



Al Nile Hospital

مستشفى النيل

Patient Name: SANTOKH SINGH
PREETAM
File No: 20017582
Age: 34y 4m 20d
Gender: Male
Nationality: India

Surname/Forenames: **SANTOKH SINGH PREETAM**

Nationality: **INDIAN**

PLEASE COMPLETE YOUR PERSONAL DETAILS IN BLOCK CAPITALS

Mobile No: **95968213**

Home/Leave Address:

Company Number:

Reference Indicator:

Personal Details

A Male Female

Married Single Separated / Divorced / Widower(s)

Home/Leave Address:

Relationship to employee

Wife Son Daughter No of children: **2**

Reason for Examination (tick as appropriate)

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		<input checked="" type="checkbox"/>	
2 Chest problems like asthma, bronchitis, other bad cough		<input checked="" type="checkbox"/>	
3 Heart abnormality, chest pains		<input checked="" type="checkbox"/>	
4 Abdominal pains, abnormal bowel motions		<input checked="" type="checkbox"/>	
5 Urgeonal problems (kidney disease, menstrual disorder)		<input checked="" type="checkbox"/>	
6 Skin trouble or allergies		<input checked="" type="checkbox"/>	
7 Epileptic fits, dizzy spells or migraine		<input checked="" type="checkbox"/>	
8 History of mental illness, depression anxiety		<input checked="" type="checkbox"/>	
9 Diabetes, thyroid disease		<input checked="" type="checkbox"/>	
10 Blood disorder e.g. anaemia, blood cancer e.g. leukaemia	<input checked="" type="checkbox"/>		
11 Any history of accidents or fractures		<input checked="" type="checkbox"/>	
12 Have you had any serious allergies		<input checked="" type="checkbox"/>	
13 Do any dependants have a significant ongoing illness?		<input checked="" type="checkbox"/>	
14 Any family history of cancers		<input checked="" type="checkbox"/>	
Do you take any regular medicines, or have your taken in the past?	<input checked="" type="checkbox"/>		
Do you smoke? If yes, what and how much each day?	<input checked="" type="checkbox"/>		
Do you drink alcohol? If yes, what is your average weekly intake?	<input checked="" type="checkbox"/>		
Have you ever taken illicit/recreational drugs?	<input checked="" type="checkbox"/>		
Are you doing regular sports or physical activities?	<input checked="" type="checkbox"/>		

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: **27/10/2025**

Signature of Applicant:

Santokh Singh





FOR COMPLETION BY EXAMINING DOCTOR

Further details of medical history and recreational activities

N = Normal	A = Abnormal (please describe)	PHYSICAL EXAMINATION
N		1. Eyes & Throat
N		2. ENT
N		3. Teeth & Mouth
N		4. Lungs & Chest
N		5. Cardiovascular System
N		6. Abdo Viscera
N		7. Hernal Orifices
N		8. Anus & Rectum
N		9. Genito-urinary
N		10. Extremities
N		11. Musculo-skeletal
N		12. Skin & Vascular Sys.
N		13. C.N.S.

HEIGHT cm	WEIGHT kg	BMI	B.P.	PULSE	HEARING L N R N	VISION DISTANT R L Uncorrected Corrected	HEAR R L N N N N
162	73	27.8	160 100	84/min		N N N N	N N N N

N	A	LABORATORY AND OTHER SPECIAL INVESTIGATIONS	N	A
N	A	1. Urinalysis	N	
		2. Hb, Blood count, ESR		7. Audiogram
	A	3. LFT, RFT, RBS		8. Lung Function
		4. Drug Screen	N	9. Chest X-Ray
	A	5. Lipids (40 years +)		10. ECG
		6. Sickle Cell test	A	11. CVS risk for 40 yrs & above
				12. HIV, Hepatitis screening

OTHER FINDINGS (Physique, scars, disabilities, mental stability including behaviour, etc.)

referral to cardiologist

ASSESSMENT AND RECOMMENDATIONS:

FIT ALL AREAS FIT WITH RESTRICTION TEMPORARY UNFIT UNFIT

Date: 27/10/2022 Name (Block Capitals): Dr. Al. Ghassah Signature:

REVIEW/CONSULTATION

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





Employee Data	DATE 07/10/2025
NAME: SANJIV SINGH PREETAM	Company: Truck Driver
ID No. 92042133	Occupation: Driver

The Epworth Sleepiness Scale

How likely are you to doze off or fall asleep in the following situations? You should rate your chances of dozing off, not just feeling tired. Even if you have not done some of these things recently try to determine how they would have affected you. For each situation, decide whether or not you would have:

- No chance of dozing =0
- Slight chance of dozing =1
- Moderate chance of dozing =2
- High chance of dozing =3

Write down the number corresponding to your choice in the right-hand column. Total your score below.

Situation	Chance of Dozing
Sitting and reading	• 0
Watching TV	• 0
Sitting inactive in a public place (e.g., a theater or a meeting)	• 0
As a passenger in a car for an hour without a break	• 0
Lying down to rest in the afternoon when circumstances permit	• 2
Sitting and talking to someone	• 0
Sitting quietly after a lunch without alcohol	• 2
In a car, while stopped for a few minutes in traffic	• 0

Total Score =

4

Analyze Your Score

Interpretation:

- 0-7: It is unlikely that you are abnormally sleepy.
- 8-9: You have an average amount of daytime sleepiness.
- 10-15: You may be excessively sleepy depending on the situation. You may want to consider seeking medical attention.
- 16-24: You are excessively sleepy and should consider seeking medical attention.

Reference: Johns MW. A new method for measuring daytime sleepiness: The Epworth Sleepiness Scale.





