

Medical Fitness Certificate

Name : Mr. NADEEM ABBAS
Age : 43Y/M
ID Number : 73317559
Date of medical Examination: 13/12/2025
Examining physician : DR. BASSIL ALI

Assessment Result

The certificate is valid for 2 years from the date of medical examination
Fitness classifications:

FIT

- Fit to work without restrictions
- Fit work with restrictions
- Unfit to work temporarily or definitely

Restrictions list:

- R1: Unfit to work offshore, on marine vessels and in remote locations.
R2: Unfit for Lifting and strenuous efforts.
R3: Unfit to work in certain countries, check with geo market health advisor.
R4: Unfit to work in jobs requiring precise color vision.
R5: Unfit to work in job with high level of noise.
R6: Unfit to work in high risk of malaria countries.
R7: Unfit to work in extreme heat.
R8: Unfit to work in extreme cold.
R9: Contact Geo market health advisor/international medical coordinator - there exist specific restriction.
R10: Unfit to work for a temporarily of time until further notice.
R11: Unfit to work in jobs requiring good visual acuity (eg: driving company vehicle).
R12: Fit only for defined period of time (1, 3 or 6 months) and must be reassessed and fitness redefined.
R13: Unfit to drive company vehicle.
R14: Unfit to fly long haul flights.
R15: Unfit to work in heights and confined spaces.

COMMENTS

Severe hypercholesterolemia
- lifestyle, exercise and Diet have been emphasized
- Review after 3 months.

Examining physician stamp and signature


Dr. BASSEL ALI ALRATHEL
Medical Director and Consulting Specialist
Internal Medicine and Infectious Diseases
Latter: 13/12/2025



CONFIDENTIAL MEDICAL TO BE COMPLETED BY THE EMPLOYEE

Med - check History form		Name:	NADEEM ABBAS	
		GIN:		
Place of examination	Date	Mobile:	92136280	
	13/12/2025			
Age: 43 Y	Nationality: PAKISTANI	Blood Group	AB POSITIVE	
☒ Male ☐ Female	☒ Married ☐ Single ☐ Separated / Divorced	Number Of Children: 2		
Do You Have You Had: (Tick "Yes" or "No" column or put a (?) if uncertain exclude minor ailments.)				
	Y	N		Y
1-SINUS TROUBLE		☒	21- CANCER	☒
2- NECK SWELLING / GLANDS		☒	22- HEART DISEASE	☒
3-DIFFICULTY IN VISION		☒	23- RHEUMATIC FEVER	☒
4- ANY EAR DISCHARGE		☒	24- ABNORMAL HEARTBEAT	☒
5-ASHMA / BRONCHITIS		☒	25- HIGH BLOOD PRESSURE	☒
6- HAYFEVER / OTHER SIGNIFICANT ALLERGY		☒	26- STROKE	☒
7-ANY SKIN TROUBLE		☒	27- SERIOUS CHEST PAIN	☒
8- TUBERCULOSIS		☒	28-ANY BLOOD DISEASE	☒
9- SHORTNESS OF BREATH		☒	29- KIDNEY DISEASE	☒
10- COUGHED / VOMITED BLOOD		☒	30- BLOOD IN URINE	☒
11- SEVERE ABDOMINAL PAIN		☒	31- DIABETES	☒
12- STOMACH ULCER		☒	32-HEADACHES / MIGRAINE	☒
13-RECURRENT INDIGESTION		☒	33-DIZZINESS / FAINTING	☒
14-JAUNDICE OR HEPATITIS		☒	34- EPILEPSY	☒
15- GALL BLADDER DISEASE		☒	35- JOINTS / SPINAL TROUBLE	☒
16- MARKED CHANGE IN BOWEL HABITS		☒	36-SURGICAL OPERATION	☒
17- BLOOD IN STOOLS (MOTIONS)		☒	37-SERIOUS ACCIDENT / FRACTURE	☒
18- MARKED CHANGE IN WEIGHT		☒	38- TROPICAL DISEASE	☒
19- VARICOSE VEINS		☒	39- FEAR OF HEIGHTS	☒
20- LUMP IN BREAST / ARMPIT		☒		
HOW MUCH TOBACCO EACH DAY?	NIL		AVERAGE DAILY ALCOHOL CONSUMPTION	NIL
HAVE YOU EVER TAKEN EUCITED DRUGS ? ()				
FAMILY HISTORY: DIABETES () TUBERCULOSIS () EPILEPSY () ASTHMA () ECZEMA () HEART DISEASE () HIGH BLOOD PRESSURE () STROKE () BLOOD DISEASE () CANCER () NIL				
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 COMPANYS DOCTORS, AND THE DETAILS SENT TO THEM BY THE EXAMINING DOCTOR.				
DATE: 13/12/2025				
SIGNATURE OF APPLICANT: NADEEM ABBAS				



