO WORK
Consultant : Dr.ISLAM ATEYA MOHAMMAD SAKR



Page : 1 of 1

Collection Date & Time : 08/08/2024 11:20:21
Received Date & Time : 08/08/2024 11:32:01
Reported Date & Time : 10/08/2024 14:50:02

National ID : 116249408

Nationality : INDIAN

Partial Test Report

Test Name (Method/Specimen)	Result	Biological Reference
BIOCHEMISTRY		
PDO FITNESS TO WORK (up to 40 yrs)		
SICKLING TEST	Negative	NEGATIVE


Hajer Muhammad Hussin
Technician



Mr. SUKHVIR SINGH LAKHA SIN

Patient Id



Name _____

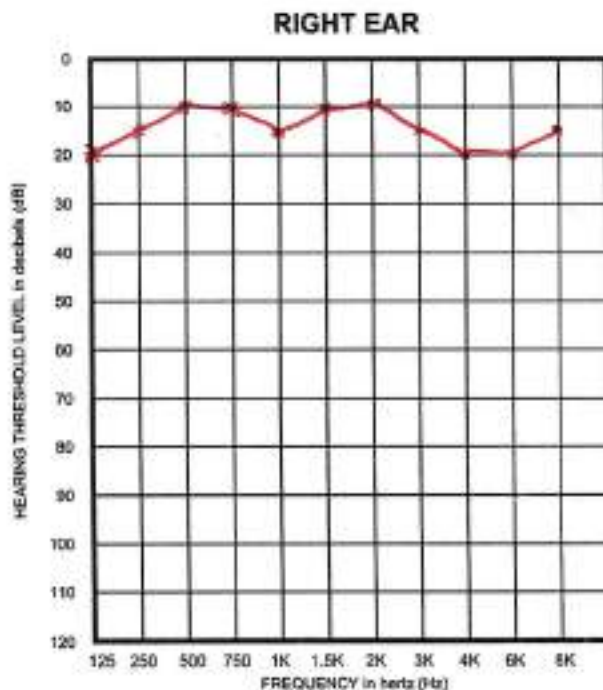
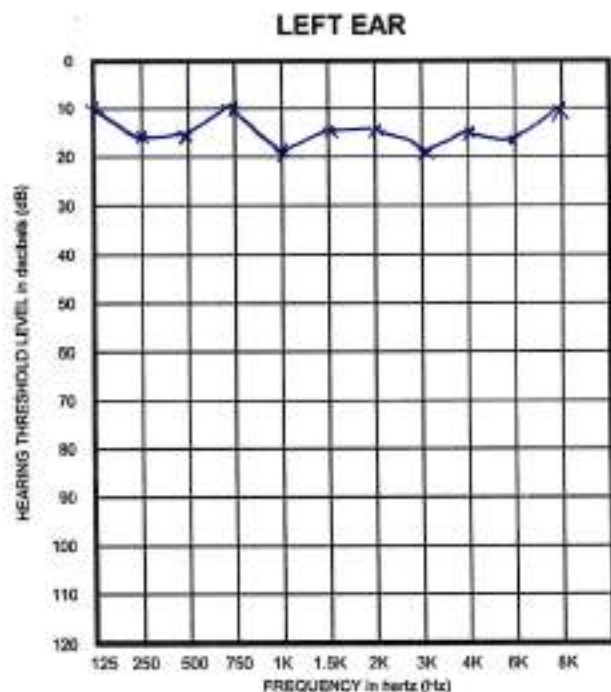
0103226200 SERUN

Consultant

Dr. Islam

Age / Gender : 37 / M

Report Date : 8/8/24



PURE TONE AVERAGE (500-1000-2000 Hz)		
Ear	Air	Bone
RIGHT		
LEFT		

Provisional Diagnosis:

Bilateral Hearing is Normal



Signature Audiologist