



Appendix 32: EX1 Form (Initial Examination Report)

INITIAL EXAMINATION REPORT (MEDICAL – CONFIDENTIAL)

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

Surname	SING
Forenames	JASWANT
Address	
Home telephone number	

Place of examination NML AL HAIL Date 24/09/2023

If a dependant enter employee's name here:

Surname: Forenames:

Birth date: 28/12/1971 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
1. Sinus trouble		☒	21. Cancer		☒	HAVE YOU EVER BEEN:-		
2. Neck swelling/glands		☒	22. Heart Disease		☒	40. Rejected for employment or insurance for medical reasons		☒
3. Difficulty in vision		☒	23. Rheumatic fever		☒	41. Awarded benefits for industrial injury/illness		☒
4. Any ear discharge		☒	24. Abnormal heartbeat		☒	42. Treated for a mental condition, e.g. depression		☒
5. Asthma/bronchitis		☒	25. High blood pressure		☒	43. Treated for problem drinking or drug abuse		☒
6. Hayfever /other significant allergy		☒	26. Stroke		☒	44. Exposed to toxic substance or noise		☒
7. Any skin trouble		☒	27. Serious chest pain		☒	FOR WOMEN ONLY		
8. Tuberculosis		☒	28. Any blood disease		☒	Have you ever had:-		
9. Shortness of breath		☒	29. Kidney disease		☒	45. An abnormal smear		☒
10. Coughed/vomited blood		☒	30. Blood in urine		☒	46. Any gynaecological treatment		☒
11. Severe abdominal pain		☒	31. Diabetes		☒	47. Are you pregnant?		☒
12. Stomach ulcer		☒	32. Headaches/migraine		☒	48. HAVE YOU HAD AN ILLNESS NOT MENTIONED ABOVE		☒
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 (motions)		☒	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? 1 Average daily alcohol consumption occasionalHave you ever taken illicit drugs? (X) PDO test all new/potential employees for illicit/recreational drugs
FAMILY HISTORY: Diabetes (Father) Tuberculosis (X) Epilepsy (X) Asthma (X) Eczema (X)
Heart disease (X) High blood pressure (X) Stroke (X) Blood Disease (X) Cancer (X)

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 and 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 dismiss me if it was found that I have purposely withheld important medical information.

Date: Signature of Applicant: Jaswant Singh



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. 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.	PULSE	HEARING	VISION	Distance Vision	Near Vision	Blood Group
180	119	36.73	140/80	100/min.	L? R (N)	Uncorrected Corrected	DISTANT R L (N) (N)	NEAR (N) (N)	(N)

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

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



ASSESSMENT:



FIT ALL AREAS



FIT WITH RESTRICTION

TEMPORARY UNFIT



UNFIT

Date: 16/01/2022 Name (Block Capitals): Dr. / Nurse

Signature:

REVIEW/CONSULTATION

Strict T2DM control. & weight-reduction measures achieved under Internist. Cardiology fitness obtained.

Date: Name (Block Capitals): Dr. / Nurse

Signature:

Framingham Risk Score (2008)

Questions

- | | |
|----------------------------------|--------------|
| 1. Gender? | Male |
| 2. Age? | 50-54 |
| 3. Total Cholesterol? | <4.14 mmol/L |
| 4. HDL? | <0.9 mmol/L |
| 5. Systolic Blood Pressure? | 140-149 mmHg |
| 6. On Medication for Hypertensi. | No |
| 7. Smoker? | No |
| 8. Diabetic? | Yes |
| 9. Known Vascular Disease (CAD) | No |

About

The FRS estimates the 10-year risk of manifesting clinical CVD (CAD, Stroke, PVD, CVA, cardiac death). Although not examined in the 2008 index, 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.

Estimated 10-year Global CVD Risk

21.6%*

Risk Category

High Risk*

Estimated Vascular Age

72 Years*

*Due to this patient being diabetic, they are placed in the High Risk Category and should be treated based on the following guidelines.

