



Al Nile Hospital

مستشفى النيل

Patient Name: BAKHAT SHER ALI
File No: 25019344
Age: 37y 10m 21d
Gender: Male
Nationality: Pakistan

PLEASE COMPLETE YOUR PERSONAL DETAILS IN BLOCK CAPITALS		Surname/Forenames: SHER ALI BAKHAT	
Nationality: PAKISTAN		Reference Indicator:	
Mobile No: 95741847	Home/Leave Address:	Company Number:	
Personal Details			
A ☒ Male ☐ Female		☒ Married ☐ Single ☐ Separated / Divorced / Widow(er)	
Home/Leave Address:		Relationship to employee: ☐ Wife ☐ Son ☐ Daughter	
Reason for Examination (tick as appropriate)		No. of children: 3	
Periodic Medical Examination ☒		Final / Retirement ☐ Other Reason ☐	
Employee only			
B Present Job and Location: MECHANIC, ADAM		Next Job and Location:	
Are you a registered person with special needs? ☐		Do you belong to any Medical Insurance Scheme? ☐	
Previous Medical History: All important medical events should be listed and dated at every medical examination. To be completed together with the interviewing Nurses or Doctor who will be able to help by referring to your notes.			
Please answer the following questions and tick 'N' (no) or 'Y' (yes) in the column. If 'Y' please describe			
	N	Y	Description
Have you, since your last medical been treated by your family doctor or specialist for significant (major) ailments?	☒		
1 Ear, nose, eye or throat problems	☒		
2 Chest problems like asthma, bronchitis, other bad cough	☒		
3 Heart abnormality, chest pains	☒		
4 Abdominal pains, abnormal bowel motions	☒		
5 Urogenital problems (kidney disease, menstrual disorder)	☒		
6 Skin trouble or allergies	☒		
7 Epileptic fits, dizzy spells or migraine	☒		
8 History of mental illness, depression anxiety	☒		
9 Diabetes, thyroid disease	☒		
10 Blood disorder e.g., anaemia, blood cancer e.g., leukaemia	☒		
11 Any history of accidents or fractures	☒		
12 Have you had any serious allergies	☒		
13 Do any dependants have a significant ongoing illness?	☒		
14 Any family history of cancers	☒		
Do you take any regular medicines, or have you taken in the past?	☒		
Do you smoke? If yes, what and how much each day?	☒		3-4 cigarettes in one week
Do you drink alcohol? If yes, what is your average weekly intake?	☒		one weekly
Have you ever taken illicit/recreational drugs?	☒		
Are you doing regular sports or physical activities?	☒		
STATEMENT I have read the above questions and the above answers are correct and no information concerning my present or past state of health has been withheld. I understand and agree that this form will be held as a confidential record by the concerned medical institute and may be copied (by paper or secure electronic transmission) to PDO the Occupational Health Services for the purpose of Health Surveillance and other Occupational Health review.			
Date: 02/11/25	Signature of Applicant:		





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FOR COMPLETION BY EXAMINING DOCTOR

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 Hemal Orifices
 - 8 Anus & Rectum
 - 9 Genito-urinary
 - 10 Extremities
 - 11 Musculo-skeletal
 - 12 Skin & Varicose Vns.
 - 13 C.N.S.

HEIGHT
cm
191

WEIGHT
kg
95

BMI
26.04

B.P.
133/94

PULSE
69 /mins.

HEARING
L Normal
R Normal

VISION
Uncorrected
Corrected

DISTANT
R L
6/6 6/6

NEAR
R L
6/6 6/6

N A

- 1 Urinalysis
- 2 Hb. Blood count, ESR
- 3 LFT, RFT, RBS
- 4 Drug Screen
- 5 Lipids (40 years +)
- 6 Sickie Cell test

LABORATORY AND OTHER SPECIAL INVESTIGATIONS

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.)

PLP referral for internal consultat.

ASSESSMENT AND RECOMMENDATIONS:

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

Date: 22/11/2021
Name (Block Capitals): Dr. Ali Chahake
REVIEW/CONSULTATION

Signature: Ali Chahake

Date:

Name (Block Capitals): Dr.

Signature:



Employee Data	DATE: 22/11/2025
NAME: BAKHAT SHER ALI	Company: TRUCK OMAN
ID No: 83929275	Occupation: MECHANIC

The Epworth Sleepiness Scale

How likely are you to doze off or fall asleep in the following situations? You should rate your chances of dozing off, not just feeling tired. Even if you have not done some of these things recently try to determine how they would have affected you. For each situation, decide whether or not you would have:

- No chance of dozing = 0
- Slight chance of dozing = 1
- Moderate chance of dozing = 2
- High chance of dozing = 3

Write down the number corresponding to your choice in the right-hand column. Total your score below.

