

INITIAL EXAMINATION REPORT (MEDICAL - CONFIDENTIAL)

مستشفى عمان التخصصي
ص.ب. ٤٢١٠٣، الرياض، المملكة العربية السعودية



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

N = Normal A = Abnormal (please describe)		PHYSICAL EXAMINATION	
N	A		
		1. Eyes & Pupils	} <i>WNL</i>
		2. ENT	
		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 & Vascular Vns.	
		13. C.N.S.	

HEIGHT cm	WEIGHT kg	BMI	B.P.	PULSE /mins.	HEARING L R	VISION				Colour Vision	Blood Group
		30.5					DISTANT	NEAR			
							R	L	R	L	
							Uncorrected				
							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 +)			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.)

Grade 3 obesity - advised weight reduction.

ASSESSMENT: *Mildly elevated Bp. Advised to recheck office today.*

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

Date: Name (Block Capitals): Dr. *NANAN/A PAUSDI* Signature: *Paul*

REVIEW/CONSULTATION

Date: *28-3-2022* Name (Block Capitals): Dr.



Framingham Risk Assessment form

Framingham Risk Assessment (For all professional drivers, crane operators, forklift operator or other employees who are above 40 years of age):

Employee Name:

Emp #:

Date of Assessment:

Colt Singh, Balbir Singh
77888333
28/3/2011

1	Age	Years	
2	Gender	Female/Male	
3	Total Cholesterol	mmol/L	
4	HDL Cholesterol	mmol/L	
5	Smoker	Yes/No	
6	Diabetes	Yes/No	
7	Systolic Blood pressure	mm Hg	
8	Is the patient being treated for High blood pressure?	Yes/No	

Framingham Risk score: 7.9 %

Framingham Risk Rating (Circle the appropriate score):

Low

Medium

High

Any further action or recommendations?

Assessment or Examination conducted by:

Colt Singh
DR. KIMBERLY S. SINGH
MD, MPH
SPECIALIST
INTERNAL MEDICINE
Sultanate of Oman



Epworth Screening Quest. for Sleep Apnoea

Employee Data		Date: 28/3/2021
Name: Guljit Singh Bhatia	Department/Company: Tech CRM	
I.D No. 77388333	Tel #	Occupation: Driver

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
 - 1 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 1

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

Signature: [Signature] Date: 28/3/2021

Fitness to Work Certificate

Employee Data		Date
Name <i>Gulraj Singh Bhatia</i>		Department/Company <i>Truck - Caron</i>
I.D. No. <i>77388333</i>	Age	Occupation <i>Driver</i>
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		
Pulling, 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		Date
Permanently Unfit		
Name of health advisor <i>Dr. Wandana P</i>	Signature <i>[Signature]</i>	Date <i>28/3/2021</i>

DEPARTMENT OF LABORATORY MEDICINE

File No: 0221799
Name: GULJIT SINGH BALBIR SINGH
Address:
Gender: M Age: 40 Y Nationality: INDIAN
GSM No.: 71094134 ID Card No.: 77388333
Ref. By: EXTERNAL DOCTOR

Report No: 0568811
Sample Date: 28/03/2021 Time: 13:10
Received By: JIBI
Received Date: 28/03/2021 Time: 13:14
Report Date: 28/03/2021 Time: 14:30
Bill No: 0751525 Bill Date: 28/03/2021
Report Status: Final

