

Initial Medical Examination Report

INITIAL EXAMINATION REPORT (MEDICAL – CONFIDENTIAL)

Place of examination: Aster Hospital, Ibri		Date: 27-04-2021		Surname: Vijayan	
				Forenames: Biju	
				Address: Ibri	
				Home telephone number:	
If a dependant enter employee's name here:				Project:	
Birth date: 20-5-1971		Nationality: Indian		Country of birth:	
Religion:		Relationship to employee		Number of children:	
☒ Male ☐ Female	☐ Married ☐ Single ☐ Separated / Divorced	☐ Wife ☐ Son ☐ Daughter			
Reason for examination		Pre-Employment ☐ Job:			
		Pre-Overseas ☐ Area:			
Name and address of family doctor		List your last 3 jobs			
		(1)			
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. Diabetes	☒	
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 (motions)		☒	37. Serious accident/fracture		☒
18. Marked change in weight		☒	38. Tropical disease		☒
19. Varicose veins		☒	39. Fear of heights		☒
20. Lump in breast/armpit		☒			
How much tobacco each day?		Average daily alcohol consumption			
Have you ever taken elicited drugs? () PDO test all new/potential employees for elicited/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 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: 27-04-2021		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. 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 /mins.	HEARING L R	VISION				Colour Vision	Blood Group
						DISTANT		NEAR			
						R	L	R	L		
165 cm	65 kg		150 100								
						Uncorrected	9/6	9/6	9/6	9/6	
						Corrected					

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. Sickle Cell test				12. HIV, Hepatitis screening

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

ASSESSMENT:

☐ FIT ALL AREAS

☐ FIT WITH RESTRICTION

☒ TEMPORARY UNFIT

☐ UNFIT

Date: 29/4/2021

Name (Block Capitals): Dr. M. Al-Khaili

Signature: [Signature]

REVIEW/CONSULTATION

Date: 27-04-2021

Name (Block Capitals): Dr. M. Al-Khaili

Signature: [Signature]

Treatment reviewed. Advised regularly and monthly follow up.

Oman Al Khair Hospital LLC
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fit to work as regular & strict monthly follow up.

Framingham Risk Assessment form

Framingham Risk Assessment (For all professional drivers, crane operators, forklift operator or other employees who are above 40 years of age):

Employee Name: Biju Vijayan

Emp #: _____

Date of Assessment: 27-04-2021

1	Age	46 Years	
2	Gender	Female/Male	
3	Total Cholesterol	5.3 mmol/L	
4	HDL Cholesterol	1.0 mmol/L	
5	Smoker	Yes/No	
6	Diabetes	Yes/No	
7	Systolic Blood pressure	150 mm Hg	
8	Is the patient being treated for High blood pressure?	Yes/No	

Framingham Risk score: 25.3 %

Framingham Risk Rating (Circle the appropriate score):

Low

Medium

High

Any further action or recommendations?

Assessment or Examination conducted by:


Dr. Biju Vijayan
General Practitioner



Epworth Screening Quest. for Sleep Apnoea

Employee Data		Date: 27-04-2021
Name: <u>Biju Vijayan</u>		Department/Company: <u>Truckman</u>
I. D No. <u>38247151</u>	Tel # <u>92145777</u>	Occupation: <u>Racer</u>

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

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

Total 1

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

Signature: Biju Date: 27-04-2021

11.15 Appendix 15: Fitness to Work Certificate

Employee Data		Date <u>27-04-2021</u>	
Name <u>Biju Vijayan</u>		Department/Company <u>Truckman</u>	
ID No. <u>78 247151</u>	Age <u>46-Y</u>	Occupation <u>Rigger</u>	
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 Adviser 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, <u>with monthly follow up</u>			
☐ 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		Date	
Name of health advisor		Signature	
		Date <u>29/4/2021</u>	

