



Appendix 32: EX1 Form (Initial Examination Report)

INITIAL EXAMINATION REPORT (MEDICAL – CONFIDENTIAL)

Petroleum Development Oman
MEDICAL DEPARTMENTPLEASE COMPLETE YOUR PERSONAL
DETAILS IN BLOCK CAPITALS

Surname SINGH					
Forenames KULWANT					
Address					
Home telephone number					
Place of examination NMC AL-HAYL	Date 01/10/2023				
If a dependant, enter employee's name here:					
Surname:					
Forenames:					
Birth date: 04/03/1925	Nationality: INDIAN				
Country of birth:	Religion:				
☒ Male ☐ Female	☒ Married ☐ Single ☐ Separated / Divorced				
Relationship to employee					
☐ Wife ☐ Son ☐ Daughter					
Number of children					
Reason for examination					
Pre-Employment ☐ Job:					
Pre-Overseas ☐ Area:					
Name and address of family doctor					
List your last 3 jobs					
(1)					
(2)					
Are you a Registered Disabled Person? (UK only) ☐					
Do you belong to any Medical Insurance Scheme? ☐					
DO YOU HAVE OR HAVE YOU HAD:- (Tick "Yes" or "No" column or put a (?) if uncertain exclude minor ailments.)					
Y	N	Y	N	Y	N
	☒		☒	HAVE YOU EVER BEEN:-	
1. Sinus trouble		21. Cancer		40. Rejected for employment or insurance for medical reasons	☒
2. Neck swelling/glands		22. Heart Disease		41. Awarded benefits for industrial injury/illness	☒
3. Difficulty in vision		23. Rheumatic fever		42. Treated for a mental condition, e.g. depression	☒
4. Any ear discharge		24. Abnormal heartbeat		43. Treated for problem drinking or drug abuse	☒
5. Asthma/bronchitis		25. High blood pressure		44. Exposed to toxic substance or noise	☒
6. Hayfever /other significant allergy		26. Stroke		FOR WOMEN ONLY	
7. Any skin trouble		27. Serious chest pain		Have you ever had:-	
8. Tuberculosis		28. Any blood disease		45. An abnormal smear	
9. Shortness of breath		29. Kidney disease		46. Any gynaecological treatment	
10. Coughed/vomited blood		30. Blood in urine		47. Are you pregnant?	
11. Severe abdominal pain		31. Diabetes		48. HAVE YOU HAD AN ILLNESS NOT MENTIONED ABOVE	
12. Stomach ulcer		32. Headaches/migraine			
13. Recurrent indigestion		33. Dizziness/fainting			
14. Jaundice or hepatitis		34. Epilepsy			
15. Gall Bladder disease		35. Joints/spinal trouble			
16. Marked change in bowel habits		36. Surgical operation			
17. Blood in stools (recto)ne		37. Serious accident/fracture			
18. Marked change in weight		38. Tropical disease			
19. Varicose veins		39. Fear of heights			
20. Lump in breast/arm/pit					
How much tobacco each day? NO		Average daily alcohol consumption NO			
Have you ever taken illicit drugs? ☒ PDO test all new/potential employees for illicit/recreational drugs					
FAMILY HISTORY: Diabetes ☒ Tuberculosis ☒ Epilepsy ☒ Asthma ☒ Eczema ☒					
Heart disease ☒ High blood pressure ☒ Stroke ☒ Blood Disease ☒ Cancer ☒					
PLEASE READ THE FOLLOWING STATEMENT AND IF YOU AGREE, KINDLY SIGN IT:-					
I declared these statements to be true to the best of my knowledge and belief. I agree that the result of this medical examination in general terms may be revealed to the Company if required, and the details sent to my own doctor if this is considered necessary by the examining medical officer. I am also aware that PDO reserve the right to discontinue my employment if it was found that I have purposely withheld important medical information.					
Date:		Signature of Applicant:			