VISUAL FIELDS:	Normal		COLOR VISION:	Normal	
SPEECH:	Normal		SHISPER TEST:	Normal	
NEAR VISION RIGHT EYE:	Normal		NEAR VISION LEFT EYE:	Normal	
DISTANT VISION LEFT EYE:	Normal		DISTANT VISION RIHT EYE:	Normal	
HEIGHT: 173.0 cm	WEIGHT: 94.0 kg	BMI: 31.4	BP: 130/80 mmHg	PULSE: 66 /min	
BODY SYSTEM / ORGAN	N	A	ABNORMALITY IF ANY		
EYES AND PUPILS	✓				
EAR/ NOSE/ THROAT	✓				
TEETH AND MOUTH	✓				
LUNGS AND CHEST	✓				
CARDIOVASCULAR	✓				
ABDOMEN	✓				
HERNIAL ORIFICES	✓				
ANUS AND RECTUM	✓				
GENITO - URINARY	✓				
EXTREMITIES	✓				
MUSCULOSKELETAL	✓				
SKIN / VARICOSE VIENS	✓				
NEUROLOGICAL	✓				
MENTAL FITNESS	✓				
BREAST	✓				

CONFIDENTIAL MEDICAL

TO BE COMPLETED BY THE EXAMINING PHYSICIAN

NAME: <u>NADEEM ABBAS</u>	AGE: <u>43y</u>	SEX: <u>M</u>	COMPANY: <u>TRUCK OMAN</u>	GIN:
---------------------------	-----------------	---------------	----------------------------	------

PAST MEDICAL HISTORY		BLOOD GROUP	
ALLERGIES:			
VACCINATION		DATE OF INITIAL INJECTION	
HEPATITIS A			BOOSTER DUE DATE
HEPATITIS B			
TYPHOID FEVER			
INFLUENZA			
AUDIOGRAM: <u>N</u>		TESTS RESULTS	
DSU 5 PANEL			

ECG	<u>N</u>
CHEST X-RAY	<u>N</u>

BLOOD INVESTIGATIONS					
RBCS	<u>N</u>	4.20-6.30*10 ⁶ /UL	SGOT	<u>N</u>	MALE:10-50 FEMALE:10-35U/L
WBCS	<u>N</u>	4.0-11.0*10 ³ /UL	SGPT	<u>N</u>	MALE:UP TO 41 FEMALE:10-35U/L
NEUTRO	<u>N</u>	37-72%	GGT	<u>N</u>	0-50U/L
EOSINO	<u>N</u>	0-6%	FBS:	<u>N</u>	60-120 MG/DL
BAO	<u>N</u>	0-1%	CHOLESTEROL	<u>287</u>	UP TO 200 MG/DL
LYMPHO	<u>N</u>	10-58%	HDL	<u>52</u>	20-60 MG/DL
MONO	<u>N</u>	0-14%	LDL	<u>212</u>	UP TO 130 MG/DL
HEMATOCRIT	<u>N</u>	37-51%	TRIGLYCERIDES	<u>N</u>	35-175 MG/DL
HEMOGLOBIN	<u>N</u>	MALE:13.5-18.0 FEMALE:11.5-16.0G/DL	CREATININE	<u>N</u>	MALE:0.7-1.2 MG/DL FEMALE:0.5-0.9MG/DL
ESR	<u>N</u>	MALE: 0-10 MM/HR FEMALE: 0-20 MM/HR	URIC ACID	<u>N</u>	MALE:3.6-7.7 MG/DL FEMALE:2.5-6.8 MG/DL

URINE ANALYSIS			
BLOOD	<u>N</u>	SUGAR	<u>N</u>
ALBUMIN	<u>N</u>	OTHERS	<u>N</u>
STOOL ANALYSIS			
PARASITES	<u>N</u>	BLOOD	<u>N</u>

COMMENTS	<u>high risk hypercholesterolemia</u> <u>need Cardiologist / 2M evaluation</u>
EXAMINING PHYSICIAN	



