10/8/2023

TRUELOOKAH

PEACE LAND MEDICAL CENTER

lent 19852 Reg.Dt 09/08/2023

me NADIR SANA ABDUL GHAFOOR BAI JABOOB

MEDICAL EXAMINATION REPORT (CONFIDENTIAL)
Appendix 32: EX1 Form (Initial Examination Report)

PLEASE COMPLETE YOUR PERSONAL DETAILS IN BLOCK CAPITALS

Surname GHAFOOR BAI JABOOB

Forenames NADIR SANA ABDUL

Address 3137392 **Company Name:** TRUELOOKAH

Home telephone number 93338483

Place of examination: MUSCAT Date: 09-08-23

If a dependant enters employee's name here:
Surname. Forenames.

Birth date: 13-12-1988 Nationality: OMANI Country of birth: OMAN Religion: MUSLIM

[√] Male [ ] Female [√] Married [ ] Single [ ] Separated /Divorced

Relationship to employee: [ ] Wife [ ] Son [ ] Daughter Number of children: 3

Reason for examination [√] Pre-Employment [ ] Periodic medical check-up [ ] Pre-Overseas

Job: OPERATIONAL MANAGER

Area: HAMNA

Name and address of family doctor (1) (2)

List your last 3 jobs (2) (2) (3)

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		√	41. Rejected for employment or insurance for medical reasons		√
3. Difficulty in vision		√	23. Rheumatic fever		√			
4. Any ear discharge		√	24. Abnormal heartbeat		√	42. Awarded benefits for industrial injury/illness		√
5. Asthma/bronchitis		√	25. High blood pressure		√			
6. Hayfever /other significant allergy		√	26. Stroke		√	43. Treated for a mental condition, e.g depression		√
7. Any skin trouble		√	27. Serious chest pain		√			
8. Tuberculosis		√	28. Any blood disease		√	44. Treated for problem drinking or drug abuse		√
9. Shortness of breath		√	29. Kidney disease		√			
10. Coughed/vomited blood		√	30. Blood in urine		√	45. Exposed to toxic substance or noise		√
11. Severe abdominal pain		√	31. Painful passage of urine		√			
12. Stomach ulcer		√	32. Diabetes		√	**FOR WOMEN ONLY** Have you ever had:-		
13. Recurrent indigestion		√	33. Headaches/migraine		√			
14. Jaundice or hepatitis		√	34. Dizziness/fainting		√	46. An abnormal smear		
15. Gall Bladder disease		√	35. Epilepsy		√	47. Any gynaecological treatment		
16. Marked change in bowel habits		√	36. Joints/spinal trouble		√			
17. Blood in stools (motions)		√	37. Surgical operation		√	48. Are you pregnant?		
18. Marked change in weight		√	38. Serious accident/fracture		√	49. HAVE YOU HAD AN ILLNESS NOT MENTIONED ABOVE		
19. Varicose veins		√	39. Tropical disease		√			
20. Lump in breast/armpit		√	40. Fear of heights		√			

How much tobacco each day? OCCASIONALLY Average daily alcohol consumption NO

Have you ever taken elicited drugs? ( )

FAMILY HISTORY: Diabetes (F) 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: 09-08-2023 **Signature of Applicant:**

PEACE LAND MEDICAL CENTRE 2775

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
√	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 DISTANT R	VISION DISTANT L	VISION NEAR R	VISION NEAR L	Colour Vision	Blood Group
178	114	36	130/70	62/mins.	L N R N	Uncorrected				N	
						Corrected	6/6	6/6			

N	A	LABORATORY AND OTHER SPECIAL INVESTIGATIONS
✓		1. Urinalysis
✓		2. Hb, Bloodcount, ESR
✓		3. LFT, RFT, RBS
		4. Drug Screen
✓		5. Lipids (40 years +)
✓		6. Sickle Cell test

N	A	
✓		7. Audiogram
		8. Lung Function
		9. Chest X-Ray
		10. ECG
		11. CVS risk for 40 yrs & above
		12. HIV, Hepatitis screening

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

Iron profile → N1 range (MOH)

↳ LSM & RFR (Diet, Exercise & diet)

ASSESSMENT:

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

Dr. Shima Seyedabdollahi Jafar
Cardiologist Specialist
MOH Lic. No. 21962

Date: 23/8/23 Name (Block Capitals): Dr. / Nurse Signature

REVIEW/CONSULTATION

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

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

Name:	NADIR MANA ABDUL GHAFOOR BAIT JABOOB	File No:	19852
Age:	34 Y Nationality : OMANI	Bill No:	25506
Gender:	MALE	Date:	8/9/2023
Ref.By:	DR : SHIMA	Time:	
GSM No.:	93338483		

