



Al Nile Hospital

مستشفى النيل

Patient Name: GURPREET SINGH
SINGH
File No: 25021401
Age: 43y 8m 6d
Gender: Male
Nationality: India

Surname/Forenames: MR. GURPREET SINGH

Nationality: INDIA

PLEASE COMPLETE YOUR PERSONAL DETAILS IN BLOCK CAPITALS

Mobile No. 94139850

Home/Leave Address: INDIA

Company Number:

Reference Indicator:

Personal Details

A ☒ Male ☐ Female

☒ Married ☐ Single ☐ Separated / Divorced / Widow(er)

Home/Leave Address:

Relationship to employee

☐ Wife ☐ Son ☐ Daughter

No. of children: 2

Reason for Examination (tick as appropriate)

Periodic Medical Examination ☒

Final / Retirement ☐

Other Reason ☐

Employee only

B Present Job and Location:

NIZWA

Next Job and Location:

Driver

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?	☒		Hypertension - father and wife
14 Any family history of cancers	☒		
Do you take any regular medicines, or have you taken in the past?	☒		Hypertension
Do you smoke? If yes, what and how much each day?	☒		
Do you drink alcohol? If yes, what is your average weekly intake?	☒		
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: 28/12/25

Signature of Applicant:

Gurpreet Singh





Al Nile
Hospital
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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	
N	A	2. E.N.T.	
N	A	3. Teeth & Mouth	
N	A	4. Lungs & Chest	
N	A	5. Cardiovascular System	
N	A	6. Abdo. Viscera	
N	A	7. Hemal Orifices	
N	A	8. Anus & Rectum	
N	A	9. Genito-urinary	
N	A	10. Extremities	
N	A	11. Musculo-skeletal	
N	A	12. Skin & Varicose Vns.	
N	A	13. C.N.S.	
HEIGHT cm	WEIGHT kg	BMI	B.P.
160cm	65kg	25.3	170/110
PULSE	HEARING	VISION	
70mins.	L N R N	DISTANT R L NEAR R L	
		Uncorrected Corrected	6/6 6/6 6/6 6/6
N	A	LABORATORY AND OTHER SPECIAL INVESTIGATIONS	
N	A	1. Urinalysis	7. Audiogram
N	A	2. Hb, Blood count, ESR	8. Lung Function
A	A	3. LFT, RFT, RBS	9. Chest X-Ray
	A	4. Drug Screen	10. ECG
A	A	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.)

For Cardia Consultation - uncontrolled BP.

ASSESSMENT AND RECOMMENDATIONS:

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

Date: 28/12/2025 Name (Block Capitals): Dr.

Ali Chasrah

Signature:

REVIEW/CONSULTATION

Date:

Name (Block Capitals): Dr.

Signature





Employee Data	DATE 28/12/25
NAME: MR. GURPREET SINGH	Company: TRUCKOMAN
ID No. 87567811	Occupation: DRIVER

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	• 2
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: GURPREET SINGH
SINGH
File No: 25021401
Age: 43y 8m 6d
Gender: Male
Nationality: India



Fitness to Work Certificate

Employee Data		Date	28/12/25
Last Name SINGH		First Name GURPREET	
I.D No. 87567811	Age 43y	Occupation DRIVER	
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

Fit with no restrictions ☒

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 28/12/2025	Signature	Print Name	

Handwritten signature and stamp of the Health Advisor.




 سلطانة عُمان
 SULTANATE OF OMAN
 RESIDENT
 CARD
 87567811
 25/01/2025
 22/04/1982
 رقم الهوية
 تاريخ الإنتهاء
 تاريخ الميلاد
 مكان الميلاد
 الاسم: جود بركات محمد بن
 المعلقة: مائل وائل (المرأة)
 محل صدور: عمان - شرطة عمان السلطانية

25/01/2025
 22/04/1982
 87567811
 820428M2012611N3
 GURP...KINGH...SINGH...



