PEACE LAND MEDICAL CENTER

MEDICAL EXAMINATION REPORT (CONFIDENTIAL)

Appendix 32: EX1 Form (Initial Examination Report)

PLEASE COMPLETE YOUR PERSONAL DETAILS IN BLOCK CAPITALS

Surname	HASHIMI
Forenames	SAID ABDULLAH ALI AL-
Address 229784	Company Name: Trukoman
Home telephone number	99772594
Forenames:	
Country of birth: Oman	Religion: Muslim

Place of examination: Muscat Date: 6/2/2023

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

Birth date: 29/9/74 Nationality: Omani

☑ Male ☐ Female ☑ Married ☐ Single ☐ Separated /Divorced

Relationship to employee: ☐ Wife ☐ Son ☐ Daughter Number of children: 7

Reason for examination: Pre-Employment ☐ Periodic medical check-up ☑ Pre-Overseas ☐

Job: H.D.D.

Area:

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

List your last 3 jobs (1) (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		
13. Recurrent indigestion		√	33. Headaches/migraine		√	Have you ever had:-		
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? NIL. Average daily alcohol consumption NIL.

Have you ever taken elicited drugs? (NO)

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: 6/2/2023 Signature of Applicant:

PEACE LAND MEDICAL CENTER

FOR COMPLETION BY EXAMINING DOCTOR OR NURSE
Further details of medical history and recreational activities

N	A	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
176	94	30.5	140/90	86 /mins.	L R N	Uncorrected 6/6 Corrected	6/6			∞	

N	A	LABORATORY AND OTHER SPECIAL INVESTIGATIONS	N	A	
/		1. Unnalysis			7. Audiogram
/		2. Hb, Bloodcount, ESR			8. Lung Function
	/	3. LFT, RFT, FBS ↑FBS			9. Chest X-Ray
		4. Drug Screen	/		10. ECG
	/	5. Lipids (40 years +) ↑LDL, ↑TC	11-2/		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.)

Internist consultation → DM & HTN
1, L SM & RFR (↓NTI Exercise & diet)
2, Review & MFN 1m later by the internist (as above)
DM & HTN

ASSESSMENT:

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

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

FIT

Date: 13, 2, 23 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 Questionnaire for Sleep Apnoea

SAID ABDULLAH ALI ALHASHIMI
48 Y(M) «Blood» 06/02/23 08:40
0039854
75831 Bill # 0048548
PEACELAND

Date: 6/2/2023

Department/Company: Trucking

Occupation: H.D.D

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

- 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 a 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: Said (Print Name) certify that to the best of my knowledge the above information supplied by me is true and correct.

Signature: Date 6/2/23

مركز بلاد السلام الطبي
PEACE LAND MEDICAL CENTER
C.R: 1116819

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:	SAID ABDULLAH ALI ALHASHIMI	**Doc No:**	0030178
Age:	48 Y **Nationality:** OMANI	**File No:**	0039954
Gender:	M	**Bill No:**	0046548
Ref. By:	DR.SHIMA	**Date:**	07/02/2023
GSM No.:	99772594	**Time:**	10:33

Test	Result	Normal Range
TRUCK OMAN-PDO MEDICAL CHECKUP ABOVE 40 YRS		
COMPLITE BLOOD COUNT		
RBC	5.6 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	41.1 %	Male 39.30 -50.00 % Female 37 -47 %
MCV	**82 fl**	84-94 fl
MCH	**26.2 pg**	27 - 33 pg
MCHC	32.8 g/dl	29.6 - 35.6 %
WBC COUNT	7.0 x 10^9/L	4.0 - 11.0 x 10^9/L
DIFFERENTIAL COUNT		
NEUTROPHIL	64 %	40-75 %
LYMPHOCYTE	30 %	20-45 %
EOSINOPHIL	02 %	1-6 %
MONOCYTE	04 %	2-8%
BASOPHIL	00 %	0-1%
ESR	-	Male 0 - 15 mm / 1st hour Female 0 - 20 mm / 1st hour
PLATELET	**225 x 10^9/L**	150 - 450 x 10^9/L
SICKLE CELL TEST	NEGATIVE	
LIVER FUCTION TEST		
ALKALINE PHOSPHATASE	67 U/L	53 - 128 U/L
S. BILIRUBIN TOTAL	**1.0 mg/dl**	0 - 2.0 mg/dl
S.G.O.T.	**20.6 U/L**	0 - 35.0 U/L
S.G.P.T.	**26.8 U/L**	10 - 45 U/L