سلطنة عمان
SULTANATE OF OMAN

RESIDENT
CARD

73317559

11/12/2025

15/03/1982

Hussein Abbas

Hussein

الرقم الوطني
تاريخ الميلاد
تاريخ الميلاد
مكان الميلاد
الاسم
الجنسية
محل الميلاد





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/alnile_medical

Lab Report

Patient Name: NADEEM ABBAS

File No: 25020583

Payer Name:

Insurance Card No: --

Doctor: Dr. Ali Mohammad Ghassah

Billing Time: 13/12/2025 09:06:41

Age/Gender: 43y 8m 28d / M

Mobile: 92136280

Date: 13/12/2025 09:37:53

Sid No: Bill#56745

Collection Date & Time: 13/12/2025 09:37:50

Received Date & Time: 13/12/2025 09:37:53

Reported Date & Time: 13/12/2025 09:40:35

Id Card No: 73317559

Test Name	Result	Biological Reference
BLOOD GROUP	AB	-
RH Typing	POSITIVE	-
ESR(AUTOMATED)	12.0 mm/hr	< 15.0
Complete Blood Count		
Haemoglobin	14.2 mg/dl	13.0 - 18.0
Total leucocyte count	7,880.0 Cells /Cumm	3,999.0 - 11,000.0
Differential count		
Neutrophil	51.6 %	40.0 - 75.0
Lymphocytes	39.8 %	15.0 - 45.0
Eosinophils	1.8 %	1.0 - 6.0
Monocyte	6.5 %	2.0 - 8.0
Basophils	0.2 %	< 10.0
Packed cell volum	44.5 %	< 54.0
RBC count	4.93 millions/mm	4.5 - 5.5
MCV	90.2 fl	81.8 - 95.5
MCH	28.8 pg	27.0 - 32.3
MCHC	31.9 g/dl	32.4 - 35.0
Platelet count	158,000.0 Cumm	150,000.0 - 450,000.0
RDW-CV	12.6 %	11.0 - 16.0
RDW-SD	41.7 fl	35.0 - 56.0
BLOOD SUGAR FASTING	5.3 mmol/m	3.3 - 6.1
CHOLESTEROL	287.4 mg/dl	< 200.0
HDL CHOLESTEROL	52.1 mg/dl	40.0 - 60.0
LDL CHOLESTEROL	212.9 mg/dl	< 150.0
TRIGLYCERIDE	112.0 mg/dl	40.0 - 160.0
URIC ACID	6.1 mg/dl	3.4 - 7.0
CREATININE	1.11 mg/dl	0.7 - 1.4
SGPT	31.1 U/L	< 41.0
SGOT	24.7 U/L	< 40.0
Gamma-Glutamyltransferase (GGT)	24.0 U/L	5.0 - 63.0
URINE ANALYSIS		
Color	Pale Yellow	
Transparency	Clear	





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/alnile_medical

Test Name	Result	Biological Reference
Specific Gravity	1.01	-
PH	Alkaline	-
Glucose	NIL	-
Acetone	NIL	-
Bilirubin	NIL	-
Blood	NIL	-
Urobilinogen	NIL	-
Protein	NIL	-
Nitrate	NIL	-
Leukocyte	NIL	-
Pus cells	1-3	-
Erythrocytes	1-2	-
Squamous Epithelial Cell	Few	-
Crystal	NIL	-
Cast	NIL	-
Bacteria	NIL	-
Others	NIL	-
Physical		
Color	Brownish	-
Consistency	Semi Formed	-
Occult Blood		-
Microscopic		
Pus Cells	1-2	-
RBC Cells	1-2	-
E-Hisolytica	NIL	-
E-Coli	NIL	-
Giardia Lamblia	NIL	-
Taenia Saginata	NIL	-
Taenia Solium	NIL	-
Schistosoma Haematobium	NIL	-
Ascaris Lumbricoides	NIL	-
Trichis Trichiura	NIL	-
Ancylostoma Duodenals	NIL	-
Others	NIL	-

2025-12-13 11:12:07
End of Report





Al Nile
Medical Complex
مجمع النيل الطبي

Patient Name: NADEEM ABBAS
File No: 25020583
Age: 43y 8m 28d
Gender: Male
Nationality: Pakistan

P.O.BOX:300, POSTAL CODE - 611 NIZWA, SULTANATE OF OMAN C.R.NO.1148844
PH : 25426665, 25426228 \ WHATSAPP:94146648
Instagram:https://www.instagram.com/alnile_medical

