

Date: 1/8/23 Signature of Applicant: [Signature]



PEACELAND 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
171	60	20.5	140 80	66 /mins.	L N R	DISTANT Uncorrected 6/6 Corrected 6/6	NEAR 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. Sickie 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

01/08/2023

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

DR. SHAH FAISAL
General Practitioner
MOH Lic No. 22368

Signature:

SP

REVIEW/CONSULTATION

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

Signature:



مركز بلاد السلام الطبي

Peace Land Medical Center

Epworth Screening Questionnaire for Sleep Apnoea

MOHD NAWAZ ABDUL RAUF

0040278 0 22 VM 00-44 00530



79888 01/08/23 08:44

Date:

1/8/23

Department/Company:

T.O.

Occupation:

operator

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 & talking with someone

☐ Sitting quietly after lunch without alcohol

☐ 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: MOHD NAWAZ

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

Signature:

[Signature]

Date:

1/8/23





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

LAB RESULT

Name: MOHD NAWAZ ABDUL RAUF
Age: 32 Y **Nationality:** INDIAN
Gender: M
Ref. By: DR.SHAH FAISAL
GSM No.: 95225656

Doc No: 0036021
File No: 0044279
Bill No: 0053081
Date: 01/08/2023
Time: 14:44

Test	Result	Normal Range
MEDICAL CHECKUP SCHLUMBERGER SPECIFICATION		
COMPLITE BLOOD COUNT		
RBC	4.8 x 10 ¹² /L	Male 4.38 - 6.0 x 10 ¹² /L Female 4.0 - 5.2 x 10 ¹² /L
HAEMOGLOBIN	14.8 gm %	Male 13 - 17 gm % Female 11 - 14 gm %
HCT	43.0 %	Male 39.30 - 50.00 % Female 37 - 47 %
MCV	88 fl	84-94 fl
MCH	28.7 pg	27 - 33 pg
MCHC	33.4 g/dl	29.6 - 35.6 %
WBC COUNT	7.8 x 10 ⁹ /L	4.0 - 11.0 x 10 ⁹ /L
DIFFERENTIAL COUNT		
NEUTROPHIL	66 %	40-75 %
LYMPHOCYTE	27 %	20-45 %
EOSINOPHIL	03 %	1-6 %
MONOCYTE	04 %	2-8 %
BASOPHIL	00 %	0-1 %
ESR	11	Male 0 - 15 mm / 1st hour Female 0 - 20 mm / 1st hour
PLATELET	185 x 10 ⁹ /L	150 - 450 x 10 ⁹ /L
SICKLE CELL TEST	NEGATIVE	
LIVER FUCTION TEST		
ALKALINE PHOSPHATASE	74 U/L	53 - 128 U/L
S. BILIRUBIN TOTAL	0.48 mg/dl	0 - 2.0 mg/dl
S.G.O.T.	32.4 U/L	0 - 35.0 U/L
S.G.P.T.	44.0 U/L	10 - 45 U/L



Medical Technologist



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ALBUMIN	4.5 g/dl	3.50 - 5.20 g/dl
TOTAL PROTEIN	7.0 g/dl	6 - 8 g/dl
S. BILIRUBIN DIRECT	0.19 mg/dl	0.0 - 0.20 mg/dl
RENAL FUNCTION TEST		
UREA	33.9 mg/dl	18.0 - 55.0 mg/dl
S. CREATININE	0.82 mg/dl	0.70 - 1.30 mg/dl
S. URIC ACID	5.1 mg/dl	3.5 - 7.2 mg/dl
LIPID PROFILE		
Total Cholesterol	151 mg/dl	0.0 - 200 mg/dl
Triglyceride	70.0 mg/dl	0.0 - 150 mg/dl
HDL - CHOL	55.4 mg/dl	35.0 - 79.0 mg/dl
LDL - CHOL	81.6 mg/dl	< 100 mg/dl
VLDL	14.0 mg/dl	2.0 - 30 mg/dl
FASTING BLOOD SUGAR	85.2 mg/dl	74 - 100 mg/dl
URINE ROUTINE ANALYSIS		
PHYSICAL		
Quantity	5 ml	
Colour	Yellow	
Sp. Gravity	1.015	
pH	Acidic	
Appearance	Clear	
CHEMICAL		
Nitrite	Negative	
Protein	Negative	
Glucose	Negative	
Ketones	Negative	
Urobilinogen	Normal	



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Test	Result	Normal Range
Bilirubin	Negative	
Blood	Negative	
MICROSCOPIC		
PUS CELLS	1-2	
EPITHELIAL CELLS	0-1	
RBC'S	0-1	
CASTS	NIL	
CRYSTALS	NIL	
BACTERIA	NIL	
OTHERS	NIL	
STOOL ROUTINE ANALYSIS		
PHYSICAL		
Colour	Brownnish	
Consistency	Soft	
Reaction	Alkaline	
Mucus	NIL	
MICROSCOPIC		
Ova:	NIL	
Cyst:	NIL	
Pus Cells:	1-2 Cells/hpf	
RBCs	0-1 Cells/hpf	
Others	NIL	
Bacteria	NIL	
DRUG TESTING		
AMPHETAMINES(AMP)	NEGATIVE	
MORPHINE(MOP)	NEGATIVE	
COCAINE(COC)	NEGATIVE	
PHENCYCLIDINE(PCP)	NEGATIVE	