PEACE LAND MEDICAL CENTER

Medical Technologist

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:	SAID ABDULLAH ALI ALHASHIMI	**Doc No:**	0030178
Age:	48 Y **Nationality:** OMANI	**File No:**	0039954
Gender:	M	**Bill No:**	0046548
Ref. By:	DR.SHIMA	**Date:**	07/02/2023
GSM No.:	99772594	**Time:**	10:33

Test	Result	Normal Range
GGT	**34.0 U/L**	0 - 55.0 U/L
ALBUMIN	**4.5 g/dl**	3.50 - 5.20 g/dl
TOTAL PROTEIN	**8.0 g/dl**	6 - 8 g/dl
S. BILIRUBIN DIRECT	**0.19 mg/dl**	0.0 - 0.20 mg/dl
RENAL FUNCTION TEST		
UREA	**28.4 mg/dl**	18.0 - 55.0 mg/dl
S.CREATININE	**0.86 mg/dl**	0.70 -1.30 mg/dl
S.URIC ACID	**7.3 mg/dl**	3.5 - 7.2 mg/dl
LIPID PROFILE		
Total Cholesterol	**216 mg/dl**	0.0 - 200 mg/dl
Triglyceride	**123.6 mg/dl**	0.0 - 150 mg/dl
HDL - CHOL	**58.6 mg/dl**	35.0 - 79.0 mg/dl
LDL - CHOL	**132.7 mg/dl**	< 100 mg/dl
VLDL	**24.7 mg/dl**	2.0 - 30 mg/dl
FASTING BLOOD SUGAR	**138.4 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	Negative	
Ketones	Negative	

Medical Technologist

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:	SAID ABDULLAH ALI ALHASHIMI	**Doc No:**	0030178
Age:	48 Y **Nationality:** OMANI	**File No:**	0039954
Gender:	M	**Bill No:**	0046548
Ref. By:	DR.SHIMA	**Date:**	07/02/2023
GSM No.:	99772594	**Time:**	10:33