DEPARTMENT OF LABORATORY MEDICINE

File No: 0223275	Report No: 0571197
Name: BIJU VIJAYAN	Sample Date: 27/04/2021 Time: 10:35
Address:	Received By: JIBI
Gender: M Age: 46 Y Nationality: INDIAN	Received Date: 27/04/2021 Time: 10:41
GSM No.: 92145779 ID Card No.: 78247151	Report Date: 27/04/2021 Time: 12:31
Ref. By: EXTERNAL DOCTOR	Bill No: 0755123 Bill Date: 27/04/2021
	Report Status: Final

INVESTIGATION	RESULT	REFERENCE RANGE
PDO MEDICAL CHECK UP ABOVE 40(truckoman)		
FBS (FASTING BLOOD SUGAR)	13.00 mmol/L	3.9 - 6.1
Method :- Hexokinase	234 mg/dL	70 - 110
LIPID PROFILE - SERUM		
CHOLESTEROL (TOTAL)	5.33 mmol/L	1 - 5.1
Method -Enzymatic	206.06 mg/dl	40 - 200
HDL (HIGH DENSITY LIPOPROTEIN)	1.04 mmol/L	0.777 - 1.813
" "	40.0 mg/dl	30 - 70
LDL (LOW DENSITY LIPOPROTEIN)	2.66 mmol/L	1.295 - 4.54
" "	102.52	50 - 172
VLDL (VERY LOW DENSITY LIPOPROTEIN)	1.65 mmol/L	0.259 - 1.036
" "	63.54 mg/dl	10 - 40
RATIO (TOTAL CHOL / HDL CHOL)	5.13	3.8 - 5.9
TRIGLYCERIDES	3.59 mmol/L	0.564 - 2.146
Method : Enzymatic	317.715 mg/dl	50 - 190
LIVER FUNCTION TEST - SERUM		
TOTAL BILIRUBIN - SERUM	0.47 mg/dL	0.1 - 1
Method : Diazo	8.10 µmol/L	1 - 17.1
DIRECT BILIRUBIN - SERUM	0.13 mg/dL	0.1 - 0.5
Method : Diazo	2.15 µmol/L	1 - 8.55
SGOT (AST)-SERUM (IFCC)	25.10 U/L	Male: up to 40.0 Female: up to 32.0
SGPT (ALT)-SERUM (IFCC)	51.30 U/L	Male: 10-50 Female: 10-35
ALKALINE PHOSPHATASE (ALP)-SERUM (IFCC)	65.12 U/L	Adult : Men -40-129

Processed By:

JIBI

Lab Technologist

MOH LIC No: 4384

Approved By:

JIBI

Lab Technologist

Released By:

JIBI

Lab Technologist

MOH LIC No: 4394

Specialist Pathologist

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INVESTIGATION	RESULT	REFERENCE RANGE
		Female 35-104 Children:(Aged) 7months - 1Year :- <462 1Year - 3 Years :- <281 4 Years - 6 Years :- <269 7 Years - 12 Years :- <300 13 Years - 17 Years(M) :- <390 13 Years - 17 Years(F) :- <187
TOTAL PROTEIN-SERUM(Colorimetric Assay)	7.97 gm/dL	6.6 - 8.7
ALBUMIN - SERUM (Colorimetric Assay)	5.08 gm/dL	3.9 - 4.9
GLOBULIN - SERUM (Calculation)	2.89 gm/dL	2.3 - 3.5
ALBUMIN / GLOBULIN RATIO - Calculation	1.76	1.2 - 1.5
GGT(GAMMA GLUTAMYL TRANSPEPTIDASE) - SERUM	33.60 U/L	Men : 8-61 Female : 5-36
RENAL FUNCTION TEST (UREA - CREATININE)		
UREA - SERUM	3.20 mmol/L	1.7 - 8.3
Method : Kinetic Assay	19.22 mg/dL	10.2 - 49.8
CREATININE - SERUM	94.83 µmol/L	44.2 - 123.7
Method :-Jaffe Method	1.07 mg/dl	0.5 - 1.4
CBC (COMPLETE BLOOD COUNT)		
TOTAL WBC COUNT	12050 cells/cumm	4000 - 11000 cells/cumm
DC (DIFFERENTIAL COUNT)		
NEUTROPHILS	70.2 %	40-75%
LYMPHOCYTES	22.0 %	20-45%
EOSINOPHILS	0.7 %	2-6 %
MONOCYTES	6.7 %	2-8 %