INVESTIGATION	RESULT	REFERENCE RANGE
PDO MEDICAL CHECK UP ABOVE 40(truckoman)		
FBS (FASTING BLOOD SUGAR)	5.84 mmol/L	3.9 - 6.1
Method :- Hexokinase	105.12 mg/dL	70 - 110
LIPID PROFILE - SERUM		
CHOLESTEROL (TOTAL)	4.67 mmol/L	1 - 5.1
Method:-Enzymatic	180.54 mg/dl	40 - 200
HDL (HIGH DENSITY LIPOPROTEIN)	1.04 mmol/L	0.777 - 1.813
" "	40.0 mg/dl	30 - 70
LDL (LOW DENSITY LIPOPROTEIN)	2.59 mmol/L	1.295 - 4.54
" "	100.18	50 - 172
VLDL (VERY LOW DENSITY LIPOPROTEIN)	1.05 mmol/L	0.259 - 1.036
" "	40.36 mg/dl	10 - 40
RATIO (TOTAL CHOL / HDL CHOL)	4.49	3.8 - 5.9
TRIGLYCERIDES	2.28 mmol/L	0.564 - 2.146
Method : Enzymatic	201.78 mg/dl	50 - 190
LIVER FUNCTION TEST - SERUM		
TOTAL BILIRUBIN - SERUM	0.82 mg/dL	0.1 - 1
Method : Diazo	14.10 µmol/L	1 - 17.1
DIRECT BILIRUBIN - SERUM	0.2 mg/dL	0.1 - 0.5
Method : Diazo	3.50 µmol/L	1 - 8.55
SGOT (AST)-SERUM (IFCC)	21.30 U/L	Male: up to 40.0 Female: up to 32.0
SGPT (ALT)-SERUM (IFCC)	26.50 U/L	Male: 10-50 Female: 10-35
ALKALINE PHOSPHATASE (ALP)-SERUM (IFCC)	93.54 U/L	Adult : Men -40-129

Processed By:
JIBI
Lab Technologist
MOH LIC No: 4384

Approved By:
JIBI
Lab Technologist

Released By:
JIBI
Lab Technologist
MOH LIC No: 4384

Specialist Pathologist

Printed at: 28/03/2021 2:37:20 PM

Page 1 of 4

DEPARTMENT OF LABORATORY MEDICINE

File No: 0221799
Name: GULJIT SINGH BALBIR SINGH
Address:
Gender: M Age: 40 Y Nationality: INDIAN
GSM No.: 71094134 ID Card No.: 77388333
Ref. By: EXTERNAL DOCTOR

Report No: 0568811
Sample Date: 28/03/2021 Time: 13:10
Received By: JIBI
Received Date: 28/03/2021 Time: 13:14
Report Date: 28/03/2021 Time: 14:30
Bill No: 0751525 Bill Date: 28/03/2021
Report Status: Final

INVESTIGATION	RESULT	REFERENCE RANGE
		Female 35-104
		Children (Aged)
		7 months - 1 Year :- <462
		1 Year - 3 Years :- <281
		4 Years - 6 Years :- <269
		7 Years - 12 Years :- <300
		13 Years - 17 Years (M) :- <390
		13 Years - 17 Years (F) :- <187
TOTAL PROTEIN-SERUM (Colorimetric Assay)	8.32 gm/dL	6.6 - 8.7
ALBUMIN - SERUM (Colorimetric Assay)	5.11 gm/dL	3.9 - 4.9
GLOBULIN - SERUM (Calculation)	3.21 gm/dL	2.3 - 3.5
ALBUMIN / GLOBULIN RATIO - Calculation	1.59	1.2 - 1.5
GGT (GAMMA GLUTAMYL TRANSPEPTIDASE) - SERUM	32.40 U/L	Men : 8-61 Female : 5-36
RENAL FUNCTION TEST (UREA - CREATININE)		
UREA - SERUM	6.00 mmol/L	1.7 - 8.3
Method : Kinetic Assay	36.04 mg/dL	10.2 - 49.8
CREATININE - SERUM	71.99 µmol/L	44.2 - 123.7
Method :- Jaffe Method	0.81 mg/dl	0.5 - 1.4
CBC (COMPLETE BLOOD COUNT)		
TOTAL WBC COUNT	9660 cells/cumm	4000 - 11000 cells/cumm
DC (DIFFERENTIAL COUNT)		
NEUTROPHILS	49.7 %	40-75%
LYMPHOCYTES	39.3 %	20-45%
EOSINOPHILS	1.2 %	2-6 %
MONOCYTES	8.8 %	2-8 %