Al Nile Hospital
مستشفى النيل

Patient Name: SANTOKH SINGH
PREETAM
File No: 23017582
Age: 54y Am: 20d
Gender: Male
Nationality: India

Fitness to Work Certificate

Employee Data		Date	27/10/2025	
Last Name		PREETAM	First Name	SANTOKH SINGH
ID No.	92048133	Age	54 yrs	
		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

Fit with no restrictions	<input checked="" type="checkbox"/>	
Fit with following restrictions	<input type="checkbox"/>	
The employee is fit for above work but should avoid the following tasks		
Work near moving machinery or sharp edges	<input type="checkbox"/>	Operate motor vehicles, forklifts or heavy machinery
Working at height	<input type="checkbox"/>	Use a respirator
Pull push carry weight over Kg	<input type="checkbox"/>	Repetitive twisting of valves or wrenches
Ascend/descend ladders or stairs	<input type="checkbox"/>	Flying
Other(Specify)		
These restrictions are permanent		
These restrictions are temporary until		(date)
Temporary Unfit until		(date)
Permanently Unfit		
Date	27/10/2025	Signature
		Print Name

(Handwritten signature)





Lab Report

Patient Name:	SANTOKH SINGH PREETAM	Date:	27/10/2025 07:47:04
File No:	25017582	Age/Gender:	54y 4m 20d / M
Payer Name:		Sid No:	BIW46742
Insurance Card No:	-	Collection Date & Time:	27/10/2025 07:32:27
Doctor:	Dr. Ali Mohammed Glassah	Received Date & Time:	27/10/2025 07:47:04
Billing Time:	27/10/2025 07:21:13	Reported Date & Time:	27/10/2025 08:04:59
	Mobile: 95968213	Id Card No.:	92042133

Test Name	Result	Biological Reference
Complete Blood Count		
Hemoglobin	16.0 mg/dl	13.0 - 18.0
Total leucocyte count	7,050.0 Cells /Cumm	3,999.0 - 11,000.0
Differential count		
Neutrophil	63.1 %	40.0 - 75.0
Lymphocytes	31.1 %	15.0 - 45.0
Eosinophils	1.7 %	1.0 - 6.0
Monocyte	4.0 %	2.0 - 8.0
Basophils	0.0 %	<1.0
Packed cell volume	46.9 %	<54.0
RBC count	5.31 millions/mm	4.5 - 5.5
MCV	88.4 fl	81.8 - 95.5
MCH	30.1 ug	27.0 - 32.3
MCHC	34.1 g/dl	32.4 - 35.0
Platelet count	231,000.0 Cumm	150,000.0 - 450,000.0
RDW-CV	12.6 %	11.0 - 16.0
RDW-SD	40.7 fl	35.0 - 56.0
ESR(AUTOMATED)	3.0 mm/hr	< 13.0

URINE ANALYSIS

Color	Yellow	-
Transparency	Clear	-
Specific Gravity	1.03	-
PH	Acidic	-
Glucose	+++	-
Acetone	NIL	-
Bilirubin	NIL	-
Blood	NIL	-
Urobilinogen	NAL	-
Protein	NR	-
Nitrate	NIL	-
Leukocyte	NR	-
Pos cells	2-4	-
Erythrocytes	1-2	-



Al Nile
Medical Complex
مجمع النيل الطبي

P.O.BOX:300, POSTAL CODE - 611 NIZWA, SULTANATE OF OMAN C.R.NO.1128642
PH : 25426565, 25426228 \ WHATSAPP:94145548
Instagram:https://www.instagram.com/alnile_medical

Test Name	Result	Biological Reference
Squamous Epithelial Cell	Few	-
Crystal	NIL	-
Cast	NIL	-
Bacteria	NIL	-
Others	NIL	-
BLOOD SUGAR FASTING	14.63 mmol/m	3.3-6.1
CHOLESTEROL	262.0 mg/dl	<200.0
HDL CHOLESTEROL	63.67 mg/dl	40.0-60.0
LDL CHOLESTEROL	158.0 mg/dl	<150.0
TRIGLYCERIDE	203.4 mg/dl	40.0-160.0
CREATININE	1.11 mg/dl	0.7-1.4
UREA	27.5 mg/dl	15.0-45.0
URIC ACID	3.1 mg/dl	2.4-7.0
SGPT	39.8 U/L	<41.0
SGOT	22.2 U/L	<40.0
TOTAL PROTEIN	7.0 g/dl	6.8-8.7
ALBUMIN	4.46 g/dl	3.5-5.2
ALKALINE PHOSPHATASE	96.8 U/L	35.0-104.0
BILIRUBIN TOTAL	0.713 mg/dl	<1.1

2025-10-27 08:34:04

****End of Report****



Technician: Hajar Mohammed
Husain Mousa
License No: 9245



Al Nile
Medical Complex
مجمع النيل الطبي

P.O.BOX:300, POSTAL CODE – 611 NIZWA, SULTANATE OF OMAN C.R.NO.1128642
PH : 25426665, 25426228 \ WHATSAPP:94146648
Instagram:https://www.instagram.com/alnile_medical

Lab Report

Patient Name:	SANTOKH SINGH PREETAM	Date:	27/10/2025 08:10:42
File No:	25017562	Age/Gender:	54y 4m 20d / M
Payer Name:		Sid No:	Bill#46744
Insurance Card No:	--	Collection Date & Time:	27/10/2025 08:06:43
Doctor:	Dr. Ali Mohammad Ghassab	Received Date & Time:	27/10/2025 08:10:42
Billing Time:	27/10/2025 07:39:18	Reported Date & Time:	27/10/2025 08:32:03
	Mobile: 95968213	Id Card No.:	92042133

Test Name
HBA1C

Result
9.61 %

Biological Reference
4.0 - 6.0

2025-10-27 08:32:19
End of Report



Technician: Hajar Mohammed
Hussin Mousa
License No: 9245



MR: SANTOKH SINGH PREETAM

Estimated 10-year Global CVD Risk: 21.6%*

Risk Category: High Risk*

Estimated Vascular Age: 72 Years*

1. Gender? — Male
2. Age? — 50-54
3. Total Cholesterol? — 6.20-7.24 mmol/L
4. HDL? — ≥ 1.56 mmol/L
5. Systolic Blood Pressure? — ≥ 160 mmHg
6. On Medication for Hypertension? — No
7. Smoker? — No
8. Diabetic? — Yes
9. Known Vascular Disease (CAD, PVD, Stroke)? — No

October 27, 2025 at 9:41



Patient Name: SANTOKH SINGH
 PREETAM
 File No: 23017581
 Age: 33y 4m 20d
 Gender: Male
 Nationality: India

<< Conclusions >>

Normal Sinus Rhythm.
 Longitudinal left axis deviation.