Treatment Guidelines

ATP-III (2004)

Treatment Targets

LDL <100 mg/dL (<2.59 mmol/L)

Non-HDL <130 mg/dL (<3.37 mmol/L)

CCS (2009)

Treatment Targets

LDL <2 mmol/L (<77 mg/dL) or 25% decrease in LDL-C

apoB <0.8 g/L (80 mg/dL)

ESC (2007, see info for more)

Treatment Targets

LDL <2.5 mmol/L (<50-100 mg/dL)

TC/HDL <4-4.5 mmol/L (<155-175 mg/dL)

Created by  QxMD

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

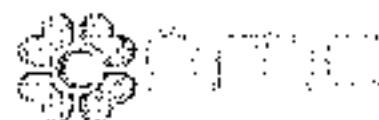
Circulation 2008 February 12, 117 (5): 743-53

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.



**DEPARTMENT OF LABORATORY MEDICINE**

File No: 50107635	Report No: 0008950
Name: JASWANT SINGH	Sample Date: 24/09/2023 Time: 9:24
Address:	Received By:
Gender: M Age: 5+ Y Nationality: INDIAN	Received Date: Time:
GSM No : 72001229 ID Card No : J0095889	Report Date: 24/09/2023 Time: 12:59
Ref. By: DR NADIA FAHAD	Bill No: 0258264 Bill Date: 24/09/2023
	Report Status: Final

INVESTIGATION	RESULT	REFERENCE RANGE
PDO PACKAGE ABOVE 40 YEARS		
RANDOM BLOOD SUGAR	19.66 mmol/L	4.11 -7.9mmol/L
CREATININE	51.00 μ mol/L	Adults MALE: 62 - 106 μ mol/L FEMALE: 44 - 80 μ mol/L
SGPT (ALT)	9.80 U/L	MALE : up to 41 U/L, FEMALE : up to 23 U/L
TOTAL WBC COUNT	$10.50 \times 10^9 / \mu\text{L}$	$4.00-11.00 \times 10^9 / \mu\text{L}$
DIFFERENTIAL COUNT		
NEUTROPHIL (%)	86.10 %	40-75%
LYMPHOCYTE (%)	23.80 %	20-45%
MONOCYTE (%)	6.00 %	2-8%
EOSINOPHIL (%)	4.00 %	1-6%
BASOPHIL (%)	0.10 %	0-1%
ERYTHROCYTE SEDIMENTATION RATE	21 mm/1st hr	MALE:0-15 mm/ 1st hr FFM/AI F:0-20 mm/ 1st hr
HAEMOGLOBIN	14.60 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 Sickle cell anaemia / Trait).		
URINE ROUTINE		
URINE BIOCHEMISTRY		
URINE GLUCOSE	4+	NEGATIVE
URINE PROTEIN	1+	NEGATIVE
URINE KETONE	NEGATIVE	NEGATIVE

Verified By:

Approved By:

10589

DR ROSE MARY

Lab Technologist

Specialist Pathologist

MOH License No: 17976

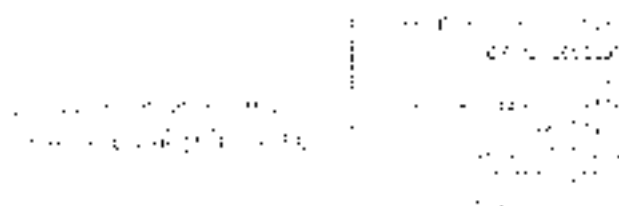
MOH License No: 18178

Electronically signed at 24/09/2023 11:11:02

Electronically signed at 25/09/2023 12:59:03

Printed at 26/09/2023 9:50:31 AM

Page : 1 of 2



DEPARTMENT OF LABORATORY MEDICINE

File No: 50107835
Name: JASWANT SINGH

Report No: 0098960
Sample Date: 24/09/2023 **Time:** 9:34

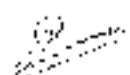
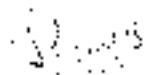
Address:
Gender: M **Age:** 51 Y **Nationality:** INDIAN
GSM No.: 72001229 **ID Card No.:** U0095889
Ref. By: DR.NADIA FAHAD

Received By:
Received Date: **Time:**
Report Date: 24/09/2023 **Time:** 12:59
Bill No: 0258264 **Bill Date:** 24/09/2023
Report Status: Final