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 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.
180	82	25.3	138/89
PULSE	HEARING	VISION	Colour Vision
70 /m.m.	L (N) R (N)	DISTANT R L Uncorrected Corrected	NEAR R L (N) (N)
N	A	LABORATORY AND OTHER SPECIAL INVESTIGATIONS	
✓		1. Urinalysis	
✓		2. Hb, Bloodcount, ESR	
✓		3. LFT, RF, RBS	
		4. Drug Screen	
	✓	5. Lipids (40 years +)	
✓		6. Sickie Cell test	
		7. Audiogram	
		8. Lung Function	
		9. Chest X-Ray	
		10. ECG	
		11. CVS risk for 40 yrs. & above	
		12. HIV, Hepatitis screening	
OTHER FINDINGS (Pressure, scars, disabilities, mental stability including behaviour, etc.)			
FIT ASSESSMENT: ☒ FIT ALL AREAS ☐ FIT WITH RESTRICTION ☐ TEMPORARY UNFIT ☐ UNFIT			
Date: 08/10/2022 Name (Block Capitals): Dr. / Nurse: DR. Shiva Kumar Signature: 			
Date: 08/10/2022 Name (Block Capitals): Dr. / Nurse: DR. Shiva Kumar Signature: 			

1. Gender?	Male
2. Age?	45-49
3. Total Cholesterol?	4.14-5.15 mmol/L
4. HDL?	1.17-1.29 mmol/L
5. Systolic Blood Pressure?	130-139 mmHg
6. On Medication for Hypertension?	No
7. Smoker?	No
8. Diabetic?	No
9. Known Vascular Disease (Coronary, Cerebral, Peripheral)?	No

About

The FRS estimates the 10 year risk of manifesting clinical CVD (CAD, Stroke, PVD, CHF, cardiac death). Although not examined in the 2008 model, it is common practice to double the FRS if there is a FHx of premature CAD in a 1st degree relative (men <55y, women <65y).

*The risk stratification tool for the ESC is the SCORE system which estimates 10y risk of CVD death. Patients with a 10y risk of CVD death $\geq 5\%$ are considered high risk. The lipid guidelines recognize risk equivalents as a distinct category that warrant immediate treatment. For patients with an ESC SCORE $\geq 5\%$ a 3 month trial of lifestyle measures is a reasonable starting point. If after 3 months the lipids remain above moderate risk targets and the SCORE remains $\geq 5\%$ then intensive therapy to reach high risk targets is recommended.

References

Ralph B. D'Agostino, Sr, Ramachandran S. Vasan, Michael J. Pencina, Philip A. Wolf, Mark Cobain, Joseph M. Massaro and William B. Kannel. General cardiovascular risk profile for use in primary care: the Framingham Heart Study. Circulation 2008 February 12, 117 (6): 743-53

McPherson R et al. Canadian Cardiovascular Society position statement—recommendations for the diagnosis and treatment of dyslipidemia and prevention of cardiovascular disease. Canadian Journal of Cardiology 2006, 22 (11): 913-27

Management of Blood Cholesterol in Adults: Systematic Evidence Review from the Cholesterol Expert Panel

Ian Graham et al

Risk Category

Low Risk

Estimated Vascular Age

48 Years

Treatment Guidelines

ATP-III (2004)

Treatment Targets

LDL <160 mg/dL (<4.14 mmol/L)

Non-HDL <190 mg/dL (<4.93 mmol/L)

CCS (2009)

Initiate Pharmacotherapy if

LDL >5 mmol/L (>193 mg/dL),

TChol/HDL-C >6 mmol/L (>231 mg/dL)

Treatment Targets

$\geq 50\%$ decrease in LDL-C

ESC (2007, see Info for more)

Treatment Targets

LDL <3 mmol/L (<120 mg/dL)

TChol <5 mmol/L (<194 mg/dL)

Created by QXMD



DEPARTMENT OF LABORATORY MEDICINE

File No: 14297244	Report No: 0099728
Name: KULWAN SINGH 7018	Sample Date: 01/10/2023 Time: 9:27
Address:	Received By:
Gender: M Age: 48 Y Nationality: NDIAN	Received Date: Time:
GSM No.: 72033832 ID Card No.: 72204042	Report Date: 01/10/2023 Time: 11:01
Ref. By: DR MASOOD SIDDIQUE	Bill No: 0259742 Bill Date: 01/10/2023
	Report Status: Final