Processed By:
JIBI
Lab Technologist
MOH LIC No: 4384

Approved By:
JIBI
Lab Technologist

Released By:
JIBI TECHNICIAN
Lab Technologist
MOH LIC No: 4384

Specialist Pathologist

Printed at: 28/03/2021 2:37:20 PM

Page 2 of 4

DEPARTMENT OF LABORATORY MEDICINE

File No: 0221799	Report No: 0568811
Name: GULJIT SINGH BALBIR SINGH	Sample Date: 28/03/2021 Time: 13:10
Address:	Received By: JIBI
Gender: M Age: 40 Y Nationality: INDIAN	Received Date: 28/03/2021 Time: 13:14
GSM No.: 71094134 ID Card No.: 77388333	Report Date: 28/03/2021 Time: 14:30
Ref. By: EXTERNAL DOCTOR	Bill No: 0751525 Bill Date: 28/03/2021
	Report Status: Final

INVESTIGATION	RESULT	REFERENCE RANGE
BASOPHILS	1.0 %	0-1%
HB (HEMOGLOBIN)	16.3 gm/dl	Male-13 - 18 gm/dl Female-11- 15 gm/dl
TOTAL RBC COUNT	5.43 million/cu	MALE: 4.5-6.5million/cu FEMALE: 3.9-5.5million/cu
PLATELET COUNT	2.61 lakhs/cumm	1.0 - 4.0 lakhs / cumm
PCV (PACKED CELL VOLUME)	46.20 %	Males : 42% - 52% Females : 37% - 47%
MCV (MEAN CORPUSCULAR VOLUME)	85.10 FL	76 - 96 FL
MCH (MEAN CORPUSCULAR HEMOGLOBIN)	30.00 PG	27 - 33 PG
MCHC(MEAN CORPUSCULAR HEMOGLOBIN CONCENTRATION)	35.30 g/dl	32 - 36 g/dl
ESR (ERYTHROCYTE SEDIMENTATION RATE)	04 mm/ 1st hr	MALE:0-9 mm/ 1st hr FEMALE:0-20 mm/ 1st hr

Capillary Photometry Technology

Measures the kinetics of red cells aggregation.Clinical Laboratory and Standard Institute (CLSI) procedure for the ESR Test.

SICKLE CELL

NEGATIVE

URINE ROUTINE

URINE BIOCHEMISTRY

GLUCOSE

TRACE

PROTEIN

NIL

KETONE

NIL

BILIRUBIN

NIL

pH

ACIDIC

Processed By:
JIBI

Lab Technologist

MOH LIC No: 4384

Approved By:
JIBI

Lab Technologist

Released By:
JIBI

Lab Technologist

MOH LIC No: 4384

Specialist Pathologist

Printed at: 28/03/2021 2:37:20 PM

Page 3 of 4

DEPARTMENT OF LABORATORY MEDICINE

File No: 0221799
Name: GULJIT SINGH BALBIR SINGH
Address:
Gender: M Age: 40 Y Nationality: INDIAN
GSM No.: 71094134 ID Card No.: 77388333
Ref. By: EXTERNAL DOCTOR

Report No: 0568811
Sample Date: 28/03/2021 Time: 13:10
Received By: JIBI
Received Date: 28/03/2021 Time: 13:14
Report Date: 28/03/2021 Time: 14:30
Bill No: 0751525 Bill Date: 28/03/2021
Report Status: Final

INVESTIGATION	RESULT	REFERENCE RANGE
UROBILINOGEN	NORMAL	
URINE MICROSCOPY (Centrifugation Method)		
RED BLOOD CELLS (RBC)	NIL /hpf	
PUS CELLS	1-2 /hpf	
EPITHELIAL CELLS	NIL /hpf	
CRYSTALS	NIL /hpf	
CAST	NIL /hpf	
BACTERIA	PRESENT /hpf	
YEAST CELLS	NIL /hpf	

Processed By:
JIBI
Lab Technologist
MOH LIC No: 4384

Approved By:
JIBI
Lab Technologist

Released By:
JIBI
Lab Technologist
MOH LIC No: 4384

Specialist Pathologist

Printed at: 28/03/2021 2:37:20 PM

Page 4 of 4

X-RAY REPORT

Doc No:	0057879		
Name:	GULJIT SINGH BALBIR SINGH		
Age/DOB:	40 Y	ID Card No	77388333
Sex:	Male		
Referred By:	EXTERNAL DOCTOR		
Clinical Diagnosis:			
X-Ray/UltraSound	CHEST X-RAY		
Date:	28/03/2021		
X-Ray Film No:	TRUCK OMAN		
Bill No:	0751525		
Charge Sheet No:			

Both lung fields are normal

Both cp angles are clear

Mediastinal shadow and bony thorax are normal

Cardiac configuration is within normal limits

Conclusion: A normal X-ray appearance

Signature:

DR. KALESHA SHAH
Specialist Radiology
MOH Reg. No. 1792



221799
40 Years

GULJIT SINGH
Male

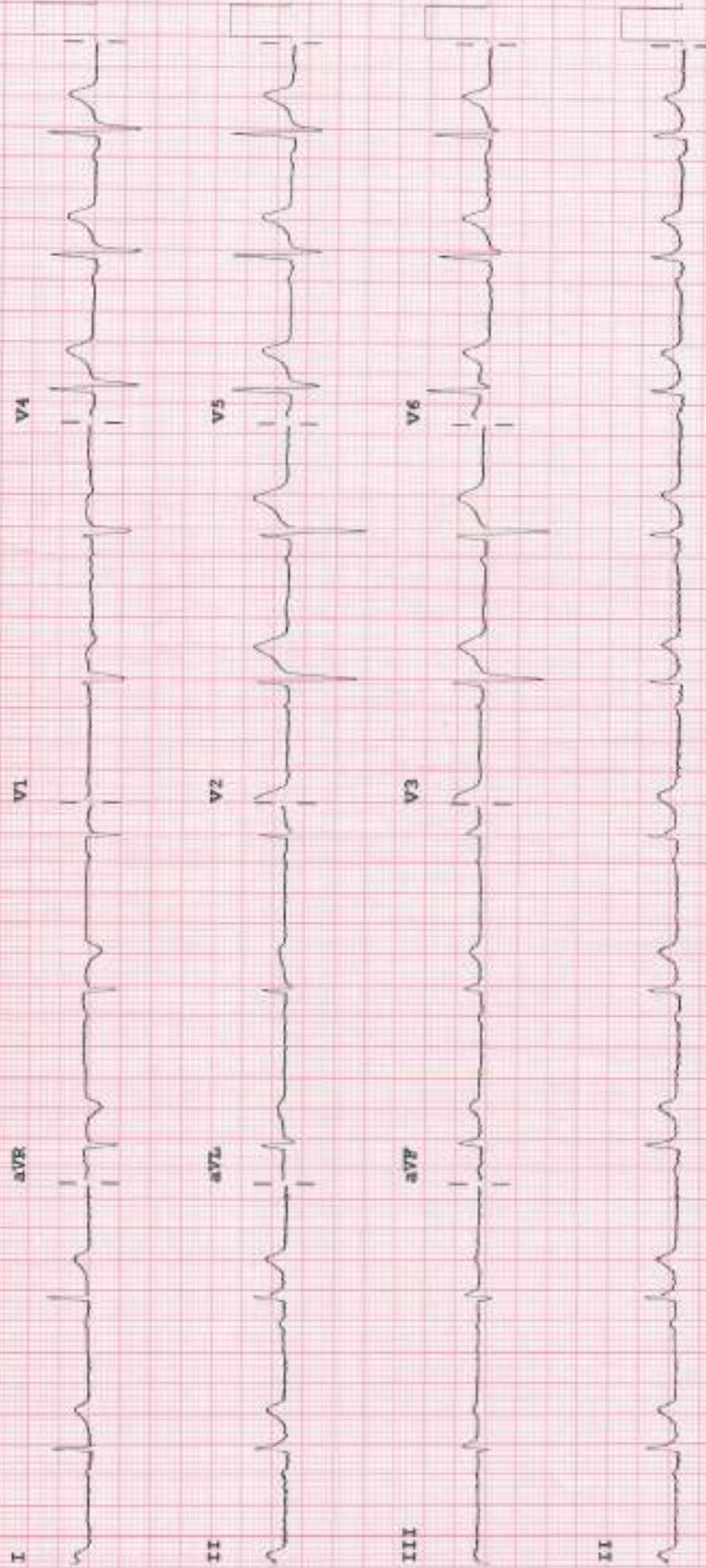
28-Mar-21 01:23:49 PM
Oman AlKhair Hospital (Emergency)

Rate 63
RR 952
PR 175
QRS 98
QT 381
QTc 390

--AXIS--

P 37
QRS 41
T 33

12 Lead: Standard Placement



Device:

Speed: 25 mm/sec

Limb: 10 mm/mV

Chest: 10.0 mm/mV

50~ 0.50~ 40 Hz W

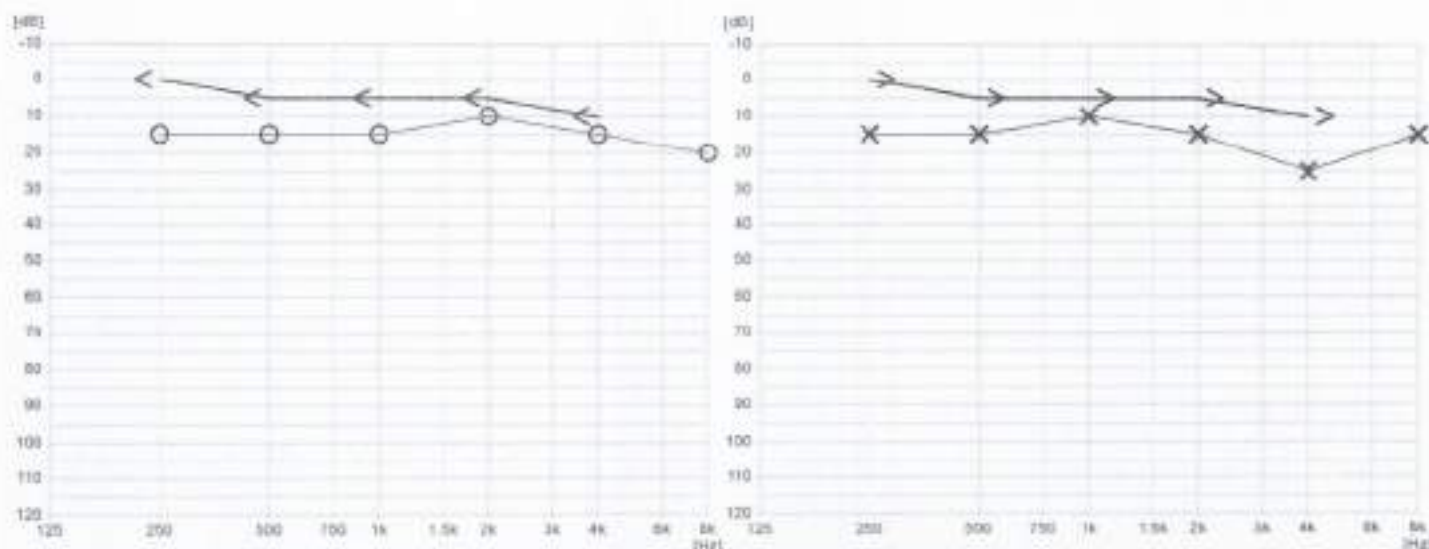
PH10

CL

P?

SUPER QUALITY HEARING AID AND SPEECH THERAPY CENTER

Code: 0751525	Last name, First name BALDIR SINGH, GULJIT	Room: 529BBL2021
Test type: Tonal audiometry	Test date: 28.03.2021	



Audiometry (continued)								
Freq (Hz)	500	1000	1500	2000	3000	4000	6000	8000
Left	15	10		15		25		15
Right	15	15		10		15		20
Calculate % hearing loss (if known)			L (%)	R (%)	Bilateral (%) Comments			
Does the applicant exceed 25dB loss in either ear at 0.5, 1.0 or 2.0KHz?					Yes/No			

Legend	R	L
Air	O	X
Air Masked	Δ	□
Bone	<	>
Bone Masked	[	]
MCL	M	M
UCL	m	m
Free Field	⊙	⊗
Free Field Aided	A	A
Stimuli		B
No response		I

PTA
 Right:- 13.3 dB HL
 Left:- 13.3 dB HL

Comments

BILATERAL HEARING SENSITIVITY WITHIN NORMAL LIMITS

Signature: _____



Date: 28/03/2021