



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 DISTANT NEAR Uncorrected Corrected	Colour Vision	Blood Group
187	81 100	28.6	115 84	70	R 7/1 L 7/1	R 6/6 L 6/6 Uncorrected Corrected	6/6 6/6	(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. 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: Name (Block Capitals): Dr. / Nurse

Signature:

REVIEW/CONSULTATION

Date: 19/3/2023 Name (Block Capitals): Dr. / Nurse

DR. SUMANT PAJANKAR
Signature

Fitness to Work Certificate for drivers

Employee Data		Date 19/03/2023	
Name Lovepreet Singh		Department/Company	
I.D No. T9487813	Age 30y	Occupation MDD	
Type of Medical Evaluation		Mark those applying ✓	
A6- HVD- Crane or forklift driving & all heavy vehicles		A7- Professional driving-light vehicles	
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			
Operate Heavy motor vehicles, forklifts or heavy machinery			
Other (Specify)			
Temporary Unfit until			
Permanently Unfit			
DR. SUMANT PAJANKAR Specialist - Respiratory Medicine MBBS, MD (Respiratory Medicine) CR No. 15434 GMC Specialty Hospital, Ayr Signature 19/3/2023 Date			





Appendix 20: (Form SQ5): Epworth Screening Quest. For Sleep Apnoea

Employee Data		Date: <u>19/03/2022</u>
Name: <u>Love preet Singh</u>		Department/Company:
I. D No. <u>T9487813</u>	Tel #	Occupation: <u>HDD</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

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

Signature: 19/03/2022 Date: 19/03/2022

Lovepreet Singh





DEPARTMENT OF LABORATORY MEDICINE

File No: 14394883
Name: LOVEPREET SINGH

Address:

Gender: M Age: 30 Y Nationality: INDIAN
GSM No.: 72036488 ID Card No.: T9487813
Ref. By: OUT PATIENT

Report No: 0876574
Sample Date: 19/03/2023 Time: 11:17
Received By:
Received Date: Time:
Report Date: 19/03/2023 Time: 12:43
Bill No: 2317130 Bill Date: 19/03/2023
Report Status: Final

INVESTIGATION	RESULT	REFERENCE RANGE
PDO Package – 1 (Up to 49 yrs)		consultation with physician Eye check up
COMPLETE BLOOD COUNT		
TOTAL WBC COUNT	8170 cells/cumm	4000-11000cells/cumm
DIFFERENTIAL COUNT		
NEUTROPHIL (%)	57 %	40-75%
LYMPHOCYTE (%)	34 %	20-45%
MONOCYTE (%)	07 %	2-8%
EOSINOPHIL (%)	02 %	1-6%
BASOPHIL (%)	00 %	0-1%
HAEMOGLOBIN	15.8 gm/dl	Male : 13-18 gm/dl Female:11-15 gm/dl children upto 1year-11.0-13.0 upto12years-11.5-14.5 Infant full term cord blood:13-19.5
RBC COUNT	5.68 million/cu	Male :4.5-6.5 million/cu Female:3.9-5.5 million/cu
PLATELET COUNT	3.38 lakh/cumm	1.5 - 4 lakhs / cumm
HEMATOCRIT	52.5 %	Male :42 - 52% Female:37- 47%
MCV	92.5 fl	76 - 96 fl
MCH	27.9 pg	27 - 33 pg
MCHC	30.1 %	32 - 36 %
SICKLE CELL	NEGATIVE	
Method : Solubility test (If Positive , Hb Electrophoresis / HPLC to be done to confirm Sick cell anaemia / Trait).		
LIVER FUNCTION TEST		
TOTAL BILIRUBIN	6.70 μ mol/L	5.0 - 21.0 μ mol/L
DIRECT BILIRUBIN	2.80 μ mol/L	Upto 5.1 μ mol/L

Verified By:

10503

Approved By:

DR SURESH VENUGOPAL

Specialist Pathologist

MOH License No: 5950

Electronically signed at: 19/03/2023 12:44:00

Lab Technologist

MOH License No: 16374

Electronically signed at: 3/19/2023 12:44:00

Printed at: 19/03/2023 1:49:10 PM

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مستشفى أن أم سي التخصصي
nmc specialty hospital

NMC Healthcare LLC

Tax Card No.: 8148163

G.R.No: 1248387, P.O.Box: 613

P.O: 133, Al Ghoubra

Governorate of Muscat

Sultanate of Oman

T: (+968) 2450 4000

F: (+968) 2450 1101

E: nmc.ghoubra@nmcoman.com



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Gender: M Age: 30 Y Nationality: INDIAN	Received Date: Time:
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Ref. By: OUT PATIENT	Bill No: 2317130 Bill Date: 19/03/2023
	Report Status: Final