INVESTIGATION	RESULT	REFERENCE RANGE
URINE ELURUBIN	NEGATIVE	NEGATIVE
NITRITE	NEGATIVE	NEGATIVE
URINE PH	5.0	4.6-8.0
SPECIFIC GRAVITY	1.030	1.010-1.030
BLOOD	NEGATIVE	NEGATIVE
UROBILINOGEN	NORMAL	NORMAL
URINE MACROSCOPY		
COLOUR	YELLOW	
APPEARANCE	CLEAR	
URINE MICROSCOPY		
RBC	NIL /hpf	0-3
WBC	4-5 /hpf	0-5
EPITHELIAL CELLS	0-2 /hpf	NIL
CRYSTAL	NIL /hpf	NIL
CAST	NIL /hpf	NIL
BACTERIA	NIL	NIL
MUCOUS THREAD	NIL	NIL
LIPID PROFILE		
TOTAL CHOLESTEROL	3.58 mmol/L	< 5.18 mmol/L
HDL	0.84 mmol/L	> 1.5 mmol/L
TRIGLYCERIDES	1.64 mmol/L	Desirable : < 2.083 mmol/L Borderline high : 2.83 - 5.67 mmol/L Hypertiglyceridemia : > 5.65 mmol/L
LDL	2.36 mmol/L	< 2.6 mmol/L
VLDL	0.75 mmol/L	0.125-0.645 mmol/L

Verified By:

Approved By:

10589

DR ROSE MARY

Lab Technologist

Specialist Pathologist

MOH License No: 17375
 Electronically signed at: 24/09/2023 11:11:00

MOH License No: 18178
 Electronically signed at: 25/09/2023 12:50:00

Printed at: 25/09/2023 9:51:37 AM

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Dr. Rose Mary
 Specialist Pathologist

