



PEACE LAND MEDICAL CENTER



MEDICAL EXAMINATION REPORT (CONFIDENTIAL)

PLEASE COMPLETE YOUR PERSONAL
DETAILS IN BLOCK CAPITALS

Surname	NASIR AL HASHIMI
Forenames	MANSOOR SAID MANSOOR
Address	370661 - Taqah Oman
Home telephone number	99418012

Place of examination:	muscat	Date:	31/8/22
If a dependant enter employee's name here:			
Surname:			
Birth date:	1/1/1968	Nationality:	Oman
Country of birth:	Oman	Religion:	Muslim
☒ Male ☐ Female	☒ Married ☐ Single ☐ Separated / Divorced	Relationship to employee	Number of children: 10
Reason for examination		Job:	Area:
Pre-Employment ☒ Periodic medical check-up ☐		Driver	
Pre-Overseas ☐			
Name and address of family doctor		List your last 3 jobs	
		(1)	
		(2)	
		(3)	
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	
1. Sinus trouble		21. Cancer	
2. Neck swelling/glands		22. Heart Disease	
3. Difficulty in vision		23. Rheumatic fever	
4. Any ear discharge		24. Abnormal heartbeat	
5. Asthma/bronchitis		25. High blood pressure	
6. Hayfever /other significant allergy		26. Stroke	
7. Any skin trouble		27. Serious chest pain	
8. Tuberculosis		28. Any blood disease	
9. Shortness of breath		29. Kidney disease	
10. Coughed/vomited blood		30. Blood in urine	
11. Severe abdominal pain		31. Painful passage of urine	
12. Stomach ulcer		32. Diabetes	
13. Recurrent indigestion		33. Headaches/migraine	
14. Jaundice or hepatitis		34. Dizziness/fainting	
15. Gall Bladder disease		35. Epilepsy	
16. Marked change in bowel habits		36. Joints/spinal trouble	
17. Blood in stools (motions)		37. Surgical operation	
18. Marked change in weight		38. Serious accident/fracture	
19. Varicose veins		39. Tropical disease	
20. Lump in breast/armpit		40. Fear of heights	
How much tobacco each day? No		Average daily alcohol consumption No	
Have you ever taken elicited 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 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.			
Date: 31/8/22		Signature of Applicant: [Signature]	



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	VISION				Colour Vision	Blood Group
						DISTANT		NEAR			
						R	L	R	L		
159	69	27.3	112/76	65 /mins.	L N R N	Uncorrected 4/6	Corrected 4/6			N	

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. Sickie Cell test		✓		12. HIV, Hepatitis screening			

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

1) LSM - BL RFR (1st visit, Diet & Exercise) @ve Hx of Sickie cell trait
2) Regular Fm 3m later by his own physician (DM & DLP)

ASSESSMENT:

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

Date: 4/9/22 Name (Block Capitals): Dr. / Nurse

Signature: Dr. Shima Seyedabadi Jafar, MOH Lic. No. 21962

REVIEW/CONSULTATION

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



مركز بلاد السلام الطبي Peace Land Medical Center

Epworth Screening Questionnaire for Sleep Apnoea

MANSOOR SAID MANSOOR NASIR ALI

54 Y (M) ~~Blank~~

31/08/22 08:28

0034633



70887

ENR

0040117

Date:

31/8/22

Department/Company:

Toukomeh

Occupation:

Driver

... 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

0 Lying down to rest in the afternoon when circumstances permit

0 Sitting & talking with someone

0 Sitting quietly after lunch without alcohol

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

Signature: Mansoor

Date:

31/8/22





Peace Land Medical Center
P.O. Box 1403, Postal Code: 133, Al Azaiba, Roundabout Al Sahwa Tower
Sultanate of Oman
Tel: 24617117/24617148/24617149