Report need physician confirm



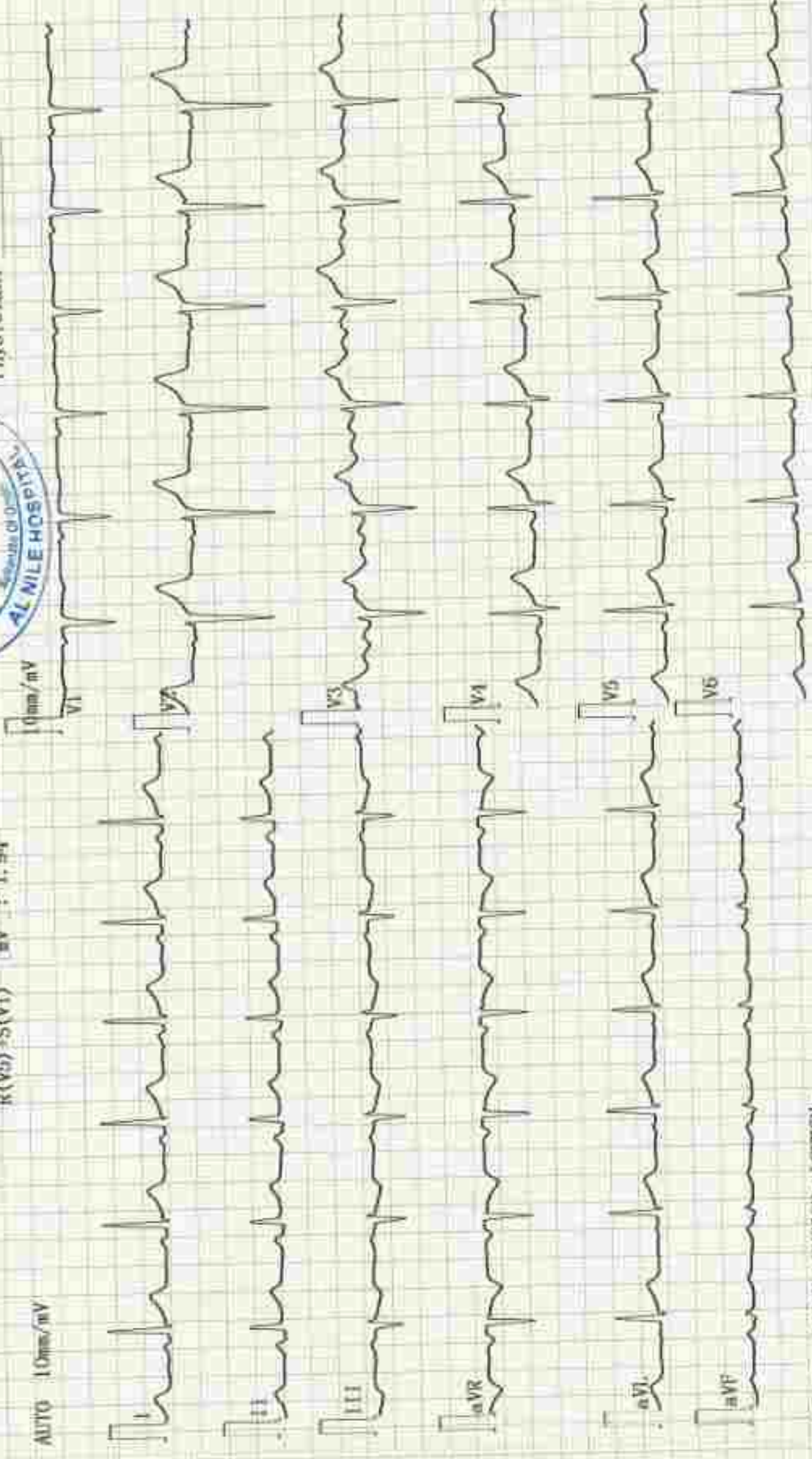
Physician:

Data for reference only:

HR : 83
 PR Interval : 168
 P Duration : 113
 QRS Duration : 71
 T Duration : 173
 QT/QTc : 355/416
 P/QRS/T Axis deg : 57.4/10.1/16.8
 R(V5)/S(V1) mV : 1.05/0.89
 R(V5)+S(V1) mV : 1.94

AL NILE HOSPITAL
 2025-10-27 08:28:24
 Name : santokh singh
 Sex : Male Age : 54
 Section: DR. ALI
 RoomID:
 bedID:
 ID: 25017582
 Operator: MAYAMU