Dr. Rose Mary
 Specialist Pathologist

Pulmonary Function Report

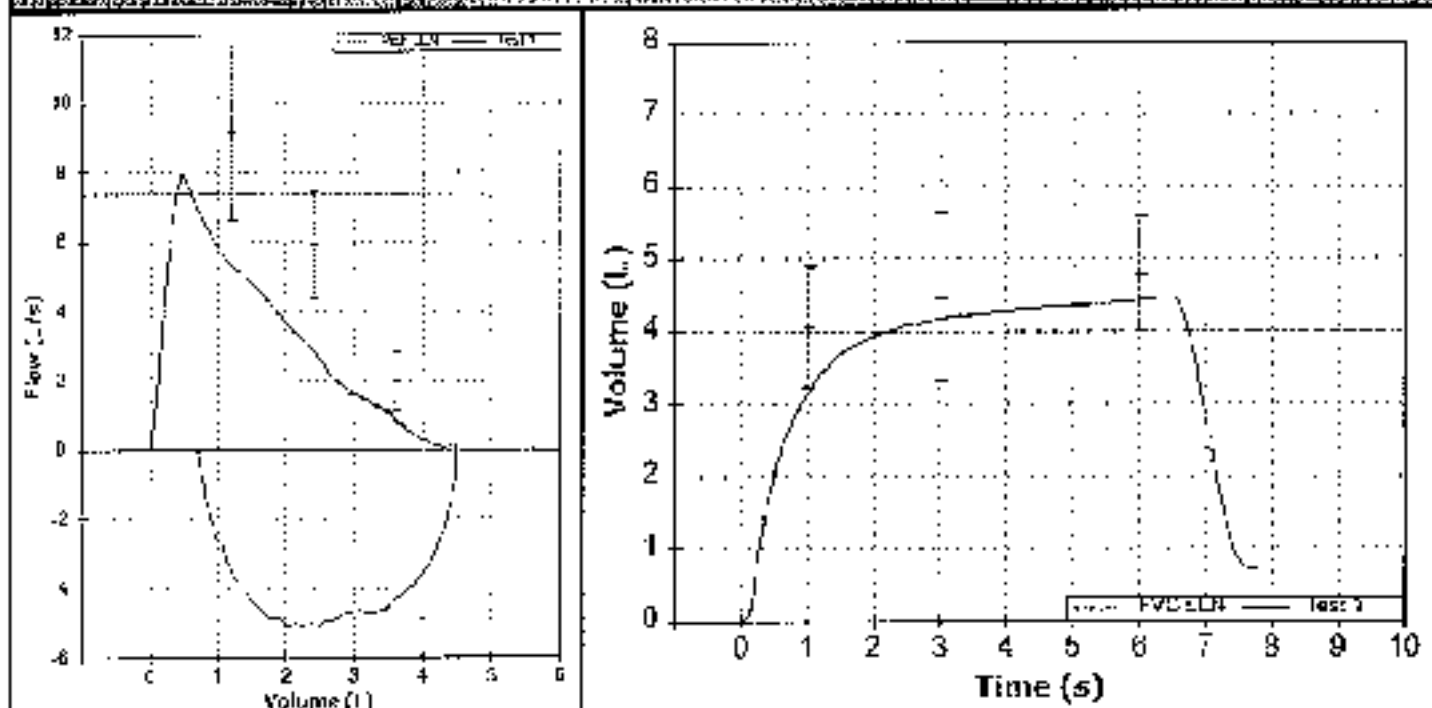
Subject Information

ID: 2023267_110414930	Alternate ID: 10107035	Middle Name:
Last Name: Singh	First Name: Jaswant	Date of Birth: 26/12/1971
Population: MIDDLE EAST	Gender: Male	Weight: 79.0 kg
Age: 51	Height: 180 cm	
BMI: 36.7	Smoking: Non Smoker	

Test Session Session Information

Test Date: 24/09/2023 11:07	Device: ALPHA Touch	Serial Number: 37166
No. of Tests: 3	Accuracy Chk: 30/05/2019 15:42	User: Administrator
Pred. Values: Golden	Pred. Factor: 100%	Posture: Sitting

Flow/Volume Graph



Results

Parameter	Pred	LLN	Best	% Pred.	Z-Score
FVC (L)	4.79	3.93	4.48	94	-0.63
FEV1 (L)	4.06	3.22	3.36	83	-1.37
FEV1 Ratio	0.78	0.65	0.75	96	0.41
FFV6 (L)	4.79	3.93	4.44	93	-0.71
PEF (L/min)	623	493	503	81	-1.09
FEF25-75 (L/s)	4.87	3.55	2.59*	53	-3.05

*Manual BTPS, 75%ile lower limit of normal (LLN)

Session Grade and Relative Information

FVC Session Grade	FVC Rep:	FEV1 Rep:	Slow Start of test	End of test criteria not achieved	Enough detected in 1st second
A	0.05 L (1.1%)	0.03 L (0.9%)	0 blow(s)	1 blow(s)	0 blow(s)

Computer Interpretation

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

Reference Diagram

FVC					
FEV1					
FEV1 Ratio					
	LLN	Reference	ULN		

ATS

Tone threshold audiometric test

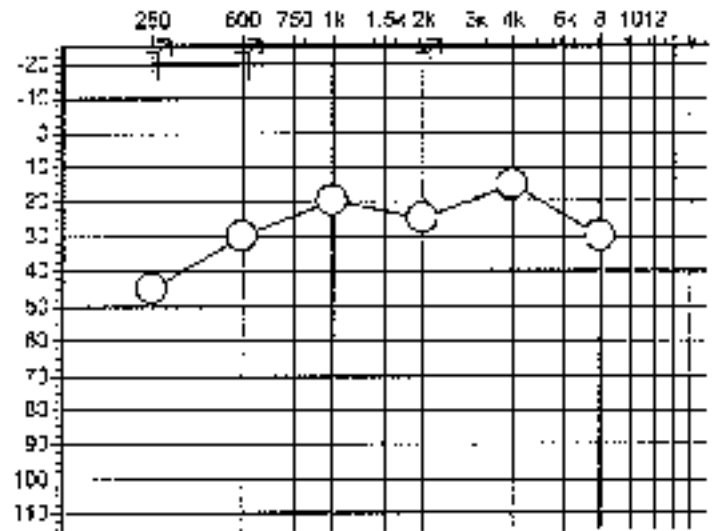
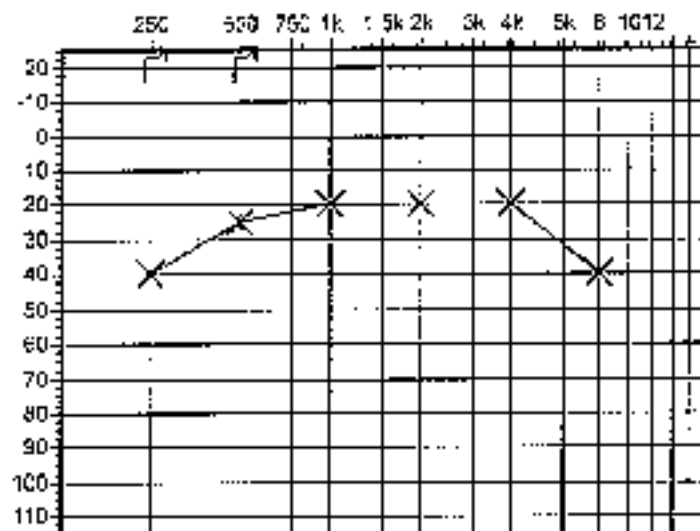
24/03/2023 11:10:54 AM