Al Nile Hospital
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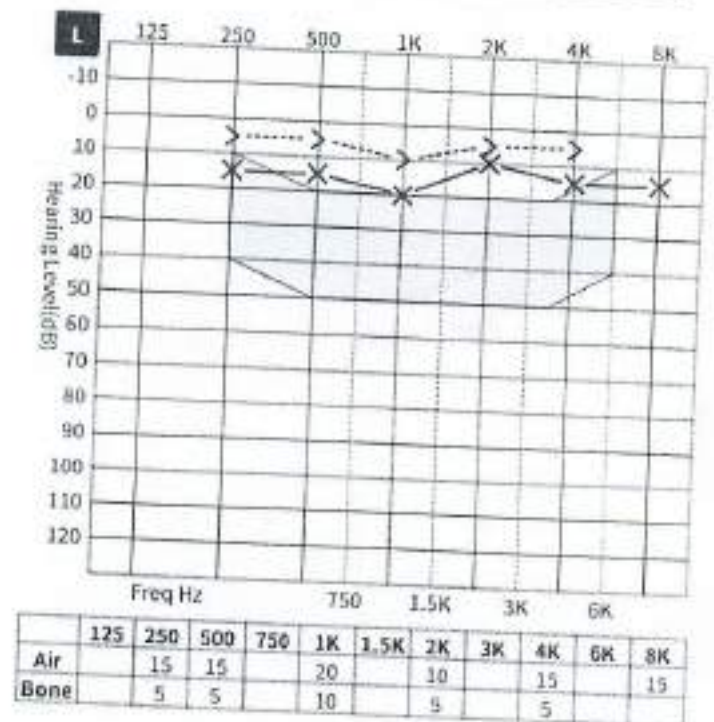
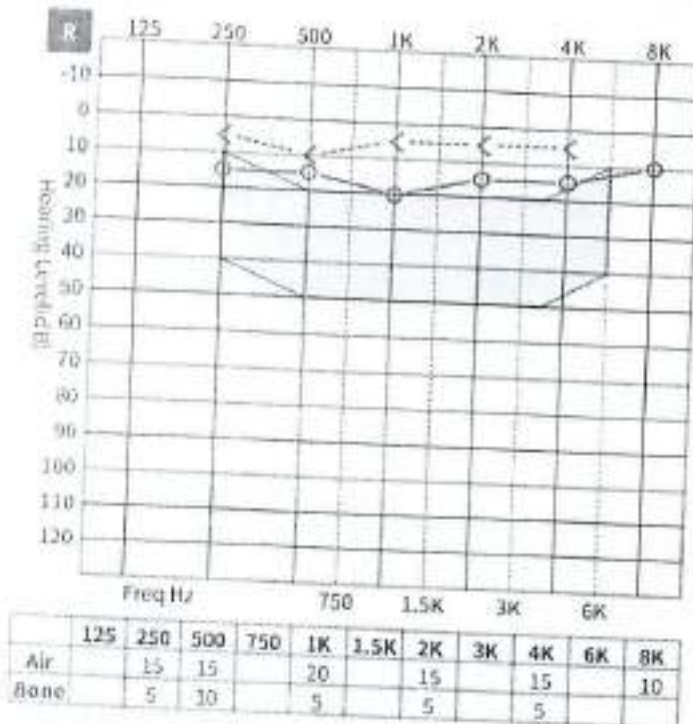
PTA Test Report

ID: 25021401

Gender: Male

Name: GURPREET SINGH

Age: 43Y



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



Test Date: 2025-12-27 21:23

Printing Date: 2025-12-27 21:23

Examiner: _____



Estimated 10-year Global CVD Risk

11.2%

Risk Category

Moderate Risk

Estimated Vascular Age

57 Years

Treatment Guidelines

ATP-III (2004)

Treatment Targets

LDL <130 mg/dL (<3.37 mmol/L)

Non-HDL <160 mg/dL (<4.14 mmol/L)

CCS (2009)

Initiate Pharmacotherapy if

LDL >3.5 mmol/L (>135 mg/dL)

TChol/HDL-C >5 mmol/L (>193 mg/dL)