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Ref. By: EXTERNAL DOCTOR	Bill No: 0755123 Bill Date: 27/04/2021
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INVESTIGATION	RESULT	REFERENCE RANGE
BASOPHILS	0.4 %	0-1%
HB (HEMOGLOBIN)	16.6 gm/dl	Male-13 - 18 gm/dl Female-11- 15 gm/dl
TOTAL RBC COUNT	5.40 million/cu	MALE: 4.5-6.5million/cu FEMALE: 3.9-5.5million/cu
PLATELET COUNT	2.41 lakhs/cumm	1.0 - 4.0 lakhs / cumm
PCV (PACKED CELL VOLUME)	50.90 %	Males : 42% - 52% Females : 37% - 47%
MCV (MEAN CORPUSCULAR VOLUME)	94.30 FL	76 - 96 FL
MCH (MEAN CORPUSCULAR HEMOGLOBIN)	30.70 PG	27 - 33 PG
MCHC(MEAN CORPUSCULAR HEMOGLOBIN CONCENTRATION)	32.60 g/dl	32 - 36 g/dl
ESR (ERYTHROCYTE SEDIMENTATION RATE)	03 mm/ 1st hr	MALE:0-9 mm/ 1st hr FEMALE:0-20 mm/ 1st hr
Capillary Photometry Technology Measures the kinetics of red cells aggregation.Clinical Laboratory and Standard Institute (CLSI) procedure for the ESR Test.		
SICKLE CELL	NEGATIVE	
URINE ROUTINE		
URINE BIOCHEMISTRY		
GLUCOSE	' +++ '	
PROTEIN	NIL	
KETONE	NIL	
BILIRUBIN	NIL	
pH	ACIDIC	

Processed By:
JIBI
Lab Technologist

Approved By:
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Lab Technologist

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Lab Technologist



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GSM No.: 92145779 ID Card No.: 78247151	Report Date: 27/04/2021 Time: 12:31
Ref. By: EXTERNAL DOCTOR	Bill No: 0765123 Bill Date: 27/04/2021
	Report Status: Final

INVESTIGATION	RESULT	REFERENCE RANGE
UROBILINOGEN	NORMAL	
URINE MICROSCOPY (Centrifugation Method)		
RED BLOOD CELLS (RBC)	NIL /hpf	
PUS CELLS	1-2 /hpf	
EPITHELIAL CELLS	NIL /hpf	
CRYSTALS	NIL /hpf	
CAST	NIL /hpf	
BACTERIA	PRESENT /hpf	
YEAST CELLS	NIL /hpf	

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X-RAY REPORT

Doc No:	0057998		
Name:	BIJU VIJAYAN		
Age/DOB:	46 Y	ID Card No	78247151
Sex:	Male		
Referred By:	EXTERNAL DOCTOR		
Clinical Diagnosis:			
X-Ray/UltraSound:	CHEST X-RAY		
Date:	27/04/2021		
X-Ray Film No:	T O		
Bill No:	0755123		
Charge Sheet No:			

Both lung fields are normal

Both cp angles are clear

Mediastinal shadow and bony thorax are normal

Cardiac configuration is within normal limits

Conclusion: A normal X-ray appearance

Signature:

DR. KALESHA SHAIK
Specialist Radiology
MOH Reg. No. 17925



223275
46 Years

BIJU VIJAYAN
Male

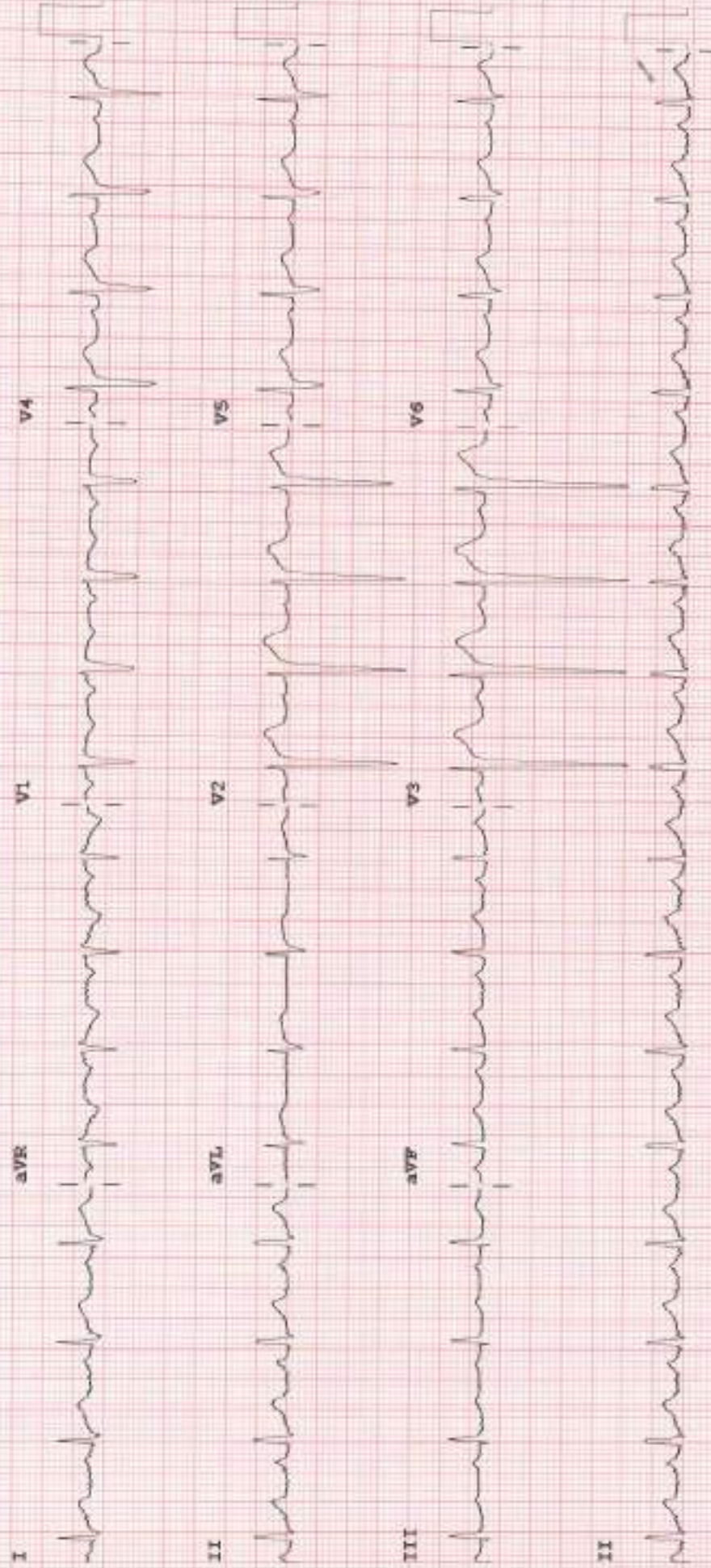
27-Apr-21 10:09:59 AM
Oman AlKhair Hospital (Emergency)

Rate 95
RR 632
PR 165
QRS 108
QT 358
QTc 450

--AXIS--

P 56
QRS 73
T 34

12 Lead; Standard Placement



Device:

Speed: 25 mm/sec

Limbs: 10 mm/mV

Chest: 10.0 mm/mV

50- 0.50- 40 Hz W

PH10

CL

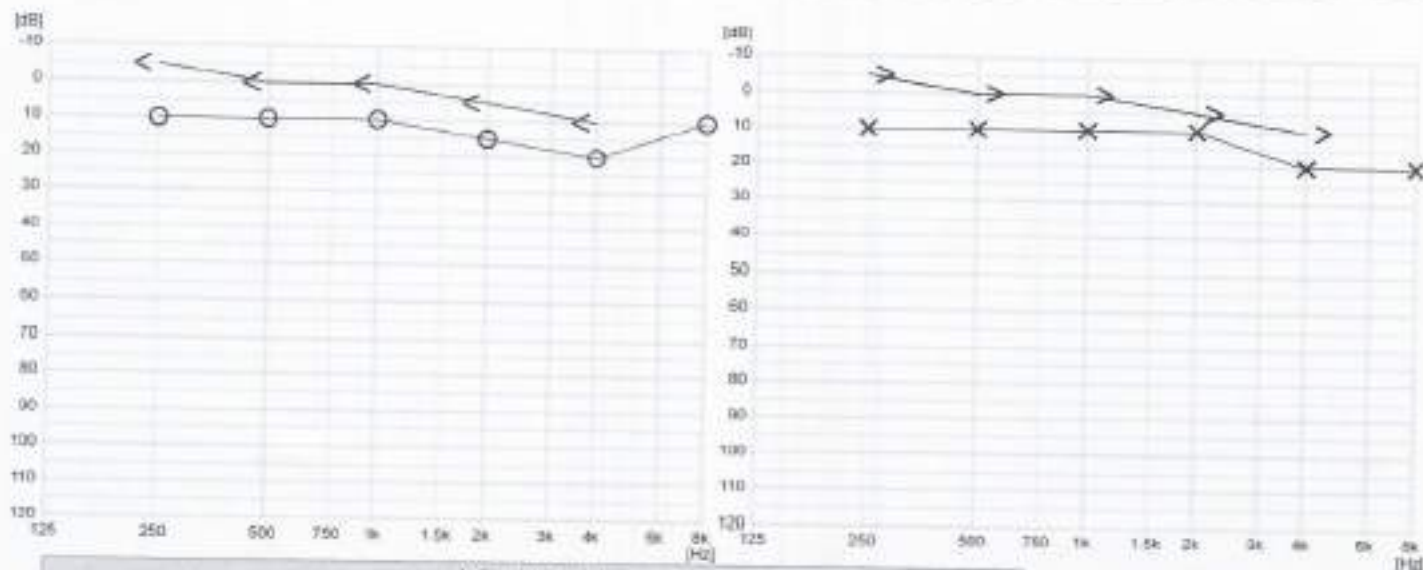
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2011110150

SUPER QUALITY HEARING AID AND SPEECH THERAPY CENTER

Code: 0755123 Last name - First name: VIJAYAN, BIJU Date: 27.04.2021

Test type: Tonal audiometry Test date: 27.04.2021



Audiometry (unaided)								
Freq (Hz)	500	1000	2000	4000	6000	8000		
Left	10	10	10	10	20	20		
Right	10	10	15	30	40	40		
Calculate % hearing loss (if known)								
L [%]			R [%]		Binaural [%]		Comments	
Does the applicant exceed 25dB loss in either ear at 0.5, 1.0 or 2.0KHz?					Yes/No			

Legend	R	L
Air	O	X
AirMasked	Δ	□
Bone	<	>
BoneMasked	[	]
MCL	M	M
UCL	m	m
Free Field	⊙	⊗
Free Field/Date	A	A
Binaural	B	
No response	I	

PTA
Right:- 11.6 dBHL
Left:- 10 dBHL

Comments
BILATERAL HEARING SENSITIVITY WITHIN NORMAL LIMITS

Signature:



Date: 27/04/2021