LAB RESULT

Name:	MANSOOR SAID MANSOOR NASIR ALHASHIMI	Doc No:	0024086
Age:	54 Y Nationality: OMANI	File No:	0034533
Gender:	M	Bill No:	0040117
Ref. By:	DR.SHIMA	Date:	31/08/2022
GSM No.:	99418012	Time:	15:35

Test	Result	Normal Range
TRUCK OMAN-PDO MEDICAL CHECKUP ABOVE 50 YRS		
COMPLITE BLOOD COUNT		
RBC	5.7 $10^{12}/l$	Male 4.38 -5.78 $10^{12}/l$ Female 4.0- 5.0 $10^{12}/l$
HAEMOGLOBIN	14.1 gm %	Male 13 - 17 gm % Female 11 - 14 gm %
HCT	42.0 %	Male 39.30 -50.00 % Female 37 -47 %
MCV	70 fl	84-94 fl
MCH	22.5 pg	27 - 33 pg
MCHC	33.4 g/dl	29.6 - 35.6 %
WBC COUNT	5.1 10^9 d/l	5.0 - 11.0 $10^9/l$
DIFFERENTIAL COUNT		
NEUTROPHIL	59 %	40-75 %
LYMPHOCYTE	36 %	20-45 %
EOSINOPHIL	01 %	1-6 %
MONOCYTE	04 %	2-8%
BASOPHIL	00 %	0-1%
ESR	-	Male 0 - 22 mm / 1st hour Female 0 - 20 mm / 1st hour
PLATELET	220 $10^9/l$	156 - 342 $10^9/l$
SICKLE CELL TEST	POSITIVE	
LIVER FUCTION TEST		
ALKALINE PHOSPHATASE	57 U/L	53 - 128 U/L
S. BILIRUBIN TOTAL	0.88 mg/dl	0 - 2.0 mg/dl
S.G.O.T.	15.5 U/L	0 - 35.0 U/L
S.G.P.T.	20.5 U/L	10 - 45 U/L





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LAB RESULT

Name: MANSOOR SAID MANSOOR NASIR ALHASHIMI
Age: 54 Y **Nationality:** OMANI
Gender: M
Ref. By: DR.SHIMA
GSM No.: 99418012

Doc No: 0024086
File No: 0034533
Bill No: 0040117
Date: 31/08/2022
Time: 15:35

Test	Result	Normal Range
GGT	34.1 U/L	0 - 55.0 U/L
ALBUMIN	4.6 g/dl	3.50 - 5.20 g/dl
TOTAL PROTEIN	6.9 g/dl	6 - 8 g/dl
S. BILIRUBIN DIRECT	0.18 mg/dl	0.0 - 0.20 mg/dl
RENAL FUNCTION TEST		
UREA	36.2 mg/dl	18.0 - 55.0 mg/dl
S.CREATININE	0.82 mg/dl	0.70 - 1.30 mg/dl
S.URIC ACID	4.0 mg/dl	3.5 - 7.2 mg/dl
LIPID PROFILE		
Total Cholesterol	230 mg/dl	0.0 - 200 mg/dl
Triglyceride	115.7 mg/dl	0.0 - 150 mg/dl
HDL - CHOL	61.1 mg/dl	35.0 - 79.0 mg/dl
LDL - CHOL	145.8 mg/dl	< 100 mg/dl
VLDL	23.1 mg/dl	2.0 - 30 mg/dl
FASTING BLOOD SUGAR	207.3 mg/dl	74 - 100 mg/dl
URINE ROUTINE ANALYSIS		
PHYSICAL		
Quantity	5 ml	
Colour	Yellow	
Sp. Gravity	1.025	
pH	Acidic	
Appearance	Clear	
CHEMICAL		
Nitrite	Negative	
Protein	Negative	
Glucose	(++)	
Ketones	Negative	





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Name: MANSOOR SAID MANSOOR NASIR ALHASHIMI
Age: 54 Y **Nationality:** OMANI
Gender: M
Ref. By: DR.SHIMA
GSM No.: 99418012
Doc No: 0024086
File No: 0034533
Bill No: 0040117
Date: 31/08/2022
Time: 15:35