hsCRP >2 mg/L in men >50 years and
women >60 years

FHx and moderate risk hsCRP

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

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

AL NILE HOSPITAL

2025-12-28 09:50:06

Name : GURPREET SINGH

Sex : Male Age : 43

Section: DR. ALI

RoomID: _____

BedID: _____

ID: _____

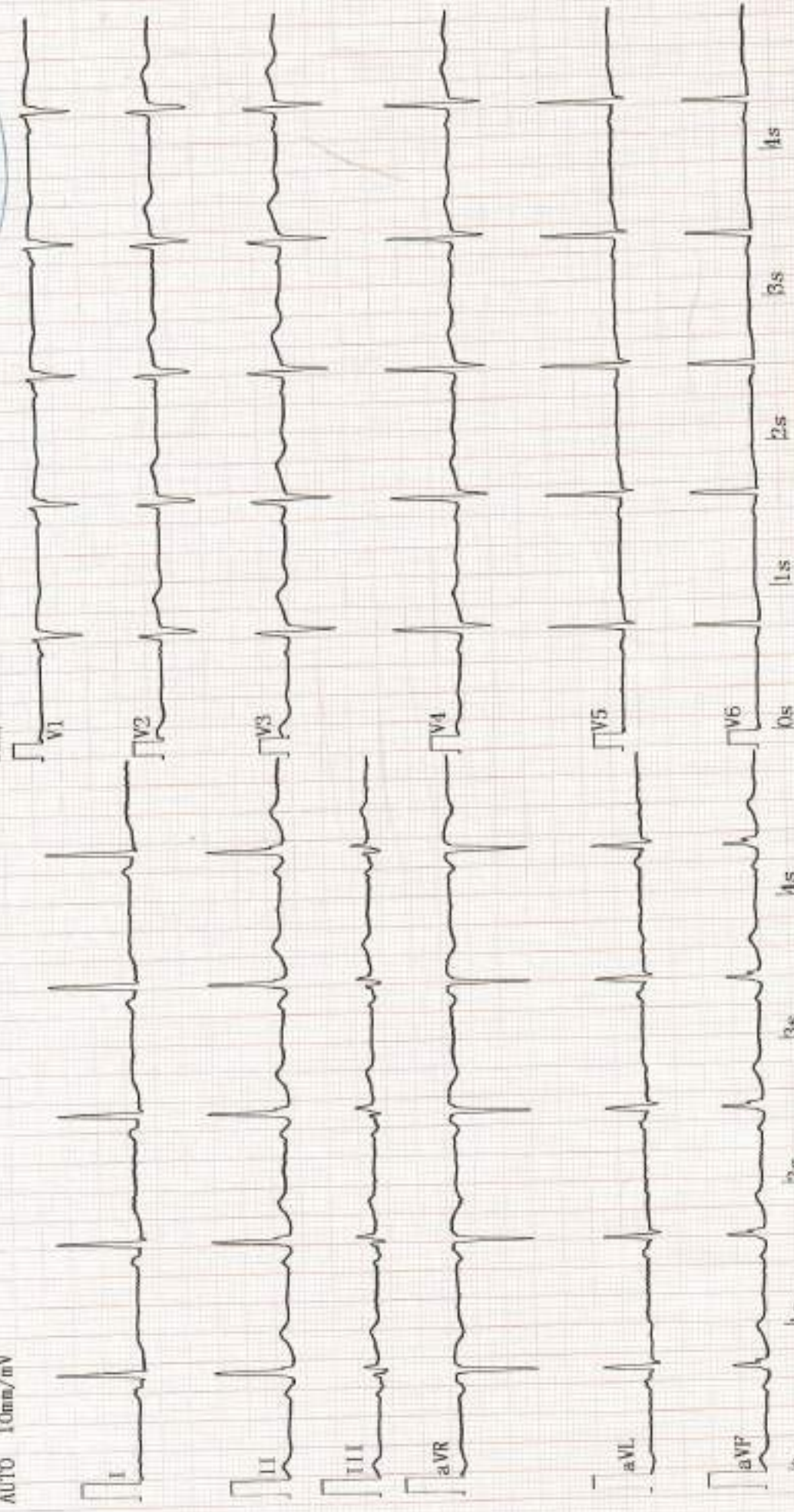
Operator: DAINY

Data for reference only:

HR	bpm	: 66
PR Interval	ms	: 149
P Duration	ms	: 113
QRS Duration	ms	: 82
T Duration	ms	: 206
QT/QTc	ms	: 385/402
P/QRS/T Axis	deg	: 32.4/35.6/69.6
R (V5) /S (V1)	mV	: 2.55/1.46
R (V5) +S (V1)	mV	: 4.01

AUTO 10mm/mV

5mm/mV



Physician: _____



Patient Name: GURPREET SINGH
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<< Conclusions >>

Normal Sinus Rhythm;
Cardiac electric axis normal.
I aVL V4 V5 V6 Abnormal T wave;
Report need physician confirm



Al Nile 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/alnile_medical

Lab Report

Patient Name:	GURPREET SINGH SINGH	Date:	28/12/2025 09:54:09
File No:	25021401	Sid No:	Bill#59578
Payer Name:		Collection Date & Time:	28/12/2025 09:11:07
Insurance Card No:	-	Received Date & Time:	28/12/2025 09:54:09
Doctor:	Dr. Ali Mohammad Ghassah	Reported Date & Time:	28/12/2025 10:11:25
Billing Time:	28/12/2025 08:57:59	Id Card No.:	87567811
	Age/Gender: 43y 8m 6d / M		
	Mobile: 94139850		