Medical Technologists



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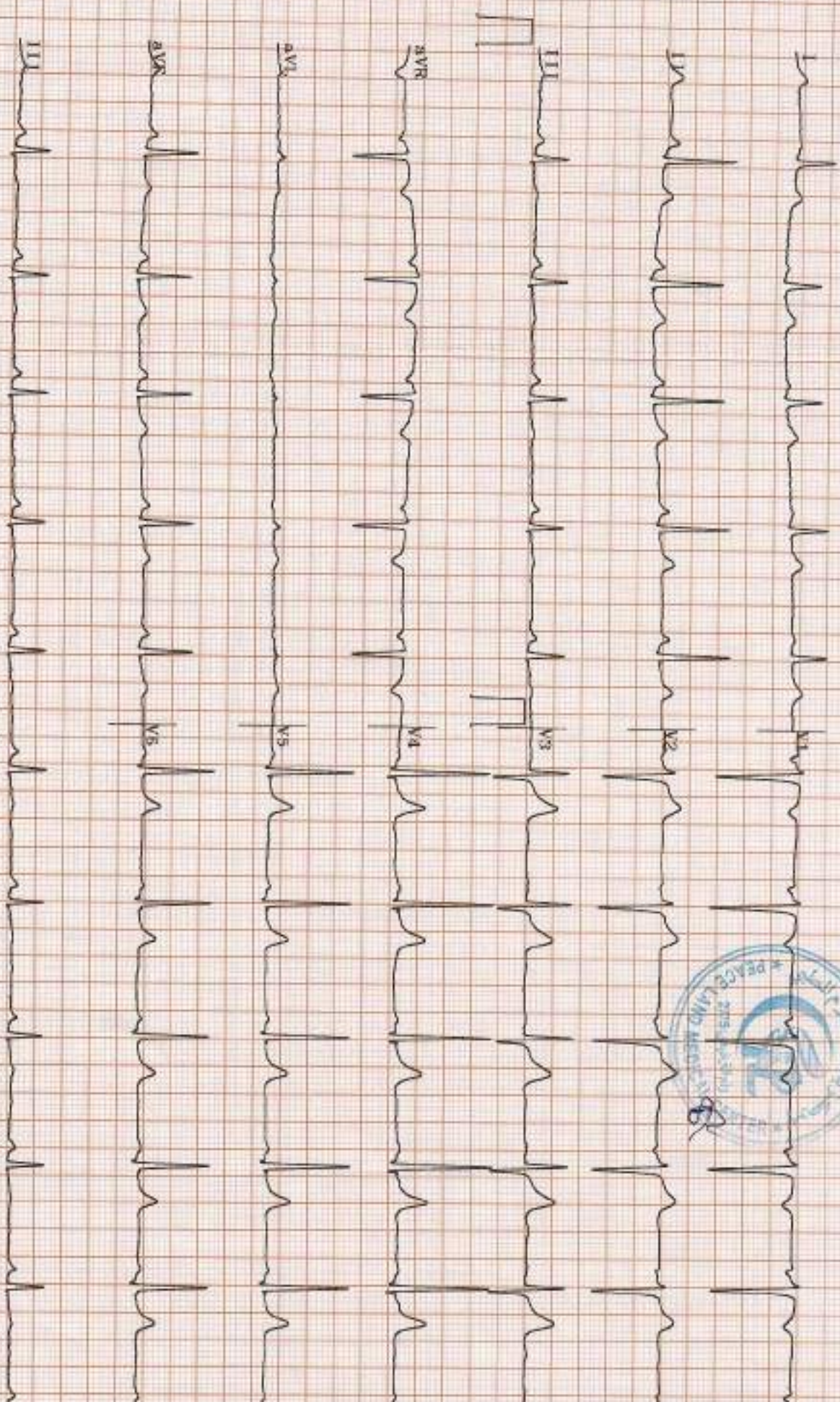
Test	Result	Normal Range
METHAMPHETAMINE(MET)	NEGATIVE	
TRAMADOL(TRA)	NEGATIVE	
BARBITURATES(BAR)	NEGATIVE	
BENZODIAZEPINES(BZO)	NEGATIVE	
MEDTHODONE(MED)	NEGATIVE	
TRICYCLIC ANTIDEPRESSANTS	NEGATIVE	
MARIJUANA(THC)	NEGATIVE	



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Medical Technologist

Heart Rate: 65bpm $\approx$ Analysis Result $\approx$ (To be finally confirmed by cardiologist)
 PR Int.: 130 ms Normal Sinus Rhythm
 QRS Dur.: 90 ms Normal Axis
 QT/QTc: 402/414 ms LAE(Left Atrial Enlargement)
 P-R-T axes: [Moderately Abnormal ECG]

73 58 43





مركز بلاد السلام الطبي

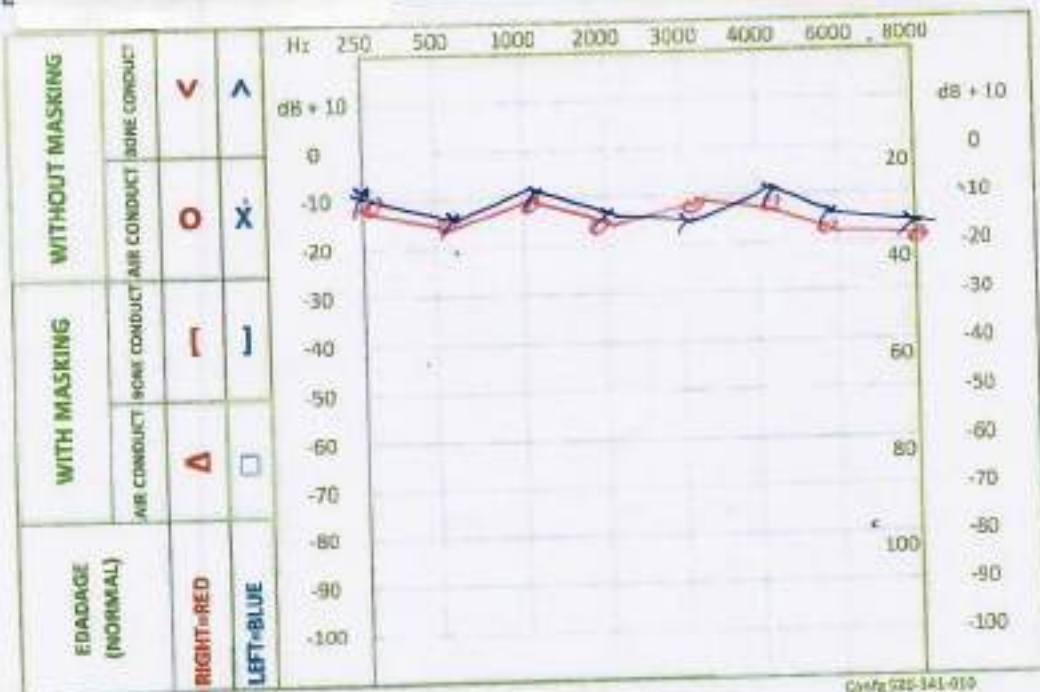
Peace Land Medical Center

MOHD NAWAZ ABUL RAUF
0042270 # 32 YRS MS-7w Bt 00630

audiometry 01/03/23 09:44

audiometry TEST REPORT

COMPANY	T.O.
OCCUPATION	operator
DATE	11/8/23



Sibelmed

INTERPRETATION

X LEFT EAR

O RIGHT EAR

RESULT

☒ NORMAL

☐ HEARING LOSS

☐ RIGHT

☐ LEFT



Patient Id	Patient Name	Age/Sex	Procedure Date	Referring Dr
110881605	MOHD NAWAZ ABDUL RAUF	032Y/M	01-08-2023	

DIGITAL X-RAY CHEST PA VIEW**FINDINGS:**

Trachea and mediastinum in midline.

Both lung fields show normal bronchovascular markings.

Cardiothoracic ratio is within normal limits.

Both cardiophrenic and costophrenic angles are free.

Both domes of diaphragm are normally placed.

Bony ribcage and soft tissue structures appear normal.

IMPRESSION:

- NO ABNORMALITIES DETECTED



X ray - Lumbar Spine AP/ LATERAL Views

OBSERVATIONS

Lumbar lordosis is lost.

Vertebral bodies and intervertebral disc spaces appear normal.

Posterior elements appear normal.

Para spinal soft tissues are unremarkable.

IMPRESSION:-

Straightening of lumbar spine – *likely spasmodic.*

X ray - Lumbar Spine AP/ LATERAL Views

OBSERVATIONS

Lumbar lordosis is lost.

Vertebral bodies and intervertebral disc spaces appear normal.

Posterior elements appear normal.

Para spinal soft tissues are unremarkable.

IMPRESSION:-

Straightening of lumbar spine – *likely spasmodic.*





Dr. NIDA ASLAM
MBBS, DMRD
Specialist Radiology
MOH License # 20761

Dr. Nida Aslam
MBBS, DMRD
Specialist Radiology
MOH License # 20761





مركز بلاد السلام الطبي

Peace Land Medical Center

Fitness for work certificate

Employee Data		MOHD NAWAZ ABDUL RAUF # 0014279 8 33 YRS 01/05/23 08:44		00530	
Name		Date 01-08-2023			
I.D No.		Department/Company TRUCKOMAN			
Type of Medical Evali		Occupation Operator			
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				Date 01-08-2023	
Permanently Unfit				80	
Name of health advisor Signature		DR. SHAH FAISAL General Practitioner MOH Lic No. 22368			