INVESTIGATION	RESULT	REFERENCE RANGE
TOTAL PROTIEIN	84.50 g/L	66 - 87 g/L
ALBUMIN	51.30 g/L	35 - 50 g/L
Globulin	33.2 g/L	23-35g/L
SGOT (AST)	33.70 U/L	10-40 U/L
SGPT (ALT)	64.10 U/L	10-40 U/L
ALKPO4 (ALP)	57.00 U/L	30-120 U/L
Gamma GT (GGT)	57.40 U/L	2-30 U/L
RENAL FUNCTION TEST		
URIC ACID	357.33 µ mol/L	MALE: 200 - 430 µ mol/L FEMALE: 140 - 360 µ mol/L
CREATININE	80.0 µ mol/L	MALE: 60 - 110 µ mol/L FEMALE: 50 - 100 µ mol/L
UREA	5.06 mmol/L	2.9-8.2 mmol/L
ESTIMATED GLOMERULAR FILTRATION RATE	05	
LIPID PROFILE		
TOTAL CHOLESTEROL	5.49 mmol/L	< 5.2 mmol/L
HDL	1.13 mmol/L	MALE: > 1.0 mmol/L FEMALE: > 1.3 mmol/L
TRIGLYCERIDES	2.22 mmol/L	< 1.7 mmol/L
LDL	3.95 mmol/L	< 3.4 mmol/L
VLDL	1.01 mmol/L	< 0.77 mmol/L
FASTING BLOOD SUGAR	4.93 mmol/L	3.8-<5.6 mmol/L
URINE ROUTINE		
URINE BIOCHEMISTRY		
URINE GLUCOSE	NEGATIVE	NEGATIVE
URINE PROTEIN	NEGATIVE	NEGATIVE
URINE KETONE	NEGATIVE	NEGATIVE
URINE BILIRUBIN	NEGATIVE	NEGATIVE

Verified By:

10503

Lab Technologist

Approved By:

DR SURESH VENUGOPAL

Specialist Pathologist

MOH License No: 16374

Electronically signed at: 3/19/2023 12:44:00

MOH License No: 5950

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Ref. By: OUT PATIENT	Bill No: 2317130 Bill Date: 19/03/2023
	Report Status: Final

INVESTIGATION	RESULT	REFERENCE RANGE
NITRITE	NEGATIVE	NEGATIVE
URINE PH	7.0	<6
SPECIFIC GRAVITY	1.010	1.010-1.030
BLOOD	NEGATIVE	NEGATIVE
UROBILINOGEN	NORMAL	NORMAL
URINE MACROSCOPY		
COLOUR	PALE YELLOW	
APPEARANCE	CLEAR	
URINE MICROSCOPY		
RBC	NIL /hpf	0-3
PUSCELLS	1-2 / HPF	
EPITHELIAL CELLS	0-2 /hpf	NIL
CRYSTAL	NIL /hpf	NIL
CAST	NIL /hpf	NIL
BACTERIA	NIL	
MUCOUS THREAD	NIL	

Verified By:

10503

Lab Technologist

MOH License No: 16374

Electronically signed at: 3/19/2023 12:44:00

Approved By:

DR SURESH VENUGOPAL

Specialist Pathologist

MOH License No: 5960

Electronically signed at: 19/03/2023 12:44:00

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E: nmc.ghoubra@nmcoman.com

19-Mar-2023 13:26:12

SINUS BRADYCARDIA WITH OCCASIONAL SUPRAVENTRICULAR PREMATURE COMPLEXES
BORDERLINE ECG
INTERPRETATION BASED ON A DEFAULT AGE OF 40 YEARS

Reviewed by -----

115140000208

Cardio

Site # 102 Car1 # 0 Version 2.1.0.5 Sequence #00346 25mm/s 10mm/mV 0.05-40 Hz 7 W