Test	Result	Normal Range
Urobilinogen	Normal	
Bilirubin	Negative	
Blood	Negative	
MICROSCOPIC		
PUS CELLS	2-3	
EPITHELIAL CELLS	1-2	
RBC'S	0-1	
CASTS	NIL	
CRYSTALS	NIL	
BACTERIA	NIL	
OTHERS	NIL	



100

102

Sultanate Of Oman
Ministry Of Health
Adam Hospital

Patient Lab Investigation Listing

Patient Details:		13020	Hassan Said Mansoor Al Nashimi, Male, 52 Year(S)(DOB:01/03/1968), Oman		
Order Date	Test Name	Sample ID	Department / Clinic	Request Remarks	Status
01-11-20	HPLC, Panel	1187615	GENERAL PRACTICE		Released
Result:					
*HAEMOGLOBIN A (ADULT) = 71.00 %					
*HAEMOGLOBIN A2 = 1.60 % (1.5 - 3.5)					
*HAEMOGLOBIN F = 1.00 %					
*HAEMOGLOBIN S = 24.40 %					
*HPLC Impression of blood = sickle cell trait, heterozygous. HbE, S-sources, As 10% < 10% probable co-existent iron deficiency anaemia and / or alpha thalassemia.					
*Other Variant Haemoglobin = 0.00 %					
01-11-20	GLYCOSYLATED HB	1187616	GENERAL PRACTICE		Released
Result:					
*GLYCOSYLATED HB (%HbA1c) = 8.65 % (4.8 - 6)					
				4.8 - 6.0	Released On: 02-11-2020 14:50

Released On: 04-11-2020 12:48

2022-08-31 08:28:38

YIN

MANSOOR SAUD MANSOOR NASIR AL
SAUD (M) 31/08/22 09:28

0034533



8/1

0040117

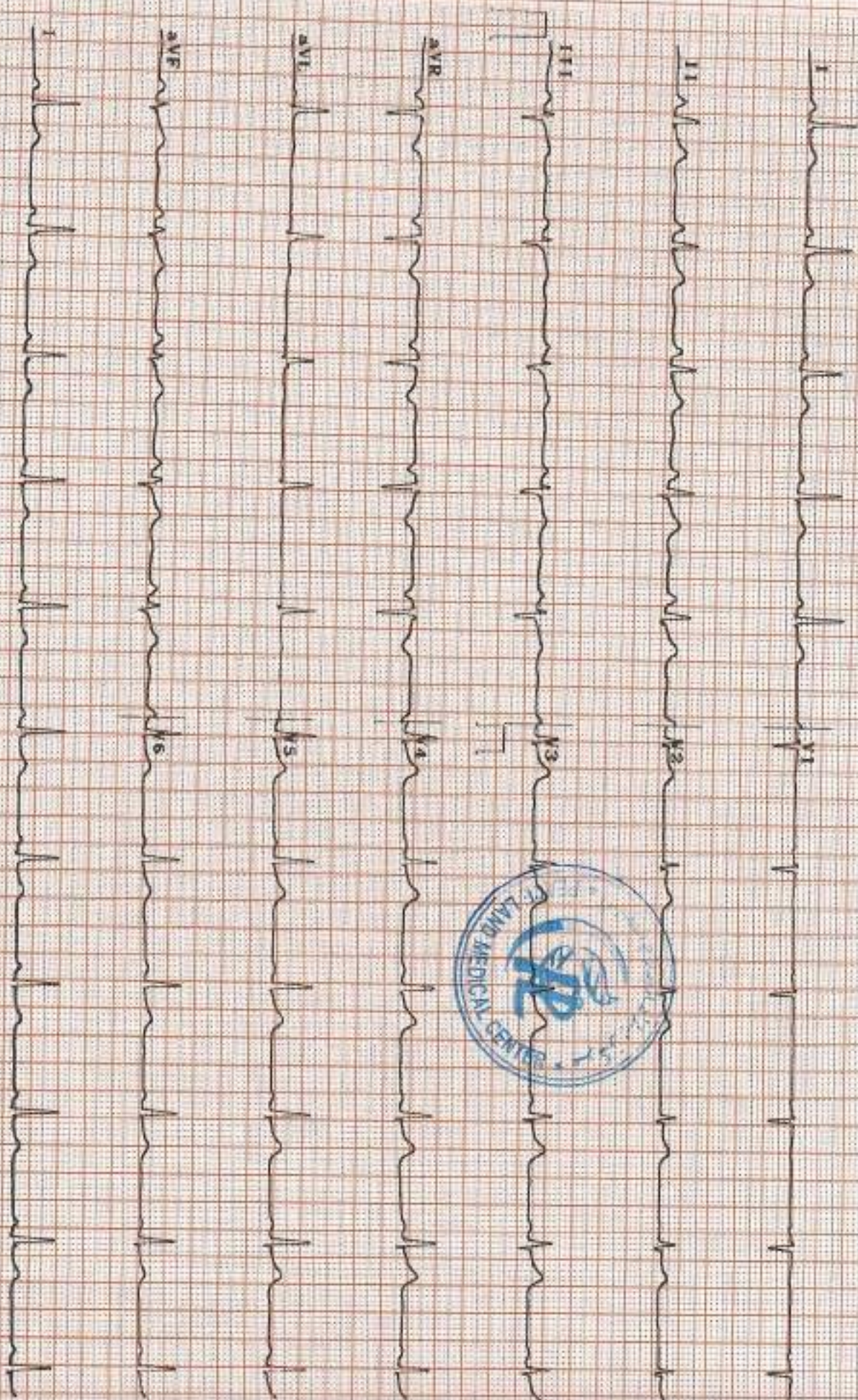
Heart Rate : 65 BPM
PR Int. : 150 ms
QRS Dur. : 74 ms
QT/QTc : 382/397 ms
P-R-T axes: 59 9 53