Test	Result	Nomal Range
PDO MEDICAL CHECKUP :		
URINE ROUTINE ANALYSIS		
PHYSICAL		
Quantity	5 ml	5 ml
Colour	Yellow	Yellow
Sp. Gravity	1.025	
pH	Alkaline	
Appearance	Clear	
CHEMICAL		
Nitrite	Negative	Negative
Protein	Negative	Negative
Glucose	Negative	Negative
Ketones	Negative	Negative
Urobilinogen	Normal	Normal
Bilirubin	NIL	Negative
Blood	Negative	Negative
MICROSCOPIC		
PUS CELLS	1-2	2-4/ hpf
EPITHELIAL CELLS	1-2	2-4/ hpf
RBC'S	2-3	0-4/ hpf
CRYSTALS	NIL	
BACTERIA	NIL	
OTHERS	NIL	
COMPLETE BLOOD COUNT		
RBC	5.7	Male 4.38 - 4.98 10 12/l Female 4.5 - 5.5 10 12/l
HAEMOGLOBIN	13.6	Male 13 -16 gm % Female11 - 14 gm %
HCT	40.00%	Male 39.30 -44.10 % Female 37-47 %
MCV	70	84-94 ft

MCH	24	26.3-31.9 pg
		.....
		Medical Technologist
MCHC	33	29.6-35.6g/dl
WBC COUNT	11	(4.0-11.0) 10 9/l
DIFFERENTIAL COUNT		
NEUTROPHIL	77%	53-69.7 %
LYMPHOCYTE	18%	23.9-37.9 %
EOSINOPHIL	2%	1-6 %
MONOCYTE	3%	2-10 %
BASOPHIL	0%	0-1%
PLATELET	340	156-342 10 9/l
SICKLE CELL TEST	Negative	
FASTING BLOOD SUGAR	88 mg/dl	80-110 mg/dl
LIVER FUNCTION TEST		
ALKALINE PHOSPHATE	122 U/L	44-147U/L
S. BILIRUBIN TOTAL	0.9 mg/dl	O.O-2.0 mg/dl
GGT	50 mg/dl	O.O-55.0 mg/dl
S.G.OT	14 U/L	O.O-45.0 U/L
S.G.P.T	23 U/L	10-45 U/L
ALBUMIN	4.0 mg/dl	3.50-5.20 mg/dl
TOTAL PROTEIN	8.0 mg/dl	6-8.0 mg/dl
SERUM BILIRUBIN DIRECT	O.3 mg/dl	O.O-00.40 mg/dl
RENAL FUNCTION TEST		
UREA	26 mg/dl	18.0-55.0 mg/dl
S. CREATININE	0.8 mg/dl	O.70-1.30mg/dl
URIC ACID	7.0 mg/dl	3.4-7.2 mg/dl
LIPID PROFILE(CH, TG, HDL,LDL)		
Total Cholestrol	197 mg/dl	Normal < 200 mg/dl Borderline200- 239 mg/dl High > 240 mg/dl
TG	52 mg/dl	Normal < 200 mg/dl Borderline200- 250 mg/dl High > 250 mg/dl
HDL-CHOL	53 mg/dl	35.3-79 mg/dl Low Risk > 50 mg/dl Nomal Risk 35-50 mg/dl High Risk < 35 mg/dl
LDL-CHOL	127 mg/dl	<130 mg/dl

VLDL	10 mg/dl	5-40 mg/dl

.....