Test Name	Result	Biological Reference
SGPT	24.6 U/L	< 41.0
SGOT	24.2 U/L	< 40.0
LDL CHOLESTEROL	162.0 mg/dl	< 150.0
HDL CHOLESTEROL	59.0 mg/dl	40.0 - 60.0
CHOLESTEROL	239.0 mg/dl	< 200.0
TRIGLYCERIDE	90.1 mg/dl	40.0 - 160.0
BLOOD SUGAR FASTING	5.08 mmol/m	3.3 - 6.1
ALKALINE PHOSPHATASE	97.3 U/L	35.0 - 104.0
URIC ACID	3.28 mg/dl	3.4 - 7.0
CREATININE	0.944 mg/dl	0.7 - 1.4
UREA	24.3 mg/dl	15.0 - 45.0
BILIRUBIN TOTAL	2.66 mg/dl	< 1.1
ESR(AUTOMATED)	1.0 mm/hr	< 15.0
Complete Blood Count		
Haemoglobin	16.7 mg/dl	13.0 - 18.0
Total leucocyte count	7,000.0 Cells / Cumm	3,999.0 - 11,000.0
Differential count		
Neutrophil	56.8 %	40.0 - 75.0
Lymphocytes	35.9 %	15.0 - 45.0
Eosinophils	1.6 %	1.0 - 6.0
Monocyte	5.0 %	2.0 - 8.0
Basophils	0.5 %	< 10.0
Packed cell volum	51.9 %	< 54.0
RBC count	6.19 millions/mm	4.5 - 5.5
MCV	83.8 fl	81.8 - 95.5
MCH	27.0 pg	27.0 - 32.3
MCHC	32.2 g/dl	32.4 - 35.0
Platelet count	260,000.0 Cu.mm	150,000.0 - 450,000.0
RDW-CV	12.4 %	11.0 - 16.0
RDW-SD	37.7 fl	35.0 - 56.0
URINE ANALYSIS		
Color	Yellow	-
Transparency	Clear	-



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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	6-9	-
Erythrocytes	1-3	-
Squamous Epithelial Cell	Few	-
Crystal	NIL	-
Cast	NIL	-
Bacteria	NIL	-
Others	NIL	-

2025-12-28 10:25:57
End of Report

Technician: Hajar Mohammed
Hussin Mousa
License No: 9245





Patient Name: GURPREET SINGH SINGH

Date: 28 December 2025

Examination: Pelvi-Abdominal Ultrasonography

REPORT

- **Liver:** is average in size reflecting diffuse homogeneous echopattern. No focal hepatic lesions and no intra-hepatic biliary radical dilatation.
- **P.V.:** is patent with average caliber.
- **G.B.:** is distended showing normal wall thickness with echofree lumen.
- **CBD:** shows average caliber with no stones within the visualized segment.
- **Spleen:** average size with homogeneous echopattern. No focal lesions.
- **Pancreas:** The visualized portion is average in size and echopattern. No definite focal lesions or duct dilatation.
- **Right kidney:**
 - Shows normal site, size and shape. Normal echogenic criteria, preserved parenchymal thickness with good cortico-medullary differentiation.
 - No stones.
 - No cysts or masses.
 - Minimal pelvic ectasia.
- **Left kidney:**
 - Shows normal site, size and shape. Normal echogenic criteria, preserved parenchymal thickness with good cortico-medullary differentiation.
 - Minimal pelvic ectasia.
 - Left two middle calyceal microcalculi averaging 4mm and 2.5mm respectively.
 - No cysts or masses.
- **Peritoneum:** no ascites.
- **Urinary Bladder:** is partially distended at time of scan, with no stones or gross masses.
- **Prostate:** is mildly enlarged in size, 38cc in volume, with no gross focal lesions could be noted.
- **Bowel loops** are seen of normal caliber and peristalsis.
- **Gaseous distention**

Much Obligated,

Dr. Nesreen ghazy



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Medical Report

Patient Name: GURPREET SINGH SINGH		Date: 28/12/2025 13:29:34
File No: 25021401	Age/Gender: 43y 8m 6d / M	Nationality: India
Payer Name: --		Doctor: Dr. Bassel Ali Al Ratef
Insurance Card No:	ID Card No: 87567811	Phone: 94139850

Vitals:-

Temperature	BP (SBP/DBP)	Pulse Rate	Respiratory Rate	Weight	Height	SpO2	RBS:	Pain Level	Abdominal Circumference	Head Circumference	CVP	Body Mass Index
36.4° C	170 / 110 mmHg	80bpm	0bpm	65.0kg	165.0 cm	0 SP02		0	0.0	0.0		23.875115