AUTO 10mm/mV





Al Nile Hospital
مستشفى النيل

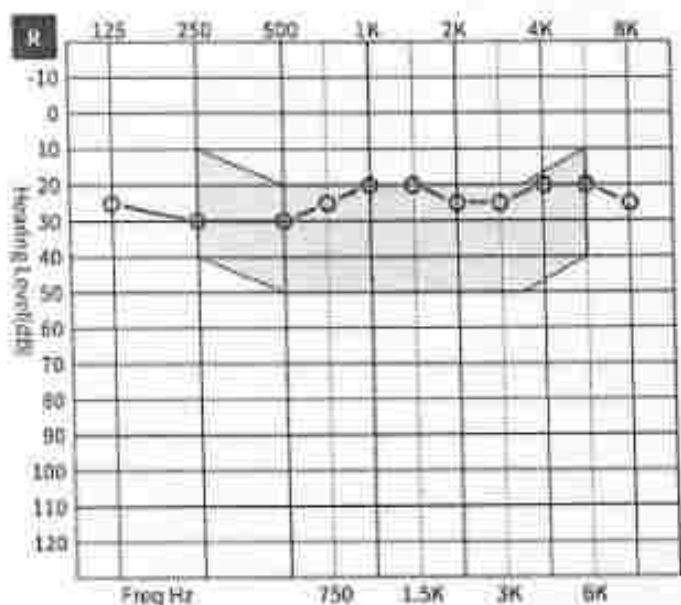
PTA Test Report

ID:25017582

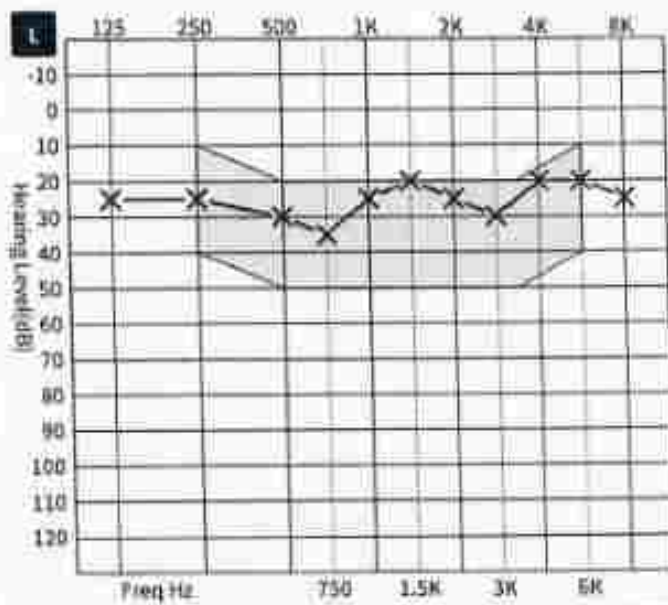
Name:SANTOKH SINGH PREETAM

Gender:Male

Age:54Y



	125	250	500	750	1K	1.5K	2K	3K	4K	6K	8K
Air	25	30	30	25	20	20	25	25	20	20	25
Bone											



	125	250	500	750	1K	1.5K	2K	3K	4K	6K	8K
Air	25	25	30	35	25	20	25	30	20	20	25
Bone											

Test Result: BILATERAL HEARING SENSITIVITY WITHIN NORMAL LIMITS.



Test Date:2025-10-26 20:55

Printing Date:2025-10-26 20:55

Examiner: _____

AL NILE HOSPITAL NIZWA

Name: SANTOKH SINGH

Date: 27-10-2025 Time: 12:20

Age: 54

Gender: M

Height: 162 cms

Weight: 73 Kg

ID: 25017582

Clinical History:

Medications:

Test Details:

Protocol: Bruce

Predicted Max HR: 166

Target HR: 141 (85% of Pr. MHR)

Exercise Time: 0:11:07

Achieved Max HR: 160 (96% of Pr. MHR)

Max BP: 190/110

Max BP x HR: 30400

Max Mets: 12.5

Test Termination Criteria:

Protocol Details:

Stage Name	Stage Time	METS	Speed (km/h)	Grade %	Heart Rate (bpm)	BP (mmHg)	RPP	Max ST Level (mV)	Max ST Slope (mV/s)
Standing	01:18	1	0	0	93	155/80	14415	1.4 V2	0.2 V
Pre-Test	01:42	1	1.6	0	82	155/80	12710	1.6 V2	0.2 V
Stage: 1	03:00	4.7	2.7	10	99	150/90	14850	1.5 V2	0.2 V2
Stage: 2	03:30	7	4	12	117	130/90	17530	1.6 V2	0.4 V2
Stage: 3	05:00	10.1	5.5	14	136	140/95	21760	1.3 V2	0.5 V2
Peak Exercise	02:07	12.5	6.8	16	160	160/95	25600	1.4 V2	0.7 V2
Recovery1	01:00	1	0	0	129	160/95	20640	0.7 V2	1.9 V2
Recovery2	01:00	1	0	0	112	160/95	17920	1.7 V2	0.8 V2
Recovery3	01:00	1	0	0	109	190/110	20710	1.5 V2	0.5 V2
Recovery4	01:00	1	0	0	104	190/110	19700	1.2 V2	0.4 V2
Recovery5	01:00	1	0	0	100	190/110	19000	1.2 V2	0.2 V2
Recovery6	00:36	1	0	0	102	180/100	18360	0.3 aVR	2 V2

Interpretation

DTS = + to
Low Risk refer ASCVD

Ref. Doctor: ---




Doctor: ---

SCHILLER

The Art of Diagnostics

Support Report edited by (acc)
Cardio CS-20 Version 1.3

SANTOKH SINGH (54 M)

AL NILE HOSPITAL NIZWA

Bruce Protocol
Exec Time : 0:00:00

ID: 25017582
Stage: Standing
Stage Time : 01:16

Date: 27-10-2025
THR: 141 bpm
Speed: 0 kmph

HR: 93 bpm
BP: 155/80 mmHg
Grade: 0%



STLevel(mm) - STSlope(mV/s)	STLevel(mm) - STSlope(mV/s)	STLevel(mm) - STSlope(mV/s)	STLevel(mm) - STSlope(mV/s)
I 0.6 0.2	aVR -0.5 -0.1	V1 -0.1 0	V4 0.7 0.2
II 0.3 0	aVL 0.4 0.1	V2 1.4 0.2	V5 0.6 0.1
III -0.3 0	aVF 0.1 0	V3 1.1 0.2	V6 0.4 0