Pulmonary Function Report

Subject Information

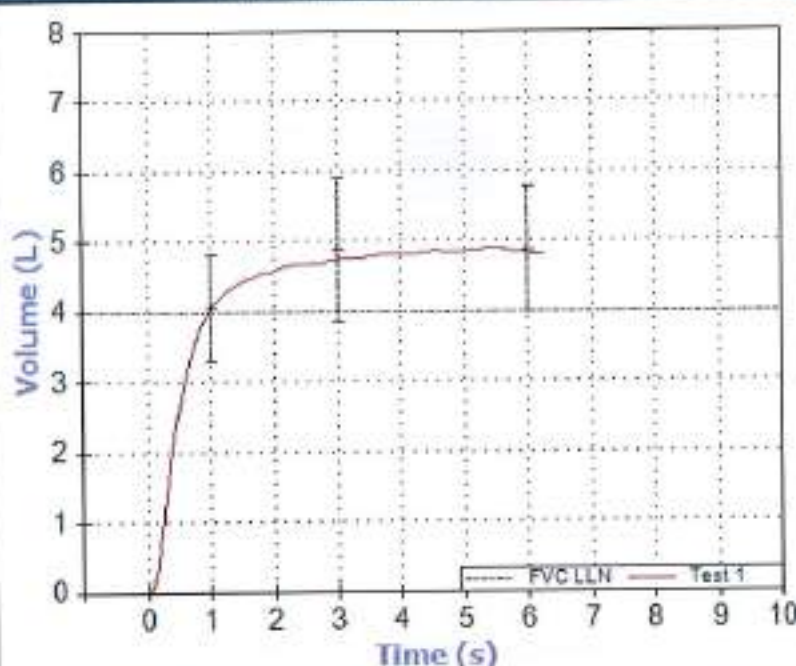
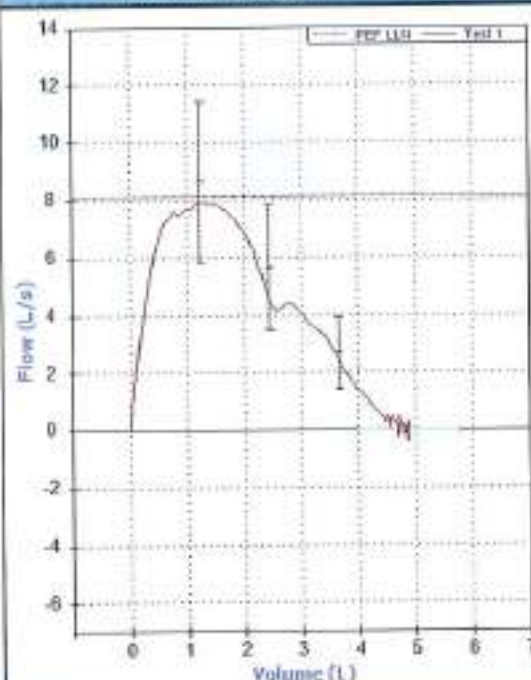
ID: 14394883 Alternate ID: Last Name: First Name: Lovepreet Singh Middle Name: Population: Asian Gender: Male Date of Birth: 01/09/1992 Age: 30 Height: 183 cm Weight: 98.0 kg BMI: 29.3 Smoking: Non Smoker

Test Session Information

Test Date: 19/03/2023 13:06 Device: ALPHA Touch Serial Number: 32165
No. of Tests: 3 Accuracy Chk: 30/05/2019 15:34 User: user
Pred. Values: ERS 93 Pred. Factor: 90% Posture: Sitting

Flow/Volume Graph

Volume/Time Graph



Results

Parameter	Pred	LLN	Best	% Pred.	Z-Score
VC (L)	5.10	4.28	4.38	86	-1.44
FVC (L)	4.88	3.98	4.90	100	0.04
FEV1 (L)	4.06	3.30	4.17	103	0.24
FEV1 Ratio	0.82	0.70	0.85	104	0.41
FEV6 (L)	4.88	3.98	4.89	100	0.02
PEF (L/min)	606	487	559	92	-0.65
FEF25-75 (L/s)	4.96	3.25	4.71	95	-0.24

Values at BTPS, *Below lower limit of normality (LLN)

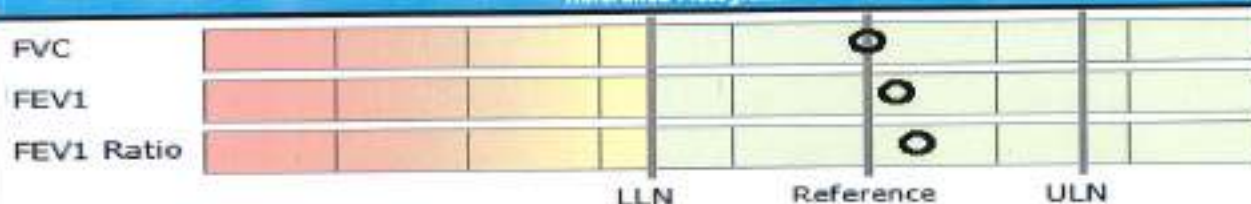
Session Quality and Repeatability Information

FVC Session Grade	FVC Rep:	FEV1 Rep:	Slow Start of test	End of test criteria not achieved	Cough detected in 1st second
A	0.01 L (0.2%)	0.10 L (2.4%)	0 blow(s)	2 blow(s)	0 blow(s)

Computer Suggested Interpretation

Computer interpretations cannot be relied upon for diagnosis. Normal ventilatory function.

Reference Pictogram



ATS