6Channel+I Rhythm Report

Hospital: PLMS
Confirmed by:

* Analysis Result: (Unconfirmed Report)

NORMAL SINUS RHYTHM
NORMAL AXIS
[NORMAL ECG]



0.1Hz- 40Hz, AC50Hz, PM, QIK.

10.0/5.0mV/mV, 25.0mm/sec.

CARDIO-M PLUS 1.13.30 Medical Econet G

Estimated 10-year Global CVD
Risk

7.9%*

Risk Category

High Risk*

Estimated Vascular Age

51 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)

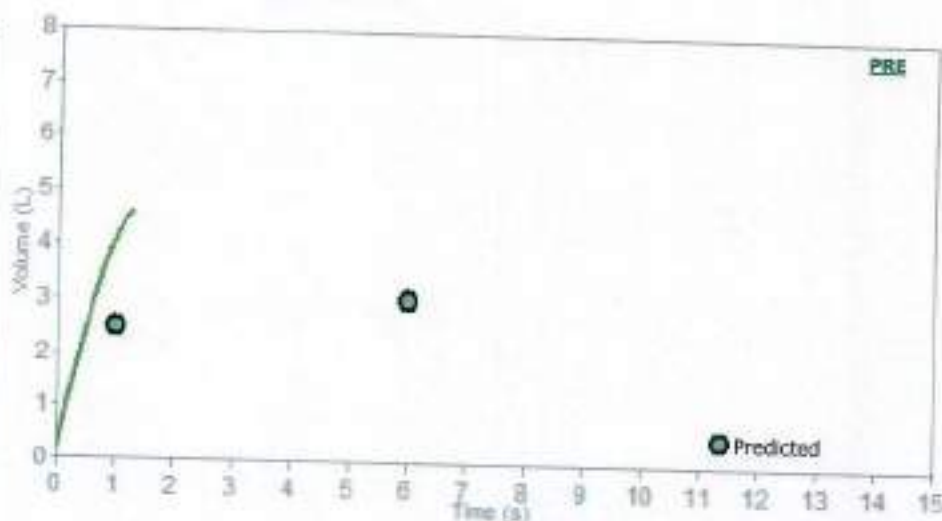
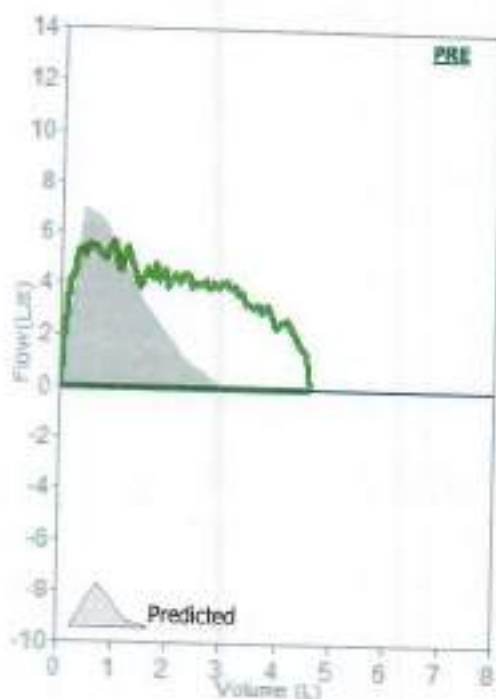
Pulmonary Function Test Results

Visit date 31/08/2022

Patient code 370661

Surname AL HASHIMI
Name MANSOOR SAID
Date of birth 01/01/1968
Ethnic group Not defined
Smoke
Patient group

Age 54
Gender Male
Height, cm 159
Weight, kg 69
BMI 27.29
Pack-Year



Quality Control Grade: F
0 Acceptable trials

Interpretation

Normal Spirometry

PRE Trial date 31/08/2022 08:32:46

Parameters	LLN	Pred	Best	%Pred	Z-score	PRE # 1	PRE # 2	PRE # 3	POST	%Pred	%Chg
FVC	L	1.98	3.03	4.60*	152	2.46	4.60				
FEV1	L	1.62	2.48	4.15*	167	3.18	4.15				
FEV1/FVC	%	72.8	82.9	90.2*	109	1.17	90.2				
PEF	L/s	3.64	7.06	5.82*	82	-0.60	5.82				
ELA	Years		54	54	100		54				
FEF2575	L/s	0.95	2.73	4.14	152	1.30	4.14				
FET	s		6.00	1.27	21		1.27				
FVC	L	1.98	3.03								
FEV1/VC	%	72.8	82.9								

*Best values from all loops - BTPS 1.092 25 °C (77 °F) - Predicted Knudson

Conclusion / Medical report

Signature



Instrument used
Minispir S S/N C11507
Last calibration check 01/11/2021 09:35:10



مركز بلاد السلام الطبي

Peace Land Medical Center

Fitness for work certificate

Employee Data		Date 4/9/22	
Name MAN SOOR SAID MANSOUR		Department/Company truck OMAN	
ID No. 370661	Occupation Driver		
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			
Permanently Unfit			
Name of health advisor Signature		Date 4/9/22	
		 Dr. Shima Seyedabdollah Jafar Cardiologist Specialist NO. 21962	



Dr. Shima Seyedabdollah Jafar
Cardiologist Specialist
01092

STS Summary Report

PEACELAND MEDICAL CENTER

Name: **MANSOOR AL HASHIMI**

Details: 54years(Male), 69Kg, 159cm

ID: 01310822

Doctor: **Dr. SHIMA**

Tested On: 31/08/2022, 09:03 AM

Test Summary Report

Target HR = 166

Protocol = BRUCE

HR achieved = 179 (107%)

Total time = 16:57

Peak Ex = Exercise 4

Exercise time = 10:05

Max ST deviation = 4.12(Lead V3)

