



PEACE LAND MEDICAL CENTER

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.									
		14. Breast									
HEIGHT cm	WEIGHT kg	BMI	B.P.	PULSE	HEARING L N R N	VISION Uncorrected Corrected	DISTANT R L	NEAR R L	Colour Vision	Blood Group	
181	110	33.58	110 60	75 mins.		4/6 6/6			N		
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 +)				90/130-2		11. CVS risk for 40 yrs. & above			
✓		6. Sickle Cell test				40-		12. HIV, Hepatitis screening			

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

Dry medication adjusted, To be seen after 3 months for HbA1c
TMT done on 23/09/2025 and it was negative

ASSESSMENT:

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

Date:

23/09/2025

Name (Block Capitals): Dr. / Nurse

Signature:



REVIEW/CONSULTATION

Date:

Name (Block Capitals): Dr. / Nurse

Signature:



مركز بلاد السلام الطبي

Peace Land Medical Center

Epworth Screening Quest. for Sleep Apnoea

Employee Data	JASWANT SINGH PID : 21732 Age 53Y Male S.No : 81272	Date: 20/09/2025
Name:		Department/Company: T.O.
I. D No.	SpecID : 100586 SERUM 20/09/25 09:31	Occupation : Operator

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

<u>0</u>	sitting and reading
<u>0</u>	watching TV
<u>0</u>	sitting inactive in a public place (e.g. theatre or meeting)
<u>0</u>	as a passenger in the car for an hour without a break
<u>0</u>	Lying down to rest in the afternoon when circumstances permit
<u>0</u>	Sitting a talking with someone
<u>0</u>	Sitting quietly after lunch without alcohol
<u>0</u>	In a car, while stopped for a few minutes in traffic

Total 0

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

Signature: Jaswant Singh **Date:** 20/09/2025





DEPARTMENT OF LABORATORY

Patient ID	: 21732	Doc No	: 64185
Name	: JASWANT SINGH	Doc Date	: 21/09/2025 11:00
Age, Gender	: 53Y, Male	Bill No	: 81272
Nationality	: INDIAN	Bill Date	: 20/09/2025 09:16
GSM No	: 72001229	Approved Date	:
Doctor's Name	: DR.HASHIM ABDALLAH	Collected Time	: 20/09/2025 09:39
Customer	: TRUCKOMAN LLC-SAFA PROJECT	Recieved Time	: 20/09/2025 09:39

Test	Result	Unit	Normal Range
TRUCK OMAN-PDO MEDICAL CHECKUP ABOVE 40 YRS			
COMPLITE BLOOD COUNT			
RBC	4.5	x10 ¹² /L	Male 4.38 -6.0 x 10 ¹² /L
			Female 4.0- 5.2x10 ¹² /L
HAEMOGLOBIN	13.5	gm %	Male 13 - 17 gm %
			Female 11 - 14 gm %
HCT	39.4	%	Male 39.30 -50.00 %
			Female 37 -47 %
MCV	85	fL	84-94 fL
MCH	27.9	pg	27 - 33 pg
MCHC	32.6	g/dl	29.6 - 35.6 %
WBC COUNT	8.4	x 10 ⁹ /L	4.0 - 11.0 x 10 ⁹ /L
DIFFERENTIAL COUNT			
NEUTROPHIL	65	%	40-70 %
LYMPHOCYTE	31	%	20-45 %
EOSINOPHIL	01	%	1-6 %
MONOCYTE	03	%	2-8%
BASOPHIL	00	%	0-1%
PLATELET	233	x 10 ⁹ /L	150 - 450 x 10 ⁹ /L
SICKLE CELL TEST	NEGATIVE		
LIVER FUCTION TEST			
ALKALINE PHOSPHATASE	84	U/L	53 - 128 U/L
S. BILIRUBIN TOTAL	0.62	mg/dl	0 - 2.0 mg/dl
S.G.O.T.	20.0	U/L	0 - 35.0 U/L
S.G.P.T.	16.9	U/L	10 - 45 U/L
ALBUMIN.	3.85	g/dl	3.50 - 5.20 g/dl
TOTAL PROTEIN.	6.23	g/dl	6 - 8 g/dl
S. BILIRUBIN DIRECT	0.16	mg/dl	0.0 - 0.20 mg/dl
RENAL FUNCTION TEST			
UREA	18.4	mg/dl	18.0 - 55.0 mg/dl
S.CREATININE	0.87		0.70 -1.30 mg/dl
S.URIC ACID	5.5	mg/dl	3.5 - 7.2 mg/dl
LIPID PROFILE.			