Chart Speed: 25 mm/sec Filter: 35 Hz Mains Filter: ON Amplitude: 10mm/mV
 Schiller Cardiolit CS-20 Version 3.5 Linked Median ISO = E - 60 ms, J = R + 60 ms, Post J = J + 80 ms

SANTOKH SINGH (54 M)

AL NILE HOSPITAL NIZWA

Bruce Protocol
Exec Time : 0:00:00

ID: 25017582
Stage: PreTest
Stage Time : 01:42

Date: 27-10-2025
THR: 141 bpm
Speed: 1.6 kmph

HR: 82 bpm
BP: 155/80 mmHg
Grade: 0%



STLevel(mm)	STISlope(mV/s)	STLevel(mm)	STISlope(mV/s)	STLevel(mm)	STISlope(mV/s)	STLevel(mm)	STISlope(mV/s)	
I	0.7	0.1	aVR	-0.7	0	V1	0	0
II	0.5	0.1	aVL	0.4	0.1	V2	1.4	0.2
III	-0.2	-0.1	aVF	0.1	0	V3	1.3	0.2
						V4	0.9	0.1
						V5	0.7	0
						V6	0.6	0

Chart Speed: 25 mm/sec Filter: 35 Hz Mains Filter: ON Amplitude: 10mm/mV
 Schiller Cardiotec CS-20 Version:3.3 Linked Medium ISO = R - 60 ms, J - R = 60 ms, Post J = J + 80 ms

SANTOKH SINGH (54 M)

AL NILE HOSPITAL NIZWA

Bruce Protocol
Exec Time : 0:03:00

ID: 25017582
Stage: 1
Stage Time : 03:00

Date: 27-10-2025
THR: 141 bpm
Speed: 2.7 kmph

HR: 99 bpm
BP: 150/90 mmHg
Grade: 10%



STLevel(mm)	STslope(mV/s)	STLevel(mm)	STslope(mV/s)	STLevel(mm)	STslope(mV/s)	STLevel(mm)	STslope(mV/s)
I	0	aVR	-0.8	V1	-0.1	V4	0.7
II	0.7	aVL	0.5	V2	1.5	V5	0.6
III	-0.2	aVF	0.1	V3	1.2	V6	0.6

Chart Speed: 25 mm/sec
Schiller Cardioit C6-20 Version 3.5

Filter: 35 Hz
Linked Median

Mains Filter: ON
Amplitude: 10mm/mV
ISO = R + 60 ms, J = R + 40 ms, Post J = J + 80 ms

SANTOKH SINGH (54 M)

AL NILE HOSPITAL NIZWA

Bruce Protocol
Exec Time : 0:06:00

ID: 25017582
Stage: 2
Stage Time : 03:00

Date: 27-10-2025
THR: 141 bpm
Speed: 4 kmph

HR: 117 bpm
BP: 150/90 mmHg
Grade: 12%



STLevel(mm)	STISlope(mV/s)	STLevel(mm)	STISlope(mV/s)	STLevel(mm)	STISlope(mV/s)	STLevel(mm)	STISlope(mV/s)	
I	0.4	0.2	aVR	-0.4	-0.2	V1	0.1	0
II	0.6	0.2	aVL	0.2	0	V2	1.6	0.4
III	0.1	0	aVF	0.3	0.2	V3	1.3	0.4
						V4	0.9	0.2
						V5	0.6	0.2
						V6	0.5	0.2

Chart Speed: 25 mm/sec
Schiller Cardiocor CS-20 Version:3.5

Filter: 35 Hz
Linfed Median

Main Filter: ON
ISO - R - 60 ms, J - R + 60 ms, Post J - I + 80 ms

Amplitude: 10mm/mV

SANTOKH SINGH (54 M)

AL NILE HOSPITAL NIZWA

Bruce Protocol
Exec Time : 0:09:00

ID: 25017582
Stage: 3
Stage Time : 03:00

Date: 27-10-2025
THR: 141 bpm
Speed: 5.5 kmph

HR: 136 bpm
BP: 160/95 mmHg
Grade: 145%



STLevel(mm)	STSlope(mV/s)	STLevel(mm)	STSlope(mV/s)	STLevel(mm)	STSlope(mV/s)	STLevel(mm)	STSlope(mV/s)
I	0.7	aVR	-0.6	V1	-0.1	V4	0.4
II	0.4	aVL	0.4	V2	0.8	V5	0.2
III	-0.3	aVF	0.1	V3	1.6	V6	0.2

Chart Speed: 25 mm/sec
Schiller Cardioit CS-20 Version:3.3

Filter: 35 Hz
Linked Medium

Main Filter: ON
ISO = R - 60 ms, J = R + 60 ms, Pnd J = J + 80 ms

Amplitude: 10mm/mV

SANTOKH SINGH (54 M)