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

PEACE LAND MEDICAL CENTER

Medical Technologist

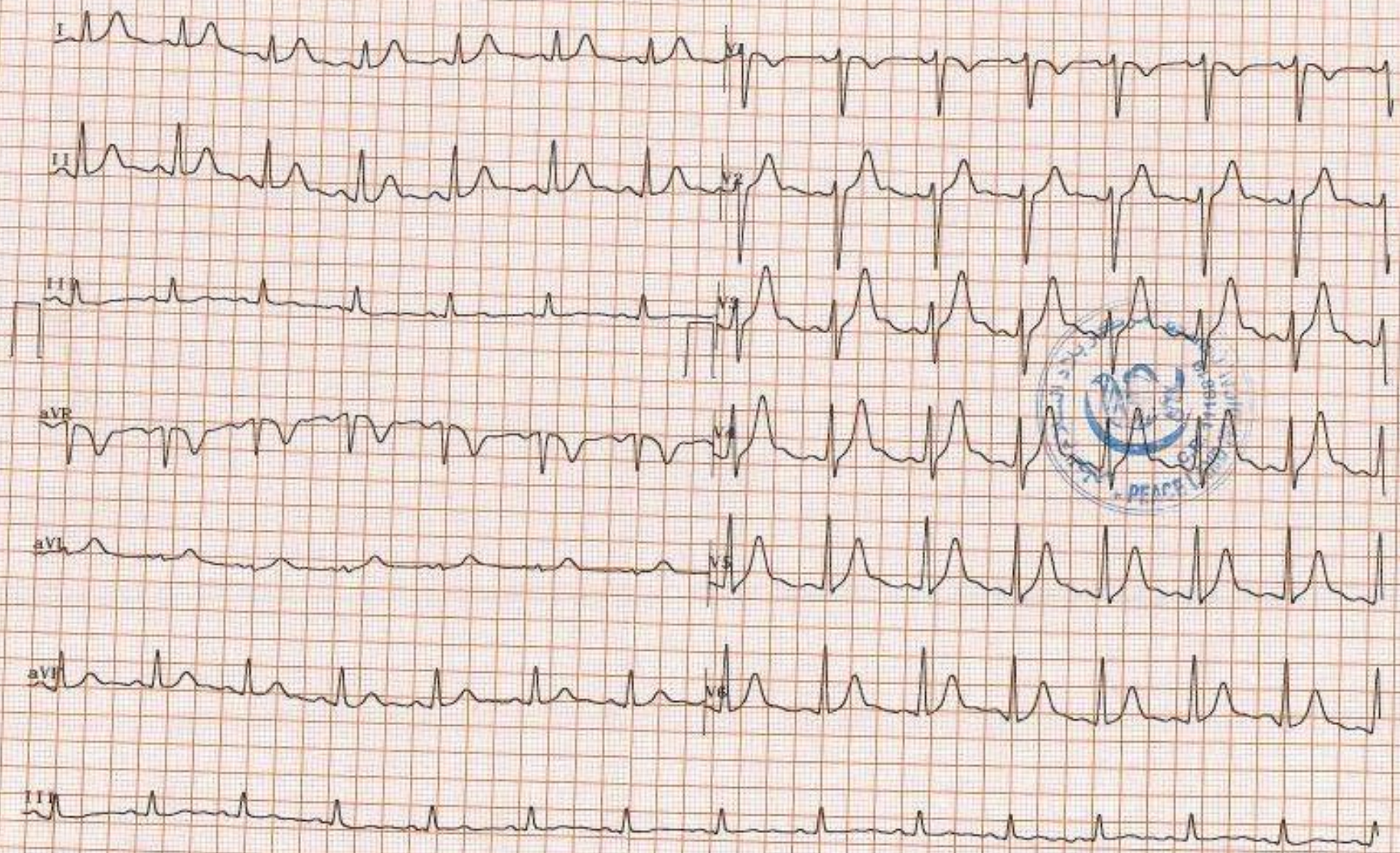
2023-02-06 12:46:57

6 Channel + 1 Rhythm Report

Hospital:
Prescribed by:

SAID ABDULLAH ALI ALHASHMI
48 Y(M) <Blank> 06/02/23 08:40
0039854
76631 Bill # 0046548
PEACELAND

Heart Rate: 86bpm ** Analysis Result ** (To be finally confirmed by cardiologist)
PR Int.: 152 ms Normal Sinus Rhythm
QRS Dur.: 96 ms Normal Axis
QT/QTc: 348/417 ms [Normal ECG]
P-R-T axes:
55 56 28



0.1Hz- 100Hz, AC50Hz, EMG. All Channels:10.0mm/mV 25.0mm/s

Results

Copy Results

Estimated 10-year Global CVD Risk

11.2%*

Risk Category

High Risk*

Estimated Vascular Age

57 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)

nmc specialty hospital,al-hail

P.O BOX : 613, Postal Code : 133
al-hail
24269222

Fitness Certificate

Empno:

Date of issue : *13/02/2023*

Ref No : *0001152/FIT/NMC/2023*

This is to certify that Mr. / Mrs. *SAID ABSULLAH ALI AL HASHIMI* with file no *50094382* and Resident card no. *2297844* was *Treated* at *NMC AL HAIL* on *13/02/2023* and will be *FIT FOR WORK* from the medical point of view starting from *13/02/2023*

DIAGNOSIS

ESSENTIAL HYPERTENSION,TYPE 2 DM

Remarks

REFERRED IN VIEW OF ELEVATED FBS AND BP RECORDING. HBA1C-6.9%. BP-139/83MMHG. ADVISED DIET AND LIFESTYLE MODIFICATION.NO NEED FOR MEDICATIONS AS OF NOW. TO REVIEW AFTER 1 MONTH FOR RECHECK. FIT TO RESUME WORK.

DR ANIL DEVARAJ

DR. ANIL GORANAHALLI DEVARAJ
Specialist
MOH Lic. No: 13119
nmc specialty hospital, Al Ghrubra

Place: *nmc specialty hospital,al-hail*

(Hospital Seal)

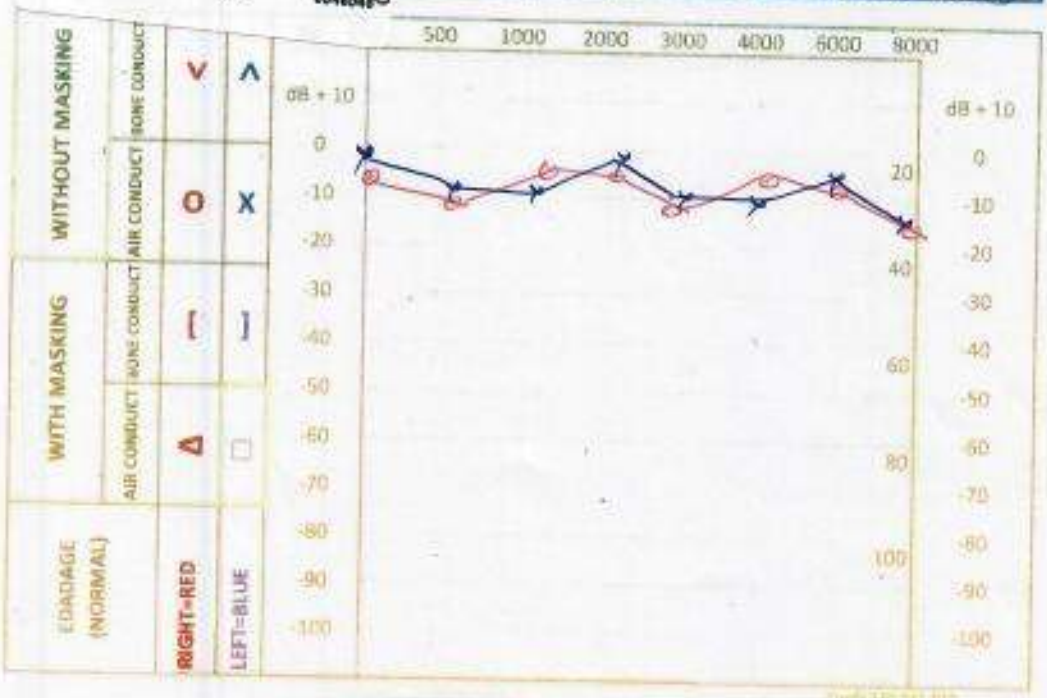
Signature

C.R. No: 1668137
Sultanate of Oman
RECEPTION
nmc specialty hospital, Al Hail

SAID ABDULLAH ALI ALHASHMI
48 Y(M) «Silent»
08/02/23 09:40
0039854
75631
Bill #
0048548

AUDIOMETRY TEST REPORT

COMPANY	Trucking
OCCUPATION	M.D.D
DATE	6/2/23



Sibelmed

INTERPRETATION
X LEFT EAR
O RIGHT EAR

RESULT
- [✓] NORMAL
- [ ] HEARING LOSS
- [ ] RIGHT
- [ ] LEFT

مركز بلاد السلام الطبي
Peace Land Medical Center
Peace Land
بلاد السلام

Fitness for work certificate

Employee Data			
Name	SAID ABDULLAH AL HASHMI	Date	13.2.23
I.D No.	2297844	Department/Company	TRUCK OMAN
		Occupation	HDO

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	FIT		
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	Dr. Shima Seyedabdollah Jafar Cardiologist Specialist MOH Lic. No. 21962	Date	13.2.23

مركز بلاد السلام الطبي
PEACE LAND MEDICAL CENTER

ص.ب ١٤٠٣ الرمز البريدي ١٣٣ : دوار العذيبة مبنى ابراج الصحوة مبنى ٢ سلطنة عمان
P.O. Box 1403, Postal Code : 133, Al Azaiba, Roundabout al Sahwa Tower, Sultanate of Oman
Tel.: 24617117 / 24617148 / 24617149 هاتف ٢٤٦١٧١١٧ / ٢٤٦١٧١٤٨ / ٢٤٦١٧١٤٩