Medical Technologist

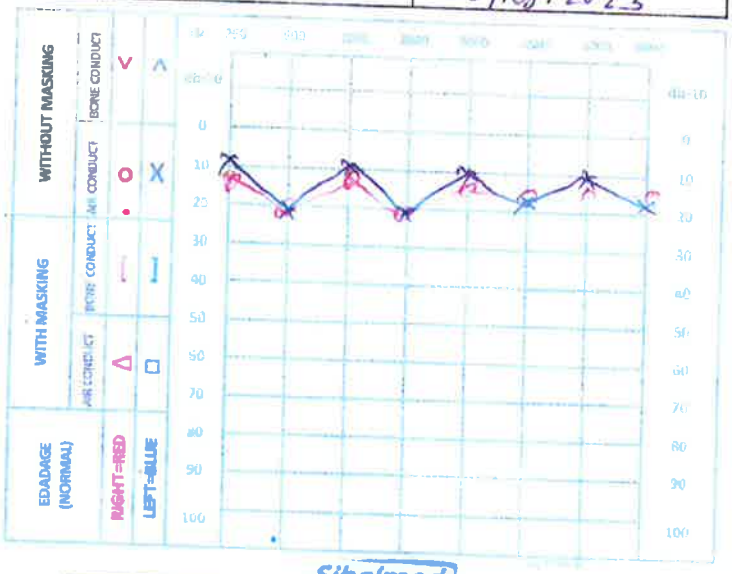
Peace Land

مركز بلاد السلام الطبي

Peace Land Medical Center

AUDIOMETRY TEST REPORT

NAME: NADIR MANA ABDUL GHAFOOR BAIT JABOUB	COMPANY: TRUCK OMAN
AGE: 13/12/1985 GENDER: M/F	OCCUPATION: OPERATION MANAGER
REF. BY:	DATE: 09/08/2023



Sibelmed

INTERPRETATION
O RIGHT EAR
X LEFT EAR

RESULT
☑ NORMAL
HEARING LOSS
☐ RIGHT
☐ LEFT

مركز بلاد السلام الطبي
PEACE LAND MEDICAL CENTER

مركز بلاد السلام الطبي

Peace Land Medical Center

Fitness for work certificate

Employee Data		Date	09/08/2023
Name	NADIR MANA BAN JAGAB	Department/Company	TRUCK OMAN
I.D No.	3137392	Occupation	OPERATION MANAGER

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			
Puling, 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 23/8/23
Name of health advisor Signature			

FIT

C.R. 1118819 PEACE LAND MEDICAL CENTER

Dr. Sayeda Abdollah Jafar
Physician Specialist
Lic. No. 21962

OP Notes

Patient: **136883 : Nadir Mana Abdul Ghafoor Bait Jaboob** Male, OMANI, 34 Year(s), Tel: 93338483

Department: General Medicine Doctor: Mohammed Jamal Taha Unit head: Karema Faik Hamed Ahmed

Vital Signs

Date	Temp.	Heart Rate	Pulse	Resp.	BP	Spo2
21/08/2023 08:05	T- 36.1		P- 66	R- 20	BP- 116/75	Spo2 - 99

Presenting Complaints

21/08/2023 08:12 Mohammed Jamal Taha - General Medicine

pt came to check his CBC as he had abnormal MCV in his last test in a private clinc on 10/8/2023

Addendum Notes

Entered by MOHAMMED JAMAL TAHA on 22/08/2023 10:29

lab review;iron profile is normal, CBC > normal Hb, platelet, slight decrease in MCV, with little elevation in WBCs for further inv

Diagnosis

Provisional: Laboratory examination

ICD

Primary: Z01.7 - Laboratory examination

Lab Investigations

Execute Date	Test Name	Released Date
21/08/23 08:12	IRON PROFILE, PANEL	21/08/23 09:12
Transferrin = 24.00 umol/L (22 - 46) IRON, SERUM = 16.20 umol/L (9 - 30) Transferrin Saturation in = 34.00 % (20 - 50) Unsaturated Iron Binding = 31.10 umol/L (22.3 - 61.7)		
21/08/23 08:12	CBC	21/08/23 08:27
WBC = ^ 13.36 10 9/L (2.2 - 10) RBC = ^ 6.57 10 12/L (4.5 - 5.8) HGB = 14.52 g/dL (11.5 - 15.5) HCT = ^ 48.73 % (35 - 45) 35 - 45 MCV = ^ 74.21 fL (78 - 96) 78 - 96 MCH = ^ 22.11 pg (26 - 33) 26 - 33 MCHC = ^ 29.79 g/dL (31 - 35) 31 - 35 PLT = 272.00 K/uL (140 - 400) 140 - 400 RDW = 13.02 %CV (11.5 - 16.5) 11.5 - 16.5 MPV = 7.71 fL (7.2 - 10.5) 7.2 - 10.5 PDW = 18.65 K/uL NEU% = 60.33 % LYM% = 30.42 % EOS% = 3.57 % BASO% = 0.76 % MONO% = 4.92 % NEU# = ^ 8.06 K/uL (1 - 5) LYM# = ^ 4.07 K/uL (1.2 - 4) 1.2 - 4 EOS# = 0.48 K/uL (.1 - .5) .1 - .5 BASO# = 0.10 K/uL (0 - .2) 0 - .2		