Chief Complaints:-

elevated BP readings

Patient History:-

The patient was referred by the GP for evaluation of elevated PB readings BP= 170/110 mmhg. the patient works as a driver for PDO company. PMH: the patient is a known case of HTN and under treatment with amlodipine 5mg OD. Occasional alcohol use, non-smoker, no OTC or painkiller use. FH: Is significant for HTN in his father. Symptoms: Asymptomatic and denies headache, chest pain, dyspnoea, change to the urine character, or palpitation or visual problems. PE: Lungs clear to auscultation, heart S1S2 regular, no murmurs or additional sounds, pulses full and equal.

Radiology Report:-

Diagnosis ECG: Sinus rhythm. Regular. normal axis. heart rate 70 bpm. P-waves, QRS complex. flattened T-Wave on the leads I AVL V5V6. a 0.5 mm ST segment depression on I and AVL. conduction abnormalities. or pathologic Q waves. Normal QT interval. Echocardiography: Left ventricle: Normal size and function, mild hypertrophic changes IVS= 15mm, EF 71%, no regional wall motion abnormalities. Left atrium: Normal size. Mitral valve: Normal structure and flow, E/A=0.8. TDI study was WNL Aortic valve: Three leaflets, normal flow and structure. Ascending Aorta: normal structure without dilatation Right ventricle: Normal size, walls, and function. Right atrium: Normal size. Tricuspid valve: normal structure and flow. Pulmonary valve: Normal structure and flow. TAPSE: 24 mm. Both RVOT and LVOT are WNL Pericardium: Dry. Conclusion: mild hypertrophic changes to the LV walls.

Management Plan:-

Assessment: - The patient is stage uncontrolled hypertension. - Management: Low salt/low coffee diet, alcohol abstinence, weight reduction, regular exercise (25 min/day). - Sevikaar 40/5mg OD was commenced. Follow-up in 2 weeks to evaluate treatment response. - The patient is deemed fit to resume his job as a driver from cardiovascular perspective.

Investigations:-

No.	Internal Code	Name
1		SERUM ELECTROLYTE

Dr. Bassel Ali Al Ratef
General Practitioner
Ainile Medical Complex
Nizwa, Sultanate of Oman



Al Nile
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2	CONVENTIONAL ECHOCARDIOGRAPHY
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Dr. Bassel Ali Al Ratel

Licence Number : 19770

2025-12-28 14:44:20

****End of Report****





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Lab Report

Patient Name:	GURPREET SINGH SINGH		Date:	28/12/2025 13:08:12
File No:	25021401	Age/Gender: 43y 8m 7d / M	Sid No:	Bill#59627
Payer Name:			Collection Date & Time:	28/12/2025 13:07:37
Insurance Card No:	--		Received Date & Time:	28/12/2025 13:08:12
Doctor:	Dr. Ali Mohammad Ghassah		Reported Date & Time:	28/12/2025 22:24:38
Billing Time:	28/12/2025 10:47:14	Mobile: 94139850	Id Card No.:	87567811

Test Name	Result	Biological Reference
BILIRUBIN (INDIRECT)	2.06 mg/dl	0.2-0.8
BILIRUBIN (DIRECT)	0.6 mg/dl	Up To: 0.3

2025-12-29 12:18:58
End of Report



Technician: Hajar Mohammed
Hussin Mousa
License No: 9245



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Instagram:https://www.instagram.com/alnile_medical

Lab Report

Patient Name:	GURPREET SINGH SINGH		Date:	28/12/2025 17:42:23
File No:	25021401	Age/Gender: 43y 8m 6d / M	Sid No:	Bill#59691
Payer Name:			Collection Date & Time:	28/12/2025 17:41:44
Insurance Card No:	--		Received Date & Time:	28/12/2025 17:42:23
Doctor:	Dr. Bassel Ali Al Ratei		Reported Date & Time:	28/12/2025 17:44:37
Billing Time:	28/12/2025 13:29:39	Mobile: 94139850	Id Card No.:	87567811

Test Name	Result	Biological Reference
SODIUM (NA+)	134.3 mmol/L	135.0 - 145.0
CHLORIDE	98.9 mmol/L	95.0 - 115.0
POTASSIUM (K+)	3.92 mmol/L	3.7 - 5.5

2025-12-28 17:47:30

End of Report

Technician: Hajar Mohammed
Hussin Mousa
License No: 9245