Recovery time = 05:04

Object of test

Risk factor

Activity

Other investigation

: A 54 YEAR OLD MALE; OCCUPATIONAL
DM, DLP AND EX-C/S

Ex tolerance

Ex Arrhythmia

Hemo Response

Chrono response

: NONE

: NL

: NL

Reason for Termination

: FATIGUE

Stagewise Summary

Stage Name	Duration (mm:ss)	HR at the end of stage	Max ST (mm)	Min ST (mm)	Speed km/hr	Slope (%)	METS	systolic(map) (mmHg)	RPP	Comments
Supine	00:55	84	4.12(V3)	-3.30(II)	0.0	0.0	0.00	110/80(90)	9570	
Waiting for Exercise	00:53	89	2.49(V3)	-1.88(AVF)	0.0	0.0	0.00	110/80(90)	9680	
Exercise 1	03:00	96	3.57(V3)	-3.30(III)	2.7	10.0	5.10	120/80(93)	12720	
Exercise 2	03:00	113	4.10(V3)	-3.17(III)	4.0	12.0	7.10	125/85(98)	14750	
Exercise 3	03:00	123	4.12(V3)	-2.18(III)	5.5	14.0	10.00	135/85(101)	16975	
Peak Exercise 4	01:05	146	3.54(V2)	-2.92(V2)	6.8	16.0	13.00	145/85(105)	25955	
Recovery 1	01:00	118	3.89(V3)	-1.79(AVR)	6.8	16.0	0.00	160/90(113)	23680	
Recovery 2	01:00	100	2.78(V3)	-1.39(AVR)	6.8	16.0	0.00	150/80(103)	17400	
Recovery 3	01:00	88	1.40(V3)	-0.92(AVR)	6.8	16.0	0.00	140/80(100)	13440	
Recovery 4	01:00	84	1.44(V3)	-0.98(AVR)	6.8	16.0	0.00	130/80(96)	12090	
Recovery 5	01:00	80	1.52(V5)	-0.77(AVR)	6.8	16.0	0.00	120/80(93)	10440	
Recovery 6	00:04	79	1.16(V2)	-0.92(AVR)	6.8	16.0	0.00	---	---	

Medication: DOES NOT KNOW THE MEDICATIONS

History: DM 5 YEARS AGO

DLP
EX-C/S

BPL DYNATRAC ULTRA

Technician: MR SILU

Done By:

Confirmed by:

PEACELAND MEDICAL CENTER

Name: **MANSOOR AL HASHIMI**

Details: 54years(Male), 69Kg, 159cm

24617149

ID: 01310822

Doctor: **Dr. SHIMA**

Tested On: 31/08/2022, 09:03 AM

Gm

Observations: A 54 YEAR OLD MALE UNDERWENT EXERCISE TOLERANCE TEST, UTILIZING BRUCE PROTOCOL. THE PATIENT DID NOT COMPLAIN OF CHEST PAIN, SOB OR DIZZINESS. COMPLETED 10:05 MINUTES OF EXERCISE (STAGE 4). ACHIEVED 13 METS. GOOD FUNCTIONAL CLASS.

RESTING HEART RATE 60 BPM AND INCREASED TO 146 BPM WHICH IS 87% OF THE MAXIMUM AGE-PREDICTED HEART RATE.

RESTING BLOOD PRESSURE: 110/80 MMHG AND INCREASED TO 160/90 MMHG. NEITHER HYPERTENSIVE BLOOD PRESSURE RESPONSE NOR HYPOTENSION.

RESTING ECG SHOWED NORMAL SINUS RHYTHM.

EXERCISE ECG SHOWED NO SIGNIFICANT ST-T WAVE CHANGES.

REASON FOR TERMINATION WAS FATIGUE.

Final Impression: THE TEST IS NEGATIVE FOR ISCHEMIA OR EXERCISE-RELATED ARRHYTHMIA. HE IS CONSIDERED FIT FROM CARDIAC POINT OF VIEW AT PRESENT TO WORK IN PDO.