Lab Report

Patient Name:	NADEEM ABBAS	Date:	13/12/2025 12:40:03
File No:	25020583	Age/Gender: 43y 8m 28d / M	Slid No:
Payer Name:		Collection Date & Time:	13/12/2025 12:40:00
Insurance Card No:	--	Received Date & Time:	13/12/2025 12:40:03
Doctor:	Dr. Bassel Ali Al Ratei	Reported Date & Time:	13/12/2025 13:09:38
Billing Time:	13/12/2025 12:22:11	Id Card No:	73317559
	Mobils: 92136280		

Test Name	Result	Biological Reference
TSH	2.49 mIU/ml	0.27-4.2

2025-12-13 13:10:26

End of Report

Technician: Hajar Mohammed
Hussain Mousa
License No: 9245





Al Nile
Medical Complex
مجمع النيل الطبي

Patient Name: NADEEM ABBAS
File No: 25020583
Age: 43y 8m 28d
Gender: Male
Nationality: Pakistan

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/alnile_medical

Medical Report

Patient Name: NADEEM ABBAS	Date: 13/12/2025 12:22:08
File No: 25020583	Age/Gender: 43y 8m 28d / M
Payer Name: --	Nationality: Pakistan
Insurance Card No:	Doctor: Dr. Bassel Ali Al Ratei
ID Card No: 73317559	Phone: 92136280

Vitals:-

Temperature	BP (SBP/DBP)	Pulse Rate	Respiratory Rate	Weight	Height	SpO2	RBS	Pain Level	Abdominal Circumference	Head Circumference	CVP	Body Mass Index
36.1° C	130/80 mmHG	67 bpm	0 bpm	94.0 kg	173.0 cm	05P02	5.6	0	0.0	0.0		31.407665

Chief Complaints:-

hypercholesterolemia

Patient History:-

The patient was referred by their general practitioner for evaluation of hypercholesterolemia TC= 284mg/dl, LDL=212mg/dl. The patient is undergoing evaluation for contract renewal with SLB Company and is employed as a driver. Regarding symptoms, the patient denies visual disturbances, chest pain, palpitations, polyuria, polydipsia, or urinary issues. Past medical history is unremarkable. Family history is noncontributory. The patient is a nonsmoker, does not consume alcohol, and moderately consumes caffeine. Dietary habits reveal overconsumption of carbohydrates and sugary drinks. Physical examination reveals respiratory and cardiovascular systems within normal limits. Abdomen is soft and non-tender. The patient is overweight.

Radiology Report:-

TSH= 2.4

Management Plan:-

Assessment: The patient has a very high primary hypercholesterolemia which requires high dose statin initiation. - Diet lifestyle modification and weight reduction has been emphasized. - Reevaluation Re-evaluation visit has been scheduled after 3 months. - The patient is deemed fit to resume his job as a forklift driver.

Investigations:-

No.	Internal Code	Name
1		TSH

Prescriptions:-

No.	MOH Code	Medicine	Dosage	Duration	Remarks
1		ZYROSA 20MG TAB 28,5		30 Days	





Al Nile
Medical Complex
مجمع النيل الطبي

Patient Name: NADEEN ABBAS
File No: 25020583
Age: 43y 8m 28d
Gender: Male
Nationality: Pakistan

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/alnile_medical

Dr. Bassel Ali Al Ratel

Licence Number : 19770

2025-12-13 13:17:02

End of Report





Patient Name: NADEEM ABBAS
Prof. Dr. Dear Colleague
Date: 11 December 2025
Examination: CHEST X-RAY (PA VIEW)

REPORT

- Both lung fields are clear with no obvious focal or diffuse parenchymal or interstitial lesion.
- Borderline cardio-thoracic ratio.
- Normal appearance of Aortic & both bronchovascular shadows.
- No obvious hilar or mediastinal mass lesion.
- Costo-phrenic & cardio-phrenic pleural angles are free.
- Bony framework & soft tissue shadows are within normal limits.