Situation	Chance of Dozing
Sitting and reading	• 0
Watching TV	• 0
Sitting inactive in a public place (e.g., a theater or a meeting)	• 0
As a passenger in a car for an hour without a break	• 0
Lying down to rest in the afternoon when circumstances permit	• 0
Sitting and talking to someone	• 0
Sitting quietly after a lunch without alcohol	• 0
In a car, while stopped for a few minutes in traffic	• 0

Total Score =

0

Analyze Your Score

Interpretation:

- 0-7: It is unlikely that you are abnormally sleepy.
- 8-9: You have an average amount of daytime sleepiness.
- 10-15: You may be excessively sleepy depending on the situation. You may want to consider seeking medical attention.
- 16-24: You are excessively sleepy and should consider seeking medical attention.

Reference: Johns MW. A new method for measuring daytime sleepiness: The Epworth Sleepiness Scale.

Patient Name: BAKHAT SHER ALI
File No: 25019344
Age: 37y 10m 21d
Gender: Male
Nationality: Pakistan



Fitness to Work Certificate

Employee Data		Date	22/11/2025
Last Name SHER ALI		First Name	BAKHAT
I.D No. 83929275	Age 37y	Occupation	MECHANIC
Type of Medical Evaluation			
		Mark those applying	
A1 Aircraft refueling		A6 Emergency response team work	
A2 Breathing apparatus		A7 Professional driving	
A3 Business traveler		A8 Remote location work	
A4 Catering and food preparation		A9 Transfers- group A country	
A5 Crane or forklift driving		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 their fitness to work status for the above tasks is as follows

Fit with no restrictions	☒	FIT
Fit with following restrictions	☐	
The employee is fit for above work but should avoid the following tasks		
Work near moving machinery or sharp edges	☐	Operate motor vehicles, forklifts or heavy machinery
Working at height	☐	Use a respirator
Pull push carry weight over Kg	☐	Repetitive twisting of valves or wrenches
Ascend/descend ladders or stairs	☐	Flying
Other(Specify)		
These restrictions are permanent		
These restrictions are temporary until (date)		
Temporary Unfit until (date)		
Permanently Unfit		
Date 22/11/2025	Signature	Print Name



SULTANATE OF OMAN

رِسَالَةُ عُومَانِ

**بطان
مقيم**

**RESIDENT
CARD**

CIVIL NUMBER
83929275

EXPIRY DATE
10/05/2025

DATE OF BIRTH
01/01/1968

الرقم المدني
أربع الألف و
أربع المئاة
سكان الميلاد
بأكسدان
الإسم محمد شمر علي
المهنة عامل شحن وتفريغ
عمل بوزارة الخارجية كمساعد لوزير الخارجية في ٢٢

RESIDENT
CARD

CIVIL NUMBER
EXPIRY DATE
DATE OF BIRTH

١٠٠٠
 ١٠٠٠
 ١٠٠٠
 ١٠٠٠

پاکستان

الاسم: محمد بن علي
اللقب: عامل شحون والقرع
عبد بنون من الميناء شركة

[illegible]

U.S. DEPARTMENT OF AGRICULTURE
WASHINGTON, D.C. 20250

CLASS

INTELLIGENCE

NAME SAHIT SHERALI

RADICALITY PAKISTANI

تصميم رخصة قيادة المركبات
من الرخصة
والإشارات

اللب پاکستان

IDOMN83929275<1<<<<<<<<<<<<<<<
8801018M2605100PAK<<<<<<<<<<<<<<<
BAKHT<SHER<ALI<<<<<<<<<<<<<<<



Al Nile Hospital
مستشفى النيل

Patient Name: BAKHAT SHER ALI
File No: 25019344
Age: 37y 10m 22d
Gender: Male
Nationality: Pakistan