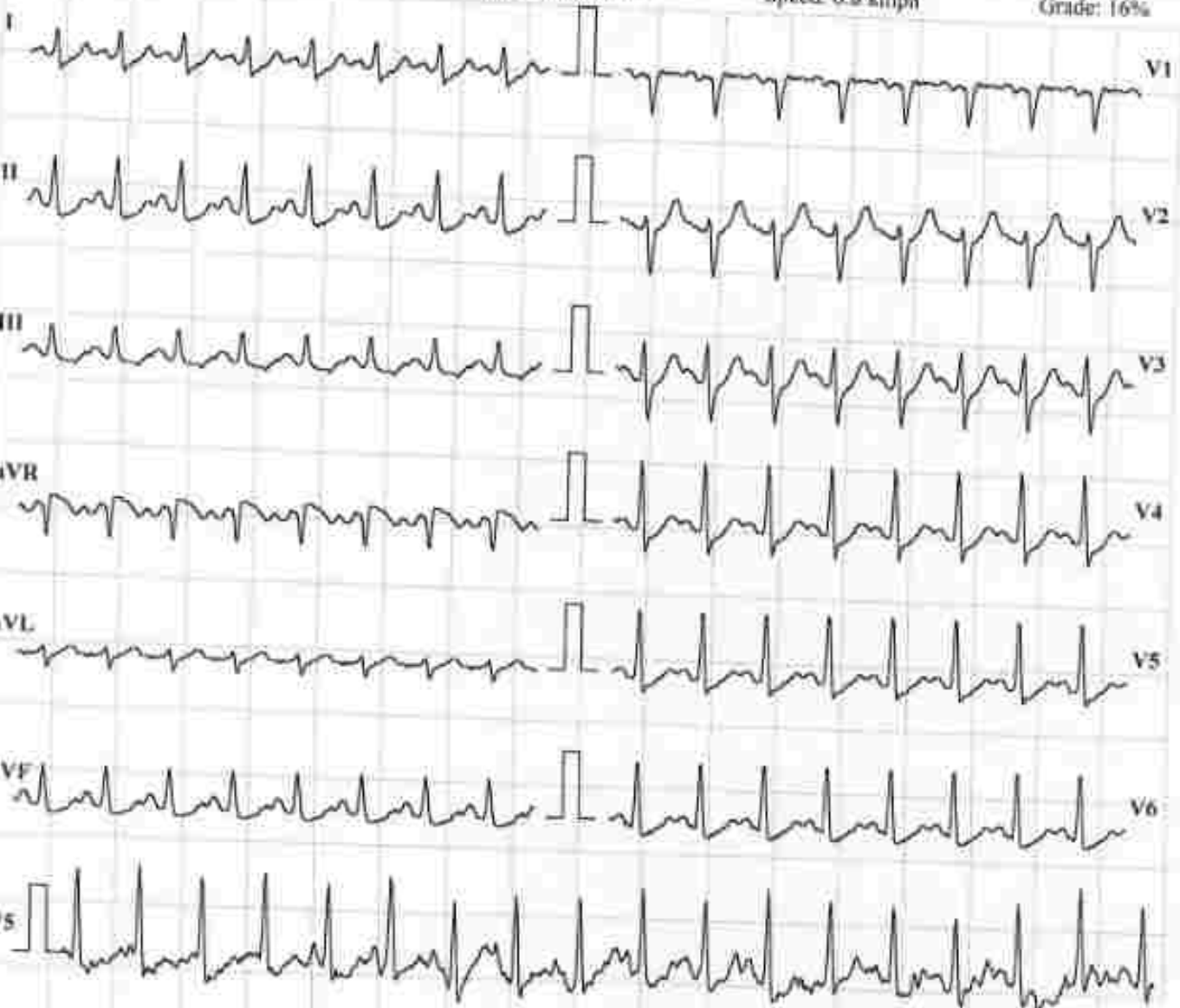
AL NILE HOSPITAL NIZWA

Bruce Protocol

ID: 25017582
Stage: Peak Exercise
Stage Time : 02:07

Date: 27-10-2025
THR: 141 bpm
Speed: 6.8 kmph

HR: 160 bpm
BP: 160/95 mmHg
Grade: 16%



STLevel(mm)	STslope(mV/s)	STLevel(mm)	STslope(mV/s)	STLevel(mm)	STslope(mV/s)	STLevel(mm)	STslope(mV/s)
0.7	0.8	aVR -0.4	-0.8	V1 0.3	0	V4 1.2	1
0.3	0.7	aVL 0.6	0.7	V2 3	1.8	V5 0.7	0.5
-0.4	-0.5	aVF 0	0	V3 2.6	1.5	V6 0.6	0.7

Chart Speed: 25 mm/sec
Schiller Cardiwalk CS-20 Version 3.5

Filter: 35 Hz
Linked Medium

Main Filter: ON

Amplitude: 10mm/mV

IS1 = R - 60 ms, J = R + 60 ms, Post J = J + 80 ms

SANTOKH SINGH (54 M)

AL NILE HOSPITAL NIZWA

Bruce Protocol
Exec Time : 0:12:07

ID: 25017382
Stage: Recovery1
Stage Time : 01:00

Date: 27-10-2025
THR: 141 bpm
Speed: 0 kmph

HR: 129 bpm
BP: 160/95 mmHg
Grade: 0%



STLevel(mm)	STISlope(mV/s)	STLevel(mm)	STISlope(mV/s)	STLevel(mm)	STISlope(mV/s)	STLevel(mm)	STISlope(mV/s)
I	0.6	aVR	-0.6	V1	-0.1	V4	0.8
II	0.6	aVL	0.4	V2	1.3	V5	0.6
III	-0.1	aVF	0.3	V3	1.1	V6	0.5

Chart Speed: 25 mm/sec
Schiller Cardiovit CS-20 Version: 3.5

Filter: 35 Hz
Linked Medium

Main Filter: ON
ISO = R = 60 ms, J = R = 60 ms, Post J = J + 80 ms

Amplitude: 10mm/mV

SANTOKH SINGH (54 M)