INVESTIGATION	RESULT	REFERENCE RANGE
PDO PACKAGE ABOVE 40 YEARS		
FASTING BLOOD SUGAR	5.54 mmol/L	4.11 -6.09mmol/L
CREATININE	76.00 µmol/L	Adults: MALE: 62 – 106 µmol/L FEMALE: 44 - 80 µmol/L
SGPT (ALT)	27.40 U/L	MALE : up to 41 U/L FEMALE : up to 33 U/L
TOTAL WBC COUNT	6.00 x 10 ³ / µL	4.00-11.00 x 10 ³ / µL
DIFFERENTIAL COUNT		
NEUTROPHIL (%)	57.30 %	40-75%
LYMPHOCYTE (%)	24.10 %	20-45%
MONOCYTE (%)	11.90 %	2-8%
EOSINOPHIL (%)	6.40 %	1-6%
BASOPHIL (%)	0.30 %	0-1%
ERYTHROCYTE SEDIMENTATION RATE	19 mm/1st hr	MALE:0-15 mm/ 1st hr FEMALE:0-20 mm/ 1st hr
HAEMOGLOBIN	9.60 gm/dl	Male : 13 -18 gm/dl Female:11-15 gm /dl childrens upto 1year-11.0 - 13.0 gm /dl upto12years-11.5 - 14.5 gm /dl cord blood:13 -19.5 gm /dl
SICKLE CELL	NEGATIVE	
Method : Solubility test (If Positive , Hb Electrophoresis / HPLC to be done to confirm Sick cell anaemia / trait).		
URINE ROUTINE		
URINE BIOCHEMISTRY		
URINE GLUCOSE	NEGATIVE	NEGATIVE
URINE PROTEIN	NEGATIVE	NEGATIVE
URINE KETONE	NEGATIVE	NEGATIVE

Verified By:



10593

Lab Technologist

Approved By:



DR ROSE MARY

Specialist Pathologist

MOH License No:
Electronically signed at: 10/10/2023 11:03:00

MOH License No: 18178
Electronically signed at: 01/10/2023 11:21:00

Printed at: 02/10/2023 9:36:03 AM

Page: 1 of 2



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www.nmc.om

DEPARTMENT OF LABORATORY MEDICINE

File No: 14297244	Report No: 0099728
Name: KULWANT SINGH 7018	Sample Date: 01/10/2023 Time: 9:27
Address:	Received By:
Gender: M Age: 48 Y Nationality: INDIAN	Received Date: Time:
GSM No.: 72033832 ID Card No.: 72204042	Report Date: 01/10/2023 Time: 11:01
Ref. By: DR MASOCD SIDDIQUE	Bill No: 0259742 Bill Date: 01/10/2023
	Report Status: Final

INVESTIGATION	RESULT	REFERENCE RANGE
URINE BILIRUBIN	NEGATIVE	NEGATIVE
NITRITE	NEGATIVE	NEGATIVE
URINE PH	5.0	4.6-8.3
SPECIFIC GRAVITY	1.005	1.010-1.030
BLOOD	NEGATIVE	NEGATIVE
UROBILINOGEN	NORMAL	NORMAL
URINE MACROSCOPY		
COLOUR	PALE YELLOW	
APPEARANCE	CLEAR	
URINE MICROSCOPY		
RBC	0-1 /hpf	0-3
WBC	1-3 /hpf	0-5
EPITHELIAL CELLS	2-4 /hpf	NIL
CRYSTAL	NIL /hpf	NIL
CAST	NIL /hpf	NIL
BACTERIA	NIL	NIL
MUCOUS THREAD	NIL	NIL
LIPID PROFILE		
TOTAL CHOLESTEROL	4.79 mmol/L	< 5.18 mmol/L
HDL	1.23 mmol/L	>1.5 mmol/L
TRIGLYCERIDES	2.20 mmol/L	Desirable : <2.083 mmol/L Borderline high : 2.83 - 5.67 mmol/L Hypertriglyceridemia >5.65 mmol/L
LDL	3.11 mmol/L	< 2.6 mmol/L
VLDL	1 mmol/L	0.128-0.645mmol/L

Verified By:



10593

Lab Technologist

Approved By:



DR ROSE MARY

Specialist Pathologist

MOH License No:
Electronically signed at: 10/10/2023 11:03:00

MCH License No: 18178
Electronically signed at: 01/10/2023 11:21:00

Printed at: 02/10/2023 9:36:03 AM

Page: 2 of 2



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Tone threshold audiometric test

01/10/2023 9:48:20 AM

Name: **kulwant**
Surname: **singh**

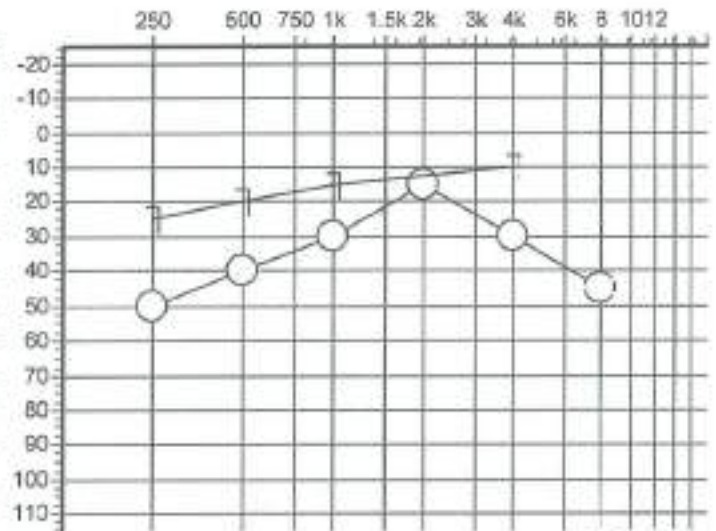
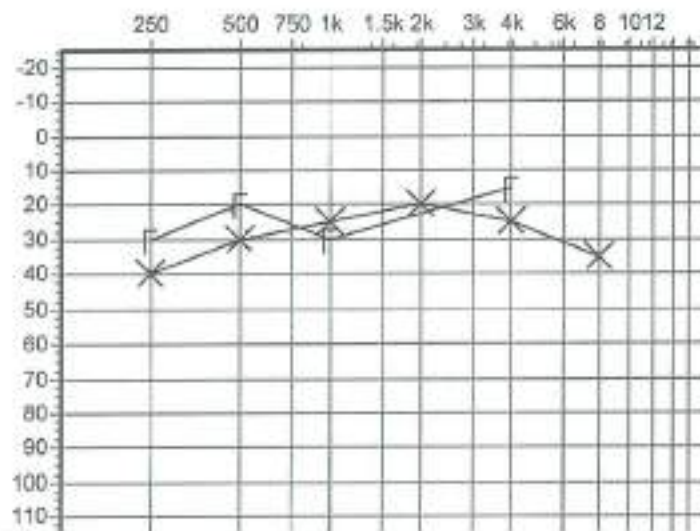
Date of birth: 1975/03/04
Age in years: 48

Company: DR CHRISTINE ABDALLA
Department: OPD
Job title: AUDIOMETRY
Number:

ID/SS number: 14297244
Passport no:



Significance: **None**



Left

Right

125	250	500	1k	2k	3k	4k	6k	8k	5k	10k	11.2k	12.5k	14k	16k	Frequencies	125	250	500	1k	2k	3k	4k	6k	8k	9k	10k	11.2k	12.5k	14k	16k
40	30	25	20			25	35								Air thresholds	50	40	30	15		30	45								
-30	-32	-26	-33			-35	-38								Noise in ear canal	-13	-16	-25	-25		-6	-18								
-29	-27	-21	-33			-38	-33								Noise for threshold-5dB	-12	-17	-24	-20		-7	-16								
30	20	30				15									Bone thresholds	25	20	15			10									
-27	-24	-29				-34									Noise in ear canal	-11	-13	-27			-32									
-31	-30	-30				-32									Noise for threshold-5dB	-12	-23	-21			-31									
															Maximum masking															

ZA PLH

Binaural impairment

Pure tone avg. (500 1k 2k)
25

Bone unmasked

Noise in ear canal
Noise for threshold-5dB

Patient response statistics

n: 81
Mean: 897
Standard deviation: 191
Test re-test reliability (1st freq.): 0
False positive response %: 1