Remarks:

Reported By:
Lab Tech

Sr. Lab Technologist

Printed at: 21/09/202511:00:46

Verified By:
Lab Tech



Sr. Lab Technologist

Approved By:
Lab Tech



DEPARTMENT OF LABORATORY

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Test	Result	Unit	Normal Range
Total Cholesterol	145		0.0 - 200 mg/dl
		mg/dl	
Triglyceride	106.9	mg/dl	0.0 - 150 mg/dl
HDL - CHOL	36.2	mg/dl	35.0 - 79.0 mg/dl
LDL - CHOL	88	mg/dl	< 100 mg/dl
VLDL	21	mg/dl	2.0 - 30 mg/dl
FASTING BLOOD SUGAR	140.0	mg/dl	74 - 100 mg/dl
URINE ROUTINE ANALYSIS			
PHYSICAL			
Quantity	5	ml	
Colour	Yellow		
Sp. Gravity	1.020		
pH	Acidic		
Appearance	Clear		
CHEMICAL			
Nitrite	Negative		
Protein	Negative		
Glucose	(+)		
Ketones	Negative		
Urobilinogen	Normal		
Bilirubin	Negative		
Blood	Negative		
MICROSCOPIC			
PUS CELLS	1-2		
EPITHELIAL CELLS	0-1		
RBC	0-1		
CASTS	NIL		
CRYSTALS	NIL		
BACTERIA	NIL		
OTHERS	NIL		

Remarks:

Reported By:
Lab Tech

Sr. Lab Technologist

Printed at: 21/09/2025 11:00:46



Approved By:
Lab Tech

2025-09-20 09:51:19

6 Channel + 1 Rhythm Report

Hospital:
Prescribed by:

II
Nz

JASWANT SINGH

PID: 21732 Age 53Y Male B.No: 81272



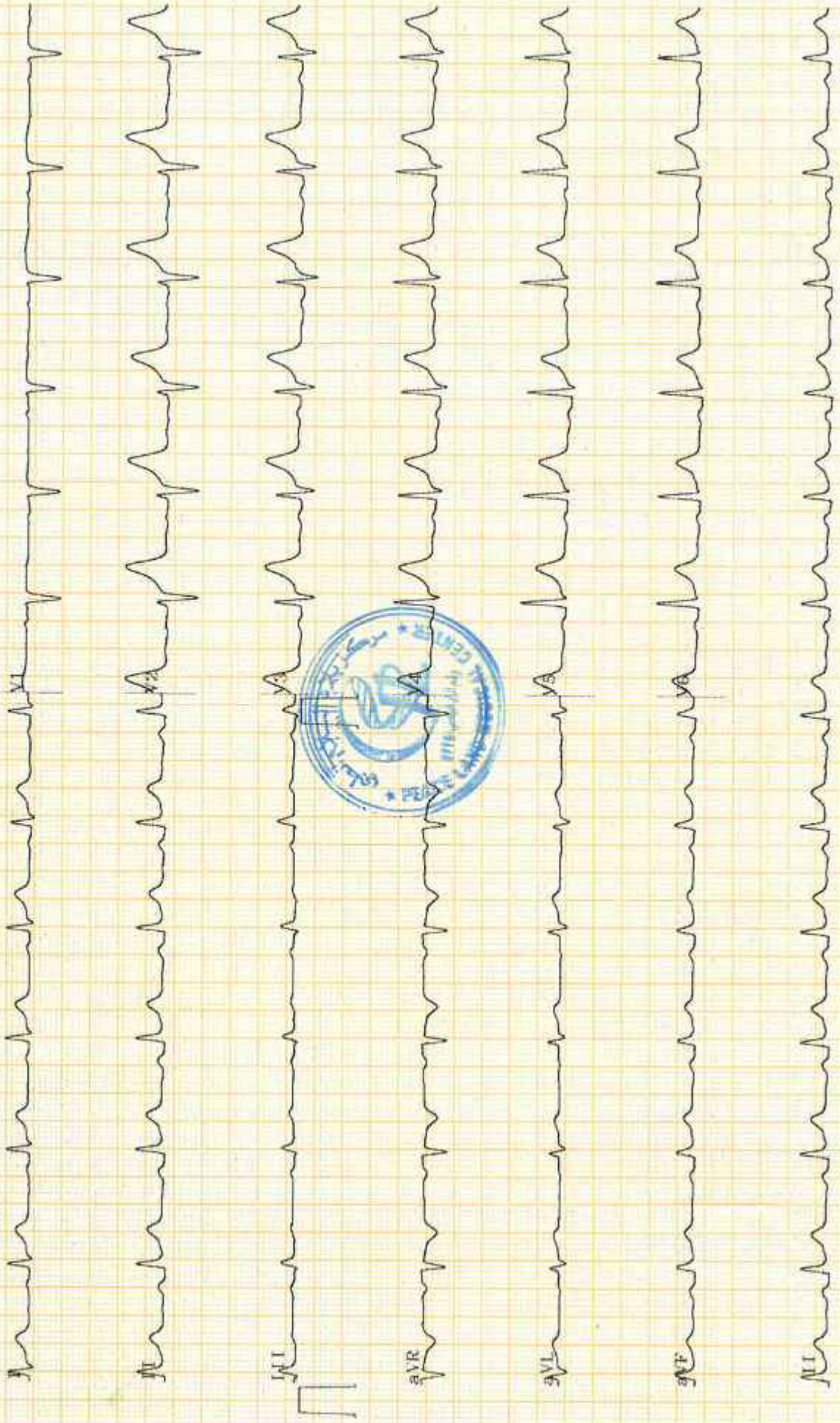
SpecID: 100586 SERUM 20/09/25 09:31

Heart Rate: 75bpm
PR Int.: 176 ms
QRS Dur.: 94 ms
QT/QTc: 378/422 ms

P-R-T axes:

67 49 36

ECG



JASWANT SINGH
PID : 21732 Age 53Y Male B.No : 81272

SpecID : 100586 SERUM 20/09/25 09:31

SP

Results

Estimated 10-year Global CVD Risk

13.2%*

Risk Category

High Risk*

Estimated Vascular Age

60 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 ≥50 % decrease in LDL-C

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

ESC (2007, see Info for more)

Treatment Targets

LDL <2-2.5 mmol/L (<80-100 mg/dL)

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



PEACELAND MEDICAL CENTER AZAIBA

AUDIOMETRY REPORT

Name:
Age(y):
Sex:
Height (cm):
Weight(Kg):
BMI:

JASWANT SINGH
PID : 21732 Age 53Y Male B.No : 81272

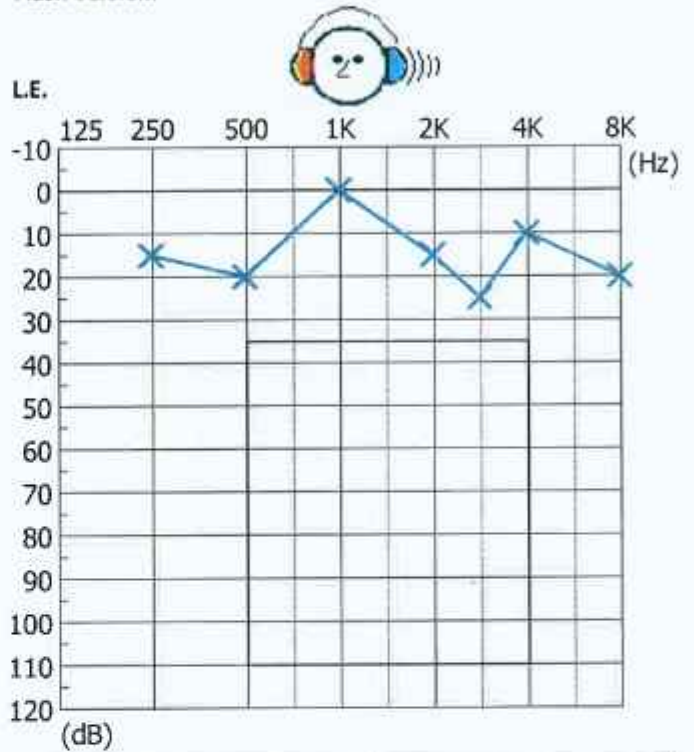
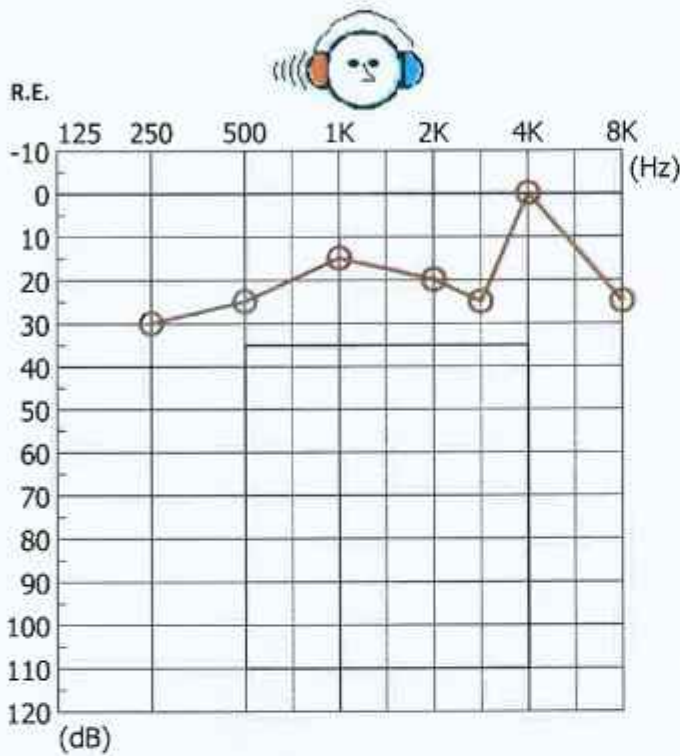


SpecID : 100586 SERUM 20/09/25 09:35

ADD

SIBELMED W50

Test date: 20/09/2025
Reference: 21732
Technician:
Reason:
Origin:
Equipment:
Device serial numb.:
Flash Version:



MINISTRY OF LABOUR AND SOCIAL AFFAIRS

	R.E.	L.E.
Hearing Loss (%)	0.0	0.0
Average dBs	21.2	15.0
Bilateral Loss (%)	0.0	

Right ear Normal
Left ear Normal

COMMENTS:



No Masking	R.E.	L.E.	With Masking	R.E.	L.E.
Air	○	×	Air	△	□
Bone	<	>	Bone	=	=
F.Field	⊗	⊗			
No response	⊗	×			

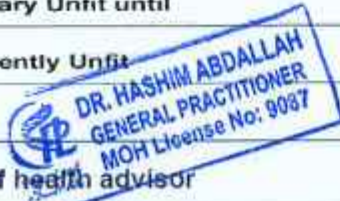


مركز بلاد السلام الطبي

Peace Land Medical Center

Appendix 15: Fitness to Work Certificate

Employee Data		Date 20/09/2025	
Name		Department/Company TO	
I.D No.		Occupation Operator	
JASWANT SINGH PID : 21732 Age 53Y Male B.No : 81272 Spec.ID : 100586 SERUM 20/09/25 09:31			
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 2	
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			
Permanently Unfit			
Name of health advisor	Signature	Date	23/09/2025



JASWANT SINGH,
50077911

Patient Information

9/23/2025 10:51:32 AM
Bruce

ID: 5007911 Second ID: 2705412 Admission ID:

Date of Birth:	Height:	Gender:
Age: 53 Years	Weight:	Male
		Race: Unknown

Indications PDO FITNESS	Medications DM ON MEDICATION
----------------------------	---------------------------------

Referring Physician: DR. SHAJU PADMAN Location: Procedure Type: TMT

Attending Phy: DR. SHAJU PADMAN	Target HR: 142 bpm (85%)	Reasons for end: ACHIEVED THR
Technician: AMANDU	Max HR(%MPHR): 169 bpm (101%)	Symptoms: NIL

Diagnosis	Notes
-----------	-------

Conclusions
The patient was tested using the Bruce protocol for a duration of 05:49 minutes and achieved 7.7 METs. A maximum heart rate of 169 bpm with a predicted heart rate of 101% was obtained at 05:50. A maximum blood pressure of 189/87 was obtained. 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:

LHW (NHLRMI-1) (REF:RRT)

Signed by:
Date:

DR. SHAJU PADMAN PAMATSE
Consultant - Cardiology
Muller Hospital, Ho Chi Minh City
The National Hospital of Cardiology

JASWANT SINGH,
50077911

Exam Summary

9/23/2025 10:51:32 AM
Bruce

Summary

Exercise Time: 05:49
Leads with 100uV ST II, III, aVF
PVCs: 2
Duke Treadmill Score: -7

Max ST

ST elevation: 1 mm in II at 00:10
ST depression: -1.6 mm in III at 05:30

Max Values

Speed: 3.4 MPH
Grade: 14 %
METs: 7.7
HR*BP: 28800 BPM * mmHg
ST/HR Index: 1.95 uV/bpm in III at 05:30

Max ST Changes

ST elevation change: 0.8 mm in aVL at 05:30
ST depression change: -2.4 mm in II at 05:30

STAGE SUMMARY
ST measurement based on 4-5bpm

	Speed (MPH)	Grade (%)	HR (BPM)	BP (mmHg)	METs	HR*BP	I	II	III	aVR	aVL	aVF	V1	V2	V3	V4	V5	V6
BP	0.0	0.0	72	125/74	-	9000	0.7	1.1	0.3	-1	0.1	0.7	-0.5	0.7	0.4	0.6	0.5	0.5
Treadmill Started	1.0	0.0	76	-	-	-	0.6	1	0.4	-0.9	0.1	0.7	-0.5	0.7	0.5	0.6	0.5	0.6
START EXE	1.0	0.0	80	-	-	-	0.6	1	0.4	-0.9	0	0.7	-0.4	0.7	0.4	0.6	0.6	0.6
STAGE 1	2.5	12.0	130	-	3.6	-	0.4	0.3	-0.2	-0.5	0.3	0.1	-0.2	0.8	0.4	0.3	0.3	0.1
BP	2.5	12.0	147	189/87	5.0	27783	0.4	-0.1	-0.5	-0.2	0.4	-0.3	-0.4	0.7	0.1	0	-0.2	0
STAGE 2	2.5	12.0	161	-	7.1	-	0.1	-0.7	-0.9	0.2	0.5	-0.6	0.1	0.5	-0.3	-0.4	-0.5	-0.5
BP	3.4	14.0	160	180/50	7.3	28800	0.2	-0.8	-1	0.2	0.5	-0.9	0.2	0.5	-0.3	-0.5	-0.7	-0.7
Treadmill Stopped	0.0	0.0	159	-	7.7	-	0.1	-1.3	-1.4	0.5	0.7	-1.3	0.4	0.5	-0.2	-0.3	-0.5	-0.6
Peak	0.0	0.0	169	-	7.7	-	0.1	-1.1	-1.4	0.5	0.7	-1.3	0.4	0.5	-0.2	-0.3	-0.6	-0.8
BP	0.0	0.0	96	146/61	3.7	14016	0.5	0.2	-0.3	-0.4	0.3	-0.1	-0.1	0.6	0.3	0.3	0.1	0
END REC	0.0	0.0	89	-	2.3	-	0.4	0.3	-0.2	-0.4	0.2	0	-0.2	0.6	0.3	0.2	0.1	0.1



nmc specialty hospital, al ghoubra

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

Fitness Certificate

Empno:

Date of issue : 23/09/2025

Ref No : 0000131/FIT/NMC/2025

This is to certify that Mr. / Mrs. *JASWANT SINGH* with file no *50077911* and Resident card no. *97354311* was Treated at *nmc specialty hospital, al ghoubra* on *23/09/2025* and will be *Fit for work*. from the medical point of view starting from *23/09/2025*

DIAGNOSIS

E08.69-Diabetes Mellitus

Remarks

DR SHAJU PADMAN

Place: *nmc specialty hospital, al ghoubra*

[Signature]
21/09/25

(Hospital Seal)

Signature





مركز بلاد السلام الطبي
Peace Land Medical Center

Date: 21/09/2025

Name: _____

Jaswant Singh

53 f

Rx

- Glucovance 500mg/5.

102x30

- Forxiga 10mg

40x30

(60)

(30)