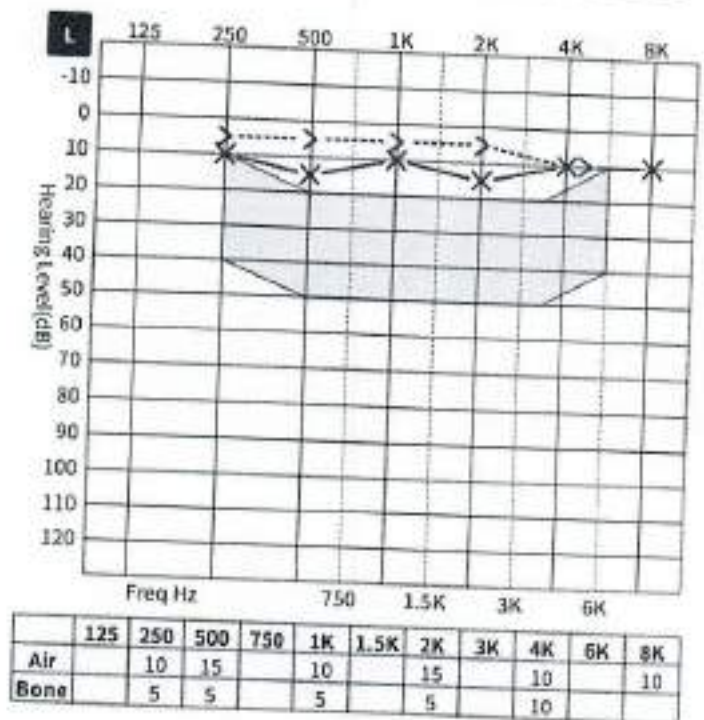
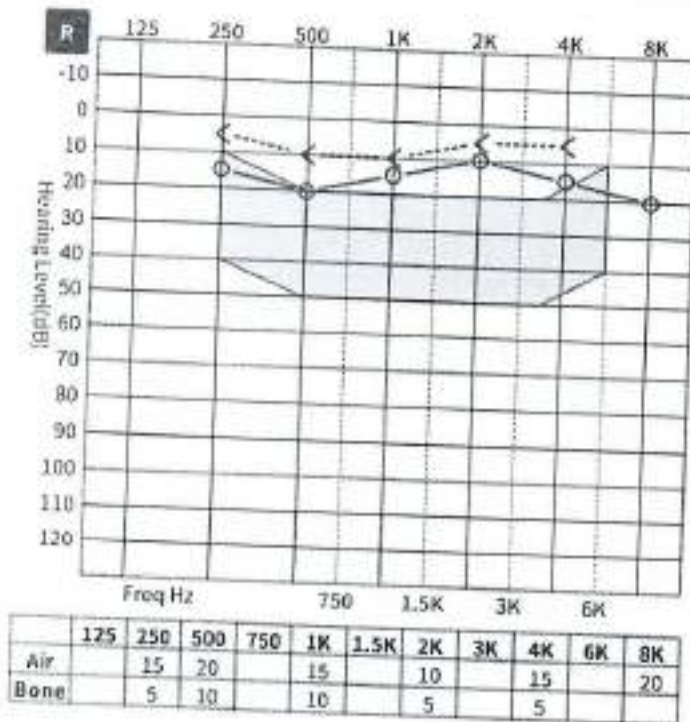
PTA Test Report

ID:25019344

Gender:Male

Name:BHAKATH SHER ALI

Age:37Y



Test Result: NORMAL HEARING SENSITIVITY WITHIN NORMAL LIMITS IN BOTH EARS.



Test Date:2025-11-21 22:54

Printing Date:2025-11-21 22:54

Examiner: _____



Ainile Medical Complex مجمع النيل الطبي

P.O.BOX:300, POSTAL CODE - 611 NIZWA, SULTANATE OF OMAN C.R.NO.1128642
PH : 25426665, 25426228 \ WHATSAPP:94146648
Instagram:https://www.instagram.com/ainile_medical

Lab Report

Patient Name:	BAKHAT SHERALI	Date:	22/11/2025 10:42:09
File No:	25019344	Sid No:	Bill#52520
Payer Name:		Collection Date & Time:	22/11/2025 10:15:14
Insurance Card No:	--	Received Date & Time:	22/11/2025 10:42:09
Doctor:	Dr. Ali Mohammed Ghassab	Reported Date & Time:	22/11/2025 11:18:11
Billing Time:	22/11/2025 10:06:32	Id Card No:	83929275
	Mobile: 95741847		