Name: **JASWANT**
Surname: **SINGH**
Date of birth: 1883/12/10
Age in years: 123
Company: Dr NADIA FAHAD GP
Department: OPH
Job title: ALD'OMETRY
Number: 72031223

SS number: 53137935
Passport no:



Significance: None



Left

Right

125250500 1k 2k 3k 4k 6k 8k	9k 10k11.212.514k16k	Frequencies	125250500 1k 2k 3k 4k 6k 8k	9k 10k11.212.514k16k
40 25 20 20 20 40		Air thresholds	40 30 20 25 15 30	
-25 -20 -20 -32 -34 -74		Noise in ear canal	-4 -10 -7 -16 -20 30	
-26 -26 -24 -32 -38 10		Noise for threshold 5dB	-4 -10 -10 -15 -26 32	
-20-20		Bone thresholds	-20-20	-20
-20 -26		Noise in ear canal	-3 -10 10	
		Noise for threshold 5dB		
		Maximum masking		

ZA PLH	Bone unmasked	
Binaural impairment:	Noise in ear canal	
	Noise for threshold 5dB	
Pure tone avg. (500 1k 2k)	Pure tone response statistics	Pure tone avg. (500 1k 2k)
22	n 62	25
	Mean 444	
	Standard deviation 254	
	Test re-test reliability (1st freq.) 0	
	False positive response % 300	

Audiogram notes:

JASWANT SINGH

fatma elzedejeli RMD/AL

-073

KUDUwave

Expire of valid version: 2023/12/10
Firmware version: 2.4.3.0
Report generated: 24/03/2023 11:19:34 AM
Unique Global Patient Number: 1032557635AND486206932D64D05454900

Last calibration date: 20/10/2017

KUDUwave device number: 79211-00071
Bone vibrator series number: 4329627
Sound booth: 5485 - 0152 Elgigiate
Room type: 1
Test protocol:

JASVIANT SINGH
S0107631

Trace

Exam Start: 9/24/2023 10:21:08 AM
Print Time:
Date of Birth:
Gender: Male

--- MPH
---%

RATE 106
BP ---/---



ASAP 0.25 2024-10

Reprints - Item 1000 - 0.25 2024-10

10/24/2023



nmc specialty hospital, al ghoubra

P.O BOX : 613, Postal Code : 133
AL-GHOUBRA
24504000

Fitness Certificate

Empno:

Date of issue : 24/09/2023

Ref No : 0000332/FIT/NMC/2023

This is to certify that Mr. / Mrs. *JASWANT SINGH* with file no *50107635* and Resident card no. *U0095889* was *Treated* at *nmc specialty hospital, al ghoubra* on *24/09/2023* and will be *Fit for work* from the medical point of view starting from *24/09/2023*

DIAGNOSIS

For PDO medical check up

Remarks

DR SHAJU PADMAN

[Signature]
RJWATS



Place: *nmc specialty hospital, al ghoubra*

(Hospital Seal)

Signature

SINGH, JASWANT
50107635

Patient Information

9/24/2023 10:22:02 AM
Bruce

ID: 50107635

Second ID:

Admission ID:

Date of Birth:

Height: 180 cm

Gender: Male

Age: 51 Years

Weight: 119 kg

Race: Asian

Indications
Routine

Medications
ANTI DIABETICS

Referring Physician: DR ERFAN

Location: NMC AL HAIL

Procedure Type: TMT

Attending Phy: DR ERFAN

Target HR: 144 bpm (85%)

Reasons for end: Target HR, SOB

Technician: ROBY

Max HR(%MPHR): 185 bpm (100%)