AL NILE HOSPITAL NIZWA

Brice Protocol

ID: 25017582

Date: 27-10-2025

HR: 112 bpm

Exec Time : 0:13:07

Stage: Recovery2

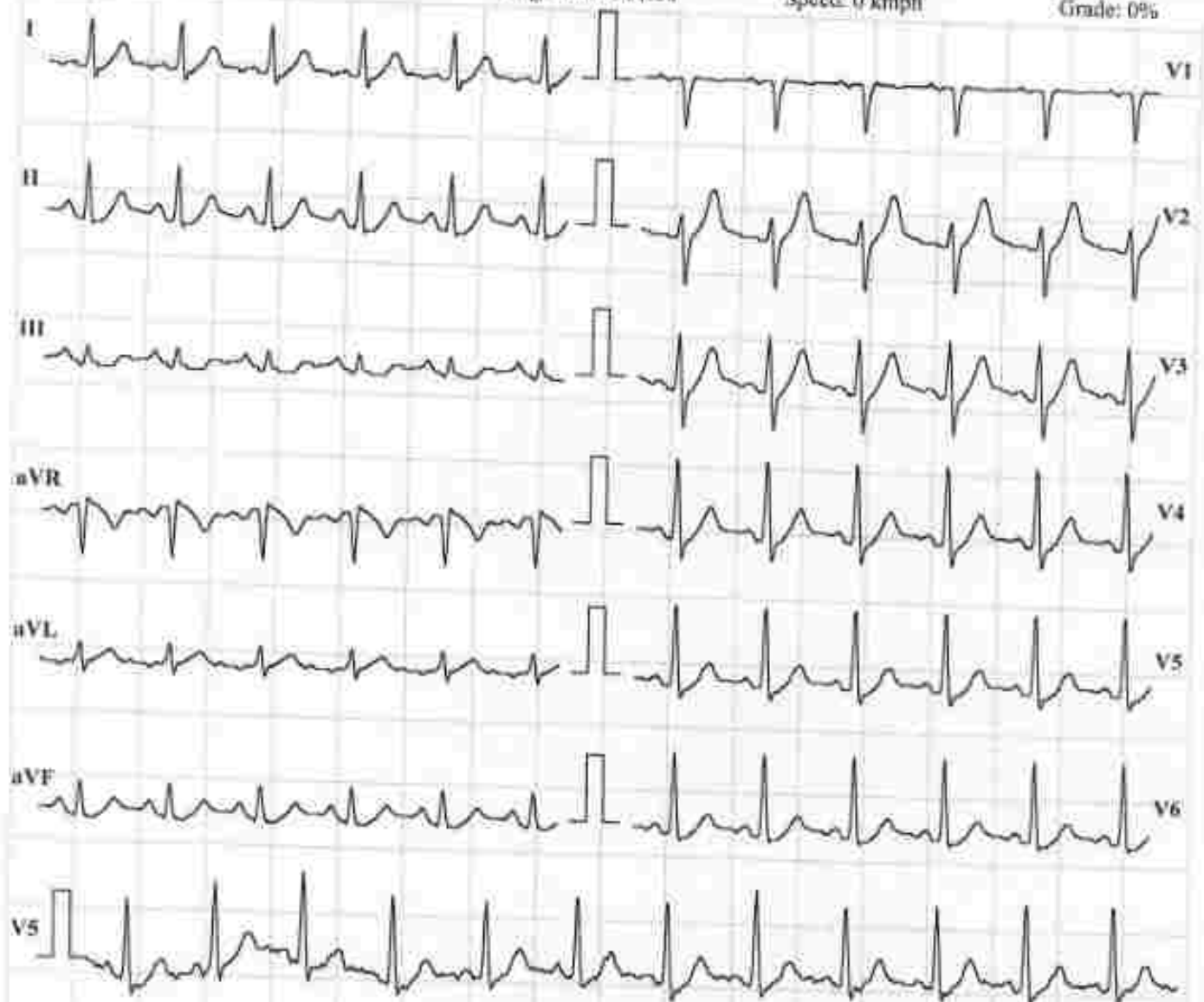
THR: 141 bpm

BP: 160/95 mmHg

Stage Time : 01:00

Speed: 0 kmph

Grade: 0%



STLevel(mm)	STSlope(mV/s)	STLevel(mm)	STSlope(mV/s)	STLevel(mm)	STSlope(mV/s)	STLevel(mm)	STSlope(mV/s)
0.5	0.3	aVR -0.4	-0.3	V1 0.1	0	V4 0.7	0.5
II 0.4	0.2	aVL 0.2	0.2	V2 1.7	0.8	V5 0.4	0.3
III -0.1	-0.1	aVF 0.1	0	V3 1.3	0.7	V6 0.3	0.2

Chart Speed: 25 mm/sec
Schöler Carillon CS-29 Version:3.3

Filter: 35 Hz
Linked Median

Mains Filter: ON
ISO = R - 60 ms, J = R + 60 ms, Post J = J + 80 ms

Amplitude: 10mm/mV

SANTOKH SINGH (54 M)

AL NILE HOSPITAL NIZWA

Bluce Protocol
Exec Time : 0:14:07

ID: 25017582
Stage: Recovery3
Stage Time : 01:00

Date: 27-10-2025
THR: 141 bpm
Speed: 0 kmph

HR: 109 bpm
BP: 190/110 mmHg
Grade: 0%



STLevel(mm)	STslope(mV/s)	STLevel(mm)	STslope(mV/s)	STLevel(mm)	STslope(mV/s)	STLevel(mm)	STslope(mV/s)	
I	0.7	0.3	aVR	-0.5	-0.3	V1	-0.1	-0.1
II	0.3	0.2	aVL	0.6	0.2	V2	1.5	0.5
III	-0.1	-0.1	aVF	0	0.1	V3	1.3	0.5
						V4	0.5	0.3
						V5	0.3	0.2
						V6	0.1	0.2

Chart Speed: 25 mm/sec
Subiler Cardio (CS-20 Version: 3.5)

Filter: 35 Hz
Linked Median

Mains Filter: ON

Amplitude: 10mm/mV

ISO = R - 60 ms, J = R + 60 ms, Post J = J + 80 ms

SANTOKH SINGH (54 M)

AL NILE HOSPITAL NIZWA

Bruce Protocol
Exec Time : 0:16:07

ID: 25017582
Stage: Recovery5
Stage Time : 01:00

Date: 27-10-2025
THR: 141 bpm
Speed: 0 kmph

HR: 100 bpm
BP: 190/110 mmHg
Grade: 0%



STLevel(mm)	STSlope(mV/s)	STLevel(mm)	STSlope(mV/s)	STLevel(mm)	STSlope(mV/s)	STLevel(mm)	STSlope(mV/s)
0.7	0	0.3	0	0.1	0	0.4	0.1
0.5	0	0.5	0.1	1.2	0.2	0.2	0.1
-0.2	0	0.1	0	0.7	0.2	0.2	0