MUCH OBLIGED,
Dr. Nesreen Ghazy
Lic.No: 26650



Framingham Risk Score

Results

 Copy Results

Estimated 10-year Global CVD Risk

7.9%

Risk Category

Low Risk

Estimated Vascular Age

51 Years

Treatment Guidelines

ATP-III (2004)

Treatment Targets

LDL <160 mg/dL (<4.14 mmol/L)

Non-HDL <190 mg/dL (<4.93 mmol/L)

CCS (2009)

Initiate Pharmacotherapy if

LDL >5 mmol/L (>193 mg/dL)

TChol/HDL-C >6 mmol/L (>231 mg/dL)

Treatment Targets

≥50 % decrease in LDL-C

ESC (2007, see Info for more)

Treatment Targets

LDL <3 mmol/L (<120 mg/dL)

TChol <5 mmol/L (<194 mg/dL)

Created by  QxMD





Al Nile Hospital
مستشفى النيل

Patient Name: NADEEM ABBAS
File No: 25020583
Age: 43y 8m 28d
Gender: Male
Nationality: Pakistan

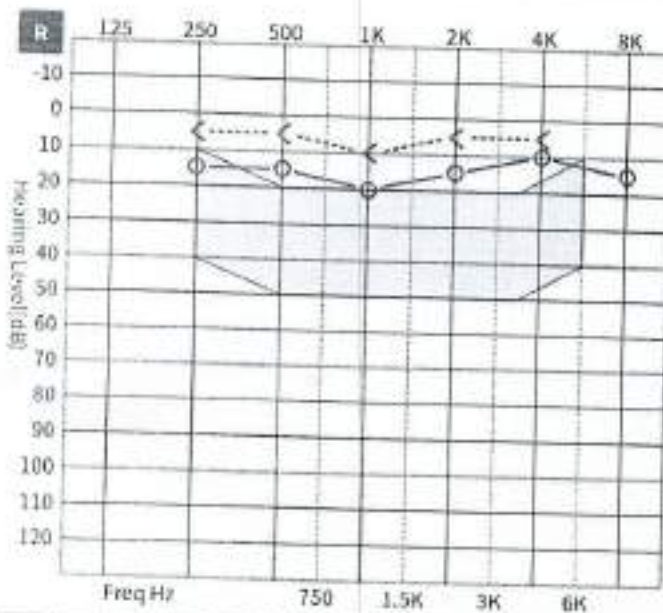
PTA Test Report

ID:25020583

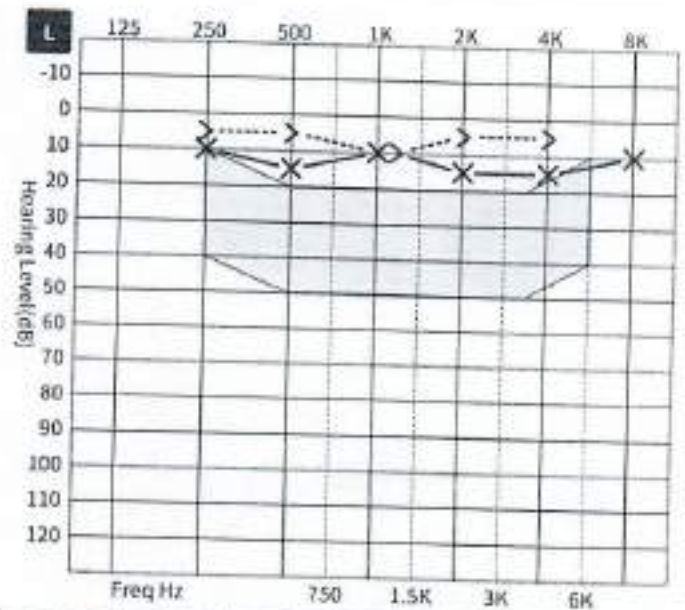
Gender: Male

Name: NADEEM ABBAS

Age: 43Y



	125	250	500	750	1K	1.5K	2K	3K	4K	6K	8K
Air		15	15		20		15		10		15
Bone		5	5		10		5		5		



	125	250	500	750	1K	1.5K	2K	3K	4K	6K	8K
Air		10	15		10		15		15		10
Bone		5	5		10		5		5		

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



Test Date: 2025-12-12 22:19

Printing Date: 2025-12-12 23:24

Examiner: _____

AL NILE HOSPITAL

2025-12-13 10:00:52

Name : NADEEM ABBAS

Sex : Male Age : 43

Section: DR. ALI

RoomID:

BedID:

ID: 25020583

Operator: ANU MATHEW

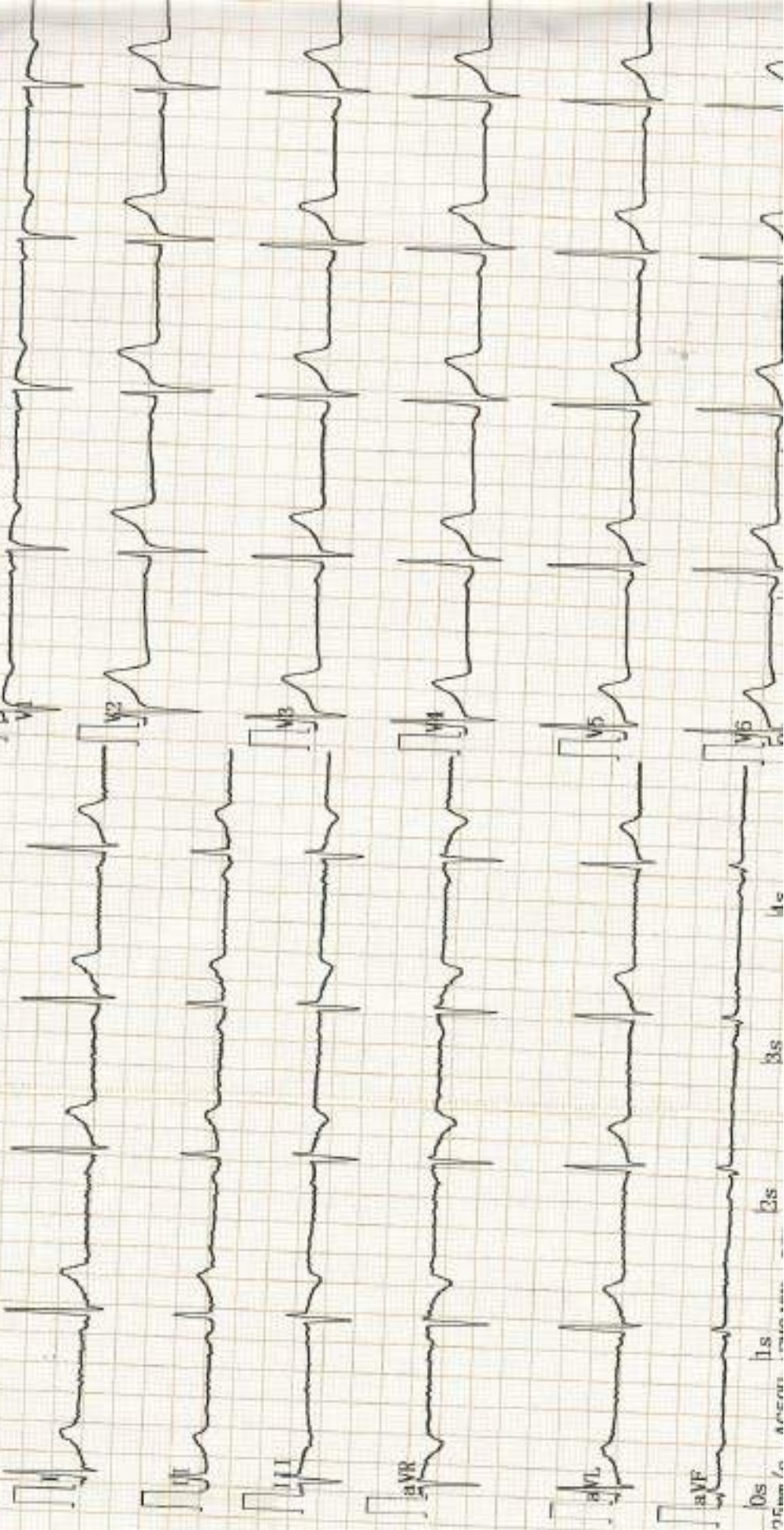
Data for reference only:

HR : 57
PR Interval : 181
P Duration : 120
QRS Duration : 70
T Duration : 179
QT/QTc : 369/361
P/QRS/T Axis : 16.8/7.6/5.6
R (V5) /S (V1) : 1.45/0.92
R (V5) +S (V1) : 2.37

AUTO 10mm/mV

10mm/mV

Physician:



<< Conclusions >>

Sinus mode Bradycardia,
Longitudinal left axis deviation,
possible old inferior MI.

Report need physician confirm

Patient Name: NADEEM ABBAS
File No: 25020583
Age: 37y 8m 28d
Gender: Male
Nationality: Pakistan