Symptoms: NO CHEST PAIN

Diagnosis

Notes

Conclusions

The patient was tested using the Bruce protocol for a duration of 06:55 min:ss and achieved 8.6 METs. A maximum heart rate of 185 bpm with a target predicted heart rate of 128% was obtained at 07:10. A maximum systolic blood pressure of 220/118 was obtained at 05:54 and a maximum diastolic blood pressure of 220/118 was obtained at 05:54. A maximum ST depression of -0.9 mm in V6 occurred at 06:50. A maximum ST elevation of +2.1 mm in V2 occurred at 08:20. 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:

UNCONFIRMED REPORT

Signed by:

Date:

DR. SARAH AL-OMRAN, MD
Cardiologist, NMC AL HAIL
NMC SPECIALTY HOSPITAL AL HAIL

Signature

SINGH, JASWANT
50107635

Exam Summary

9/24/2023 10:22:02 AM

Bruce

Summary

Exercise Time: 06:56
Leads with 100uV S1: V2, V3, V4
PVCs: 13
Duke treadmill Score: 0

Max S1

ST elevation: 2.2 mm in V2 at 06:30
ST depression: -0.9 mm in V6 at 06:50

Max Values

Speed: 3.4 MPH HR: 105 BPM 108% of MPRH (169 bpm)
Grade: 14 % SEP: 220/118 mmHg
METs: 8.6 DBP: 220/118 mmHg
HRRBP: 38/60 bpm mmHg
STHR Index: 1.45 UVU/min in III at 06:10

Max ST Changes

ST elevation change: 1.2 mm in V2 at 06:30
ST depression change: -1.1 mm in V4 at 06:50

STAGE SUMMARY

ST measurement based on J+00ms

	Speed (MPH)	Grade (%)	HR (bpm)	BP (mmHg)	METS	HRRBP	I	II	III	aVR	aVL	aVF	V1	V2	V3	V4	V5	V6
BP	PRF-X1	0.0	0.0	107	71/089	-	0.4	0.4	0	-0.5	0.1	0.2	0	1	0.5	0.5	0.4	0.2
START EXC	EXE 00:00	0.0	0.0	106	-	1.3	0.4	0.4	-0.1	-0.5	0.2	0.2	0	1	0.6	0.5	0.3	0.2
BP	EXE 02:36	1.7	10.0	156	137/85	4.7	0.1	0	-0.2	-0.1	0.1	-0.1	0.1	0.8	0.4	0.2	-0.1	0.1
STAGE 1	EXE 03:00	1.7	10.0	154	-	4.7	0.3	0.1	0.3	-0.3	0.3	-0.1	0.1	1.1	0.4	0.3	0.1	-0.1
BP	EXE 05:54	2.5	12.0	173	220/118	7.1	0.2	-0.3	-0.5	0	0.4	-0.5	0	0.7	0	-0.2	-0.4	-0.5
STAGE 2	EXE 06:00	2.5	12.0	174	-	7.1	0.2	-0.3	-0.5	0	0.4	-0.5	0	0.7	0	-0.2	-0.4	-0.5
Peak	EXE 06:26	2.4	14.0	164	-	8.6	0.1	-0.5	-0.7	0.1	0.4	0.6	0.2	0.7	-0.2	-0.5	-0.6	-0.9
Treadmill Stopped	REC 00:04	0.0	0.0	173	-	4.6	0.1	-0.5	-0.7	0.1	0.4	-0.6	0.2	0.7	-0.2	-0.5	-0.6	-0.9
BP	REC 01:13	0.0	0.0	171	160/49	6.5	0.5	0.8	0	-0.7	0.2	0.3	0.2	2	1.5	1.1	0.7	0.5
BP	REC 03:16	0.0	0.0	134	134/49	2.6	0.4	0.3	-0.2	-0.4	0.2	0	0	1.3	0.9	0.4	0.1	0
BP	REC 04:09	0.0	0.0	130	215/42	1.1	0.3	0	0.3	0.3	0.3	-0.1	0.1	1	0.7	0.2	0	-0.7
END HEC	REC 05:02	0.0	0.0	127	-	1.0	0.1	0	-0.1	-0.2	0.2	-0.2	0.1	0.9	0.3	0.1	0	-0.1