Chart Speed: 25 mm/sec
Schiller Cardiotest CS-20 Version:3.5

Filter: 35 Hz
Linked Medium

Mains Filter: ON

Amplitude: 10mm/mV
ISO = R - 60 ms, J = R + 60 ms, Post J = J + 80 ms

SANTOKH SINGH (54 M)

AL NILE HOSPITAL NIZWA

Brüce Protocol
Exec Time : 0:16:43

ID: 25017582
Stage: Recovery6
Stage Time : 00:16

Date: 27-10-2025
THR: 141 bpm
Speed: 0 kmph

HR: 102 bpm
BP: 180/100 mmHg
Grade: 0%



STLevel(mm)	STSlope(mV/s)	STLevel(mm)	STSlope(mV/s)	STLevel(mm)	STSlope(mV/s)	STLevel(mm)	STSlope(mV/s)
0.1	-0.3	0.3	0.5	0	1.5	-0.1	0
-0.2	-1.1	0.2	0.2	0.3	2.2	0	-0.8
-0.2	-0.8	-0.2	-1	0	1.2	0.1	-1.2

Chart Speed: 25 mm/sec
Schiller Cardiovit CS-20 Version J.3

Filter: 35 Hz
Unlead Median

Main Filter: ON

ISO = R - 50 ms, J = R + 60 ms, Post J = J + 80 ms

Amplitude: 10mm/mV



Medical Report

Patient name: SANTOKH SINGH PREETAM		Date: 27/10/2023 09:56:44
File No: 25017582	Age/Gender: 54y 4m 20d / M	Nationality: India
Payer Name:-		Doctor: Dr. Bassel Ali Al Ratel
Insurance Card No:	ID Card No: 92042139	Phone: 95968213

Vitals:-

Temperature	BP (SBP/DBP)	Pulse Rate	Respiratory Rate	Weight	Height	SpO2	RBS	Pain Level	Abdominal Circumference	Head Circumference	CVP	Body Mass Index
37.0°C	160/100 mmHg	84 bpm	0 lpm	73.0kg	162.0 cm	0.9802	12.6	0	0.0	0.0		27.815882

Chief Complaints:-

High fasting blood glucose, HbA1c, hypertensive and dyslipidemia

Patient History:-

The patient was referred by their General Practitioner for evaluation of elevated fasting blood glucose and dyslipidemia, which were discovered during routine evaluation for PDO Co. History of Presenting Complaint: The patient reports polydipsia and polyuria. They deny fever or weight changes. Systems Review: Respiratory, cardiovascular, gastrointestinal, dermatological, neurological, and ophthalmological systems are unremarkable. Past Medical History: Type 2 Diabetes Mellitus diagnosed 2 years prior; however, the patient is not currently taking any medications for this condition. History of Hypertension. Family History: Non-contributory. Social History: The patient occasionally consumes alcohol, is a non-smoker, and works as a truck driver. Physical Examination: Respiratory and cardiovascular systems are within normal limits. BP= 160/100

Radiology Report:-

ECG: Sinus rhythm. Regular. normal axis. heart rate 75 bpm. P-waves, QRS complex, and T-waves within normal limits. No ST segment deviation, conduction abnormalities, or pathologic Q waves. Normal QT interval. Echocardiography: Left ventricle: mildly thickened walls IVS= 14mm, EF 67%, no regional wall motion abnormalities. Left atrium: Normal size. Mitral valve: mild MR, E/A=0.9, TDI: E=6cm/sec (impaired relaxation stage I). Aortic valve: Three leaflets, normal flow and structure. Ascending Aorta: normal structure without dilatation Right ventricle: Normal size, walls, and function. Right atrium: Normal size. Tricuspid valve: Mild regurgitation, PASP=20 mmHg, normal structure. Pulmonary valve: Normal structure and flow. TAPSE: 24 mm. Both RVOT and LVOT are WNL Pericardium: Dry. Conclusion: Impaired relaxation stage I TMT: the candidate has performed the test on Bruce protocol and completed 12 minutes of test without any symptoms of angina or angina equivalents. BP at rest 145/80 increased during the test to 190/110 and returned to normal during the recovery phase Heart rate at rest 82 increased to 160 maximum with represents 98% of MHR adjusted to Age -no abnormalities noticed on ECG during the test or recovery, the patient had dyspnoea at the peak test that led us to stop the test DTS= +10 low risk for ASCVD conclusion: the patient is fit to work from cardiovascular point of view

Management Plan:-

(Handwritten signature and stamp)





Al Nile
Medical Complex
مجمع النيل الطبي

P.O.BOX:300, POSTAL CODE – 611 NIZWA, SULTANATE OF OMAN C.R.NO.1128642
PH : 25426665, 25426228 \ WHATSAPP:96146648
Instagram:https://www.instagram.com/alnile_medical

assessment: -uncontrolled Diabetic patient with dyslipidaemia, HTN. - has good cardiac function with stage I impaired relaxation and good exertion tolerance. -high risk for ASCVD, Framingham score= 21% - diet and exercise were illustrated. - medical treatment for DM, DLP and hypertension - review after 3 months for reevaluation.

Investigations:-

No.	Internal Code	Name
1		CONVENTIONAL ECHOCARDIOGRAPHY

Prescriptions:-

No.	MOH Code	Medicine	Dosage	Duration	Remarks
1		GALVUSMET TAB 50/500 60S		30 Days	
2		ZYROGA 20MG TAB 28,S		30 Days	
3		OMACE TAB 5MG 28S		30 Days	

Dr. Bahadur Ali Al Hakeef

License Number: 19770

2025-10-27 12:47:32

End of Report