Test Name	Result	Biological Reference
ESR(AUTOMATED)	4.0 mm/hr	< 15.0
Complete Blood Count		
Haemoglobin	15.1 mg/dl	13.0 - 18.0
Total leucocyte count	7,590.0 Cells/Cumm	3,999.0 - 11,000.0
Differential count		
Neutrophil	56.4 %	40.0 - 75.0
Lymphocytes	31.0 %	15.0 - 45.0
Eosinophils	7.3 %	1.0 - 6.0
Monocyte	5.1 %	2.0 - 8.0
Basophils	0.2 %	< 10.0
Packed cell volum	45.9 %	< 54.0
RBC count	5.01 millions/mm	4.5 - 5.5
MCV	91.6 fl	81.8 - 95.5
MCH	30.1 pg	27.0 - 32.3
MCHC	32.9 g/dl	32.4 - 35.0
Platelet count	265,000.0 Cumm	150,000.0 - 450,000.0
RDW-CV	12.5 %	11.0 - 16.0
RDW-SD	41.6 fl	35.0 - 56.0
URINE ANALYSIS		
Color	Yellow	-
Transparency	Clear	-
Specific Gravity	1.01	-
PH	Alkaline	-
Glucose	NIL	-
Acetone	NIL	-
Bilirubin	NIL	-
Blood	NIL	-
Urobilinogen	NIL	-
Protein	NIL	-
Nitrate	NIL	-
Leukocyte	NIL	-
Pus cells	1-2	-
Erythrocytes	0-2	-



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Test Name	Result	Biological Reference
Squamous Epithelial Cell	Few	-
Crystal	NIL	-
Cast	NIL	-
Bacteria	NIL	-
Others	NIL	-
UREA	19.2 mg/dl	-
CREATININE	1.01 mg/dl	15.0-45.0
URIC ACID	7.92 mg/dl	0.7-1.4
ALKALINE PHOSPHATASE	27.3 U/L	3.4-7.0
TOTAL PROTEIN	7.1 g/dl	35.0-104.0
HDL CHOLESTEROL	26.4 mg/dl	6.6-8.7
TRIGLYCERIDE	451.0 mg/dl	40.0-60.0
CHOLESTEROL	203.0 mg/dl	40.0-160.0
BILIRUBIN TOTAL	0.422 mg/dl	<200.0
SGOT	27.3 U/L	<1.1
SGPT	39.7 U/L	<40.0
BLOOD SUGAR FASTING	5.3 mmol/m	<41.0
		3.3-6.1

2025-11-22 11:30:54
End of Report



Technician: Hajar Mohammed
Hussin Mousa
License No: 9245



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PH : 25426665, 25426228 \ WHATSAPP:94146648
Instagram:https://www.instagram.com/alnile_medical

Lab Report

Patient Name:	BAKHAT SHER ALI		Date:	22/11/2025 13:40:52
File No:	25019344	Age/Gender: 37y 10m 21d / M	Sid No:	811#52608
Payer Name:			Collection Date & Time:	22/11/2025 13:40:27
Insurance Card No:	--		Received Date & Time:	22/11/2025 13:40:52
Doctor:	Dr. Bassem Ali Al Ratei		Reported Date & Time:	22/11/2025 14:03:29
Billing Time:	22/11/2025 13:37:31	Mobile: 95741847	Id Card No.:	83929275

Test Name	Result	Biological Reference
TSH	2.11 mIU/ml	0.27 - 4.2

2025-11-22 14:15:03

****End of Report****



Technician: Hajar Mohammed
Hussin Mousa
License No: 9245



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Medical Report

Patient Name: BAKHAT SHER ALI	Date: 22/11/2025 13:37:29
File No: 25019344	Age/Gender: 37y 10m 21d / M
Nationality: Pakistan	
Payer Name: --	Doctor: Dr. Bassel Ali Al Ratel
Insurance Card No:	ID Card No: 83929275
Phone: 95741847	

Chief Complaints:-

hypertriglyceridemia.

Patient History:-

the patient was referred by the PDO company for evaluation of hypertriglyceridemia TG= 451mg/dl, discovered during evaluation for a contract renewal, the patient is a tire mechanic By history taking the patient is completely asymptomatic and denies any relevant past medical history. He takes no regular-basis medications, Physical examination: RESP and CVS are WNL, ABD: soft nontender His TSH is normal

Radiology Report:-

Assessment: - The patient has severe hypertriglyceridemia. - Should focus on eating low-fat-low carbohydrate diet. - Exercise is Reemphasized. - First step is to start on lipid lowering therapy and Omega 3. - Re-evaluation has been scheduled after three months. - The patient is fit to work without restrictions knowing that he is adherent to his medication.