Pure tone avg. (500 1k 2k)
28

Audiogram notes



kulwant singh

fatma alzdajali NMC AL HAIL

1072

KUDUwave

Capturer of data version number: 2.12.12.0
Report software version: 2.6.3.0
Report generated on: 01/10/2023 10:00:07 AM
Unique Global Patient Number: 28EAE60E6AC94P439492E0598110A094

Last calibration date: 20/10/2017
KUDUwave serial number: 0201-00572
Bone vibrator serial number: A3962
Sound booth: SANS IC102 Diagnostic
Type of audiometer: New Type 1
Test protocol:



Pulmonary Function Report

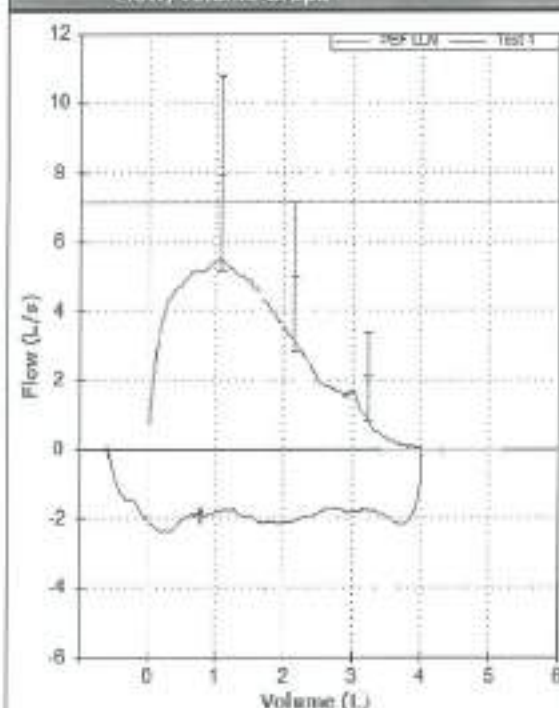
Subject Information

ID:	2023274_1000-5594	Alternate ID:	14297244		
Last Name:	Singh	First Name:	Kulwant	Middle Name:	
Population:	Asian	Gender:	Male	Date of Birth:	04/03/1975
Age:	48	Height:	180 cm	Weight:	82.0 kg
BMI:	25.3	Smoking:	Non Smoker		

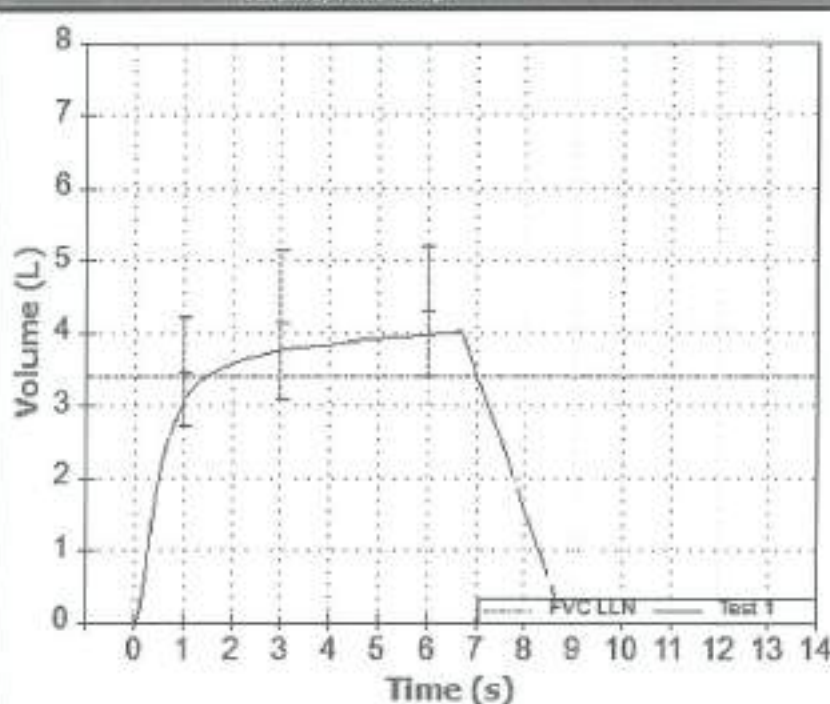
Test Session Information

Test Date:	01/10/2023 10:03	Device:	ALPHA Touch	Serial Number:	32186
No. of Tests:	3	Accuracy Chk:	30/05/2019 15:42	User:	Administrator
Pred. Values:	ERS 93	Pred. Factor:	90%	Posture:	Sitting

Flow/Volume Graph



Volume/Time Graph



Results

Parameter	Pred	LLN	Best	% Pred.	Z-Score
FVC (L)	4.30	3.40	4.26	99	-0.07
FEV1 (L)	3.47	2.72	3.16	91	-0.68
FEV1 Ratio	0.79	0.67	0.68	86	-1.50
FEV6 (L)	4.30	3.40	4.21	98	-0.16
PEF (L/min)	548	430	329*	60	-3.05
FEF25-75 (L/s)	4.13	2.42	2.88	70	-1.20

Values at BTDS. *Below lower limit of normality (LLN).

Session Quality and Repeatability Information

FVC Session Grade	FVC Rep:	FEV1 Rep:	Slow Start of test	End of test criteria not achieved	Cough detected in 1st second
C	0.25 L (5.9%)	0.62 L (19.6%)	0 blow(s)	0 blow(s)	1 blow(s)

Computer Suggested Interpretation

Computer interpretations cannot be relied upon for diagnosis. Normal ventilatory function.

Reference Pictogram

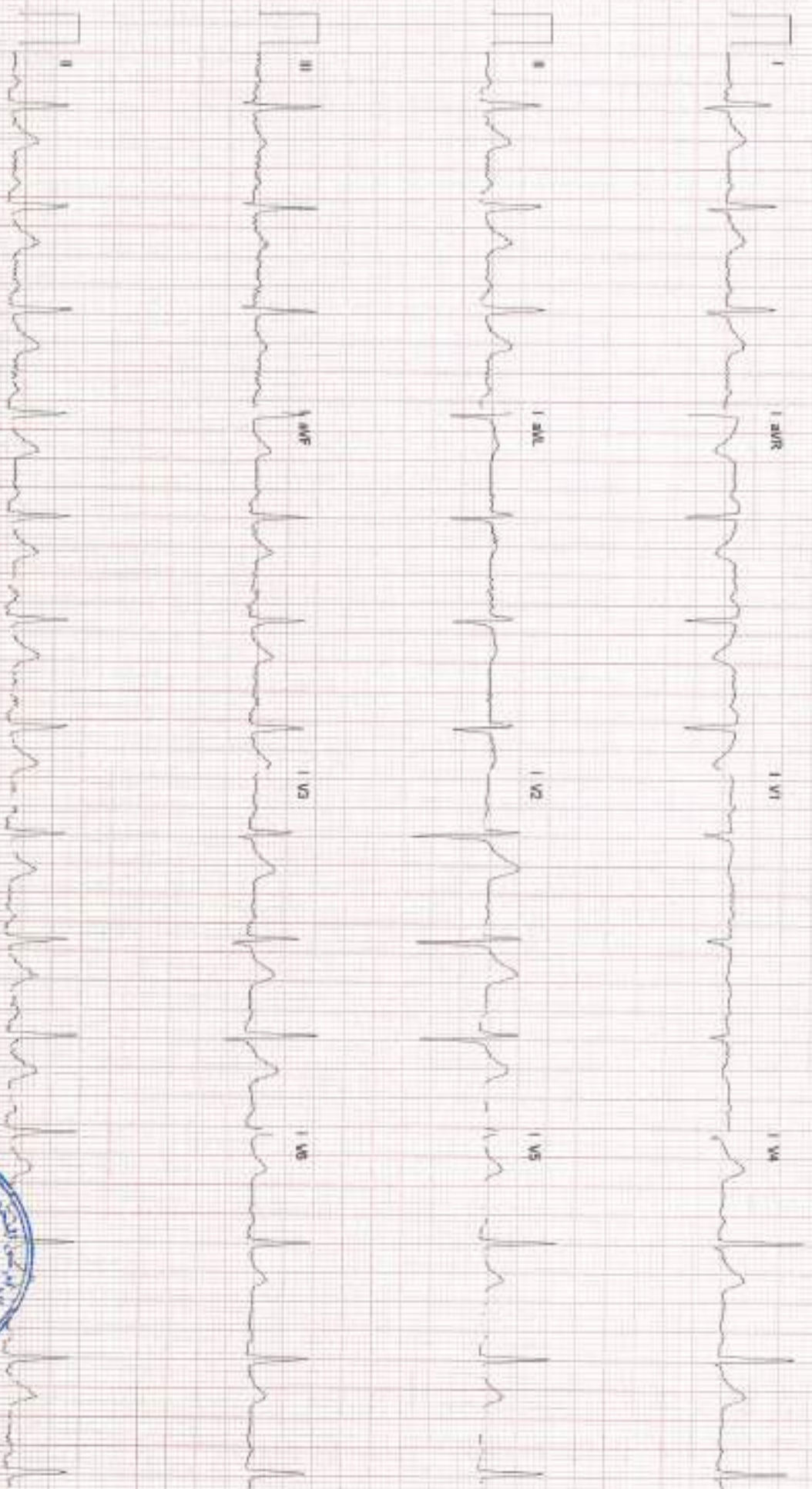
Hand-drawn diagram illustrating the normal distribution curve for lung function parameters (FVC, FEV1, FEV1 Ratio) relative to the Reference column. The diagram shows the LLN (Lower Limit of Normal) and ULN (Upper Limit of Normal) boundaries, with the RECEPTION column marked. The curve is centered on the Reference column, and the area under the curve is shaded. Handwritten notes include: "Normal curve", "STATS", "Normal distribution", "C.P. for 95%", and "Standard deviation".

KULWANT SINGH
1429/244
Etawa

Exam Start
Print Time
Date of Birth
Gender
Male

— MPII
— %

RATE 85
BP ---/---



Version 6.2.5.59419

ZSemia Normal IV 0.05-40Hz 50Hz SCP



nmc specialty hospital,al-hail

P.O BOX : 613, Postal Code : 133
al-hail
24269222

Fitness Certificate

Empno:

Date of issue : 01/10/2023

Ref No : 0000085/FIT/NMC/2023

This is to certify that Mr. / Mrs. *KULWANT SINGH 7018* with file no *14297244* and Resident card no. *72204642* was *Examined* at *nmc specialty hospital,al-hail* on *01/10/2023* and will be *FIT TO WORK* from the medical point of view starting from *01/10/2023*

DIAGNOSIS

Remarks

TMT: NEGATIVE FOR ISCHEMIA

DR ERFAN GHOODJANI

Place: *nmc specialty hospital,al-hail*

Signature



(Hospital Seal)



SINGH, KULWANT
14297244

Patient Information

10/1/2023 11:59:03 AM

Brude

ID: 14297244

Second ID:

Admission ID:

Date of Birth:

Height: 180 cm

Gender: Male

Age: 48 Years

Weight: 82 kg

Race: Unknown

Indications

Modifications

Routine

Nil

Referring Physician: DR ERFAN

Location: NMC AL HAIL

Procedure Type: TMT

Attending Phy: DR ERFAN

Target HR: 146 bpm (85%)

Reasons for end: ACHIEVED METS, Target HR

Technician: ROBY

Max HR(%MPHR): 172 bpm (109%)

Symptoms: NO CHEST PAIN

Diagnosis

Notes

Conclusions

The patient was tested using the Bruce protocol for a duration of 08:06 min:ss and achieved 10.3 METs. A maximum heart rate of 172 bpm with a target predicted heart rate of 117% was obtained at 08:10. A maximum systolic blood pressure of 217/77 was obtained at 09:00 and a maximum diastolic blood pressure of 118/69 was obtained at 02:34. A maximum ST depression of -1.5 mm in aVR occurred at 09:10. A maximum ST elevation of +4.1 mm in V2 occurred at 09:10. The patient reached target heart rate with appropriate heart rate and blood pressure response to exercise. No significant ST changes during exercise or recovery. No evidence of ischemia. Normal exercise stress test.

Reviewed by:

Signed by:

UNCONFIRMED REPORT

Date:

Version 6.2.0.29419

NMC SPECIALTY HOSPITAL, AL HAIL

Page 1

SINGH, KULWANT
14297244

Exam Summary

10/1/2023 11:59:03 AM

Brice

Summary

Exercise Time: 08:06
Leads with 100V ST, I, II, AVR, AVR, V2, V3, V4, V5
PVCS: 0
Luke I needmill Score: -3

Max Values

Speed: 3.4 MPH
Grade: 14 %
METS: 10.3
HR*BP: 364/24 BP*1 - mmHg
STIR Index: 0.75 uV/dpm lin III at 08:00

Max ST

ST elevation: 4.1 mm in V2 at 09:10
ST depression: 1.6 mm in AVR at 09:10

Max ST Changes

ST elevation change: 2.2 mm in V2 at 09:10
ST depression change: -1.3 mm in II at 08:10

STAGE SUMMARY

ST Measurement based on J+45mm

	Speed (MPH)	Grade (%)	HR (bpm)	HR (min/hg)	METS	HR*BP	I	II	III	AVR	AVL	SVI	V1	V2	V3	V4	V5	V6
BP	0.0	0.0	93	140/98	-	11620	0.8	0.9	0.1	0.9	0.3	0.5	0.1	1.8	1	0.8	0.6	0.4
START EXE	0.0	0.0	90	-	1.3	-	0.9	-1	0.1	-1	0.4	0.5	0	1.7	1	0.8	0.6	0.4
BP	1.7	10.0	127	184/95	4.7	27360	0.9	1	0.1	-1.1	0.4	0.5	0.2	2.6	1.5	0.1	0.6	0.5
STAGE 1	1.7	10.0	126	-	4.7	-	0.7	0.8	0.1	-0.9	0.2	0.5	0.2	2.6	1.5	0.1	0.6	0.5
BP	2.5	12.0	148	208/93	7.1	30498	0.7	0.8	0.1	-0.8	0.4	0.3	0.4	2.7	1.4	0.8	0.8	0.1
STAGE 2	3.4	14.0	140	-	7.4	-	0.7	0.7	0.1	-0.8	0.4	0.2	0.2	2.5	1.3	0.7	0.3	0.1
BP	3.4	14.0	164	216/88	10.3	35424	0.9	0.2	0.4	-0.5	0.4	-0.1	0.2	2.4	0.9	0.2	-0.2	-0.3
Peak:	3.4	14.0	173	-	10.3	-	0.8	0.1	-0.6	-0.4	0.8	-0.3	0.4	2.3	0.6	-0.1	0.4	0.6
Treadmill Stopped	0.0	0.0	172	-	10.3	-	0.8	-0.1	-0.8	-0.4	0.8	-0.3	0.8	2.9	0.8	-0.1	-0.4	0.5
BP	0.0	0.0	155	217/77	8.5	32635	1.1	1.7	0.9	-1.5	-0.2	1.1	0.4	4	2.4	1.6	0.9	0.6
BP	0.0	0.0	161	218/77	7.6	32643	1.1	1.8	0.7	-1.6	-0.2	1.2	0.4	4.1	2.4	1.6	1.1	0.6
BP	0.0	0.0	164	204/77	5.1	25286	1	1.5	0.5	-1.3	-0.2	1	0.2	3.1	1.3	1.3	0.8	0.5
BP	0.0	0.0	113	158/69	4.0	21027	0.5	0.9	0.3	0.8	0.1	0.6	0.3	2.1	1.1	0.7	0.3	0.2
BP	0.0	0.0	111	153/81	3.2	18093	0.4	0.5	0.1	-0.5	0.1	0.3	0.2	1.5	0.7	0.4	0.2	0.1
END REC	0.0	0.0	109	-	1.6	-	0.4	0.6	0.1	-0.6	0	0.3	0.7	1.5	0.7	0.4	0.2	0.1

ST LEVEL (mm)

MAX SPECIALTY: INTERNAL, ALLIAN

Module 6.2.5.20410