Investigations:-

No.	Internal Code	Name
1		TSH

Dr. Bassel Ali Al Ratel

Licence Number : 19770

2025-11-22 14:14:52

End of Report



AL NILE HOSPITAL

2025-11-22 13:23:00

Name : BAKHAT SHER ALI

Sex : Male Age : 37

Section: DR ALI

RoomID:

BedID:

ID:

Operator: subitha

Patient Name: BAKHAT SHER ALI
File No: 25019344
Age: 37y 10m 21d
Gender: Male
Nationality: Pakistan

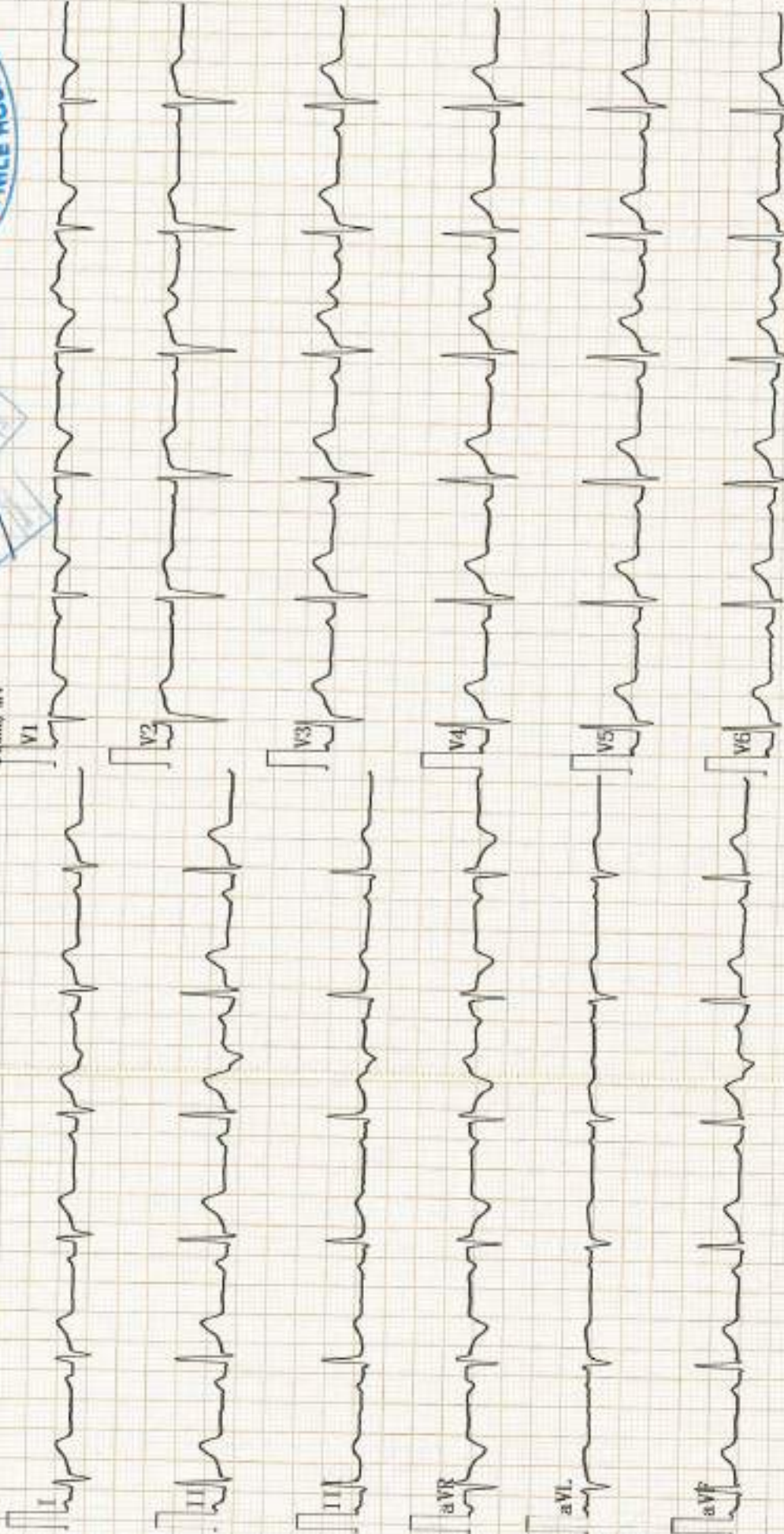
<< Conclusions >>

Data for reference only:

HR	bpm	: 71
PR Interval	ms	: 189
P Duration	ms	: 108
QRS Duration	ms	: 73
T Duration	ms	: 189
QT/QTc	ms	: 355/385
P/QRS/T Axis	deg	: 61.7/90.6/53.5
R(V5)/S(V1)	mV	: 0.99/0.56
R(V5)+S(V1)	mV	: 1.55

AUTO 10mm/mV

10mm/mV



Normal Sinus Rhythm;
Longitudinal Right axis deviation
Report need physician confirm

Physician:

