



Appendix 32: EX1 Form (Initial Examination Report)

INITIAL EXAMINATION REPORT (MEDICAL – CONFIDENTIAL)

Petroleum Development Oman
MEDICAL DEPARTMENTPLEASE COMPLETE YOUR PERSONAL
DETAILS IN BLOCK CAPITALS

Surname		Singh	
Forenames		Jatinderjit	
Address			
Home telephone number		92378134	
Place of examination	NMC Hall	Date	23.06.2025
If a dependant enter employee's name here:			
Surname:		Forenames: Jatinderjit Singh	
Birth date:	Nationality: Indian	Country of birth:	Religion:
☒ Male ☐ Female	☒ Married ☐ Single ☐ Separated / Divorced	Relationship to employee	
		☒ Wife ☐ Son ☐ Daughter	
Reason for examination		Number of children: 1	
Pre-Employment ☐ Job:			
Pre-Overseas ☐ Area:			
Name and address of family doctor		List your last 3 jobs	
		(1)	
		(2)	
Are you a Registered Disabled Person? (UK only) ☐		Do you belong to any Medical Insurance Scheme? ☐	
DO YOU HAVE OR 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. Asthma/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/arm/pit		☒	
How much tobacco each day? Nil		Average daily alcohol consumption Nil	
Have you ever taken elicited drugs? ☒ PDO test all new/potential employees for elicited/recreational drugs			
FAMILY HISTORY: Diabetes (✓) Tuberculosis (X) Epilepsy (X) Asthma (X) Eczema (X)			
Mother Heart disease (X) High blood pressure (X) Stroke (X) Blood Disease (X) Cancer (X)			
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 Company if required, and the details sent to my own doctor. If this is considered necessary by the examining medical officer. I am also aware that PDO reserve the right to dismiss me if it was found that I have purposely withheld important medical information.			
Date: 23/6/25	Signature of Applicant:		



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	HEARING	VISION	DISTANT	NEAR	Colour Vision	Blood Group
169	128	44.8	153/100	66 /mins.	L N R N	Uncorrected Corrected	R L 4/6 6/6	R L 20/20 20/20	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.)

→ Obesity class III
→ HTN

ASSESSMENT:

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

Need Cardiology consultat. TMT.

23/06/2025

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

Signature: DR. MASOOD SIDDIQUE
General Practitioner
MOH ID: 45004
nmc specialty hospital, Al Hall

REVIEW/CONSULTATION

Fit to work

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

**FIT**DR. MASOOD SIDDIQUE
General Practitioner
MOH ID: 45004
nmc specialty hospital, Al Hall

DEPARTMENT OF LABORATORY MEDICINE

File No: 50138872	Report No: 0156688
Name: JATINDER JIT SINGH	Sample Date: 23/06/2025 Time: 8:45
Address:	Received By:
Gender: M Age: 37 Y Nationality: INDIAN	Received Date: Time:
GSM No.: 92373134 ID Card No.: 103608012	Report Date: 23/06/2025 Time: 13:42
Ref. By: DR SIKANDAR KHAN	Bill No: 0378385 Bill Date: 23/06/2025

INVESTIGATION	RESULT	REFERENCE RANGE
PDO PACKAGE BELOW 40 YEARS		
RANDOM BLOOD SUGAR	5.68 mmol/L	4.11 -7.9mmol/L
CREATININE	77.00 μ mol/L	Adults: MALE: 62 – 106 μ mol/L FEMALE: 44 - 80 μ mol/L
SGPT (ALT)	23.80 U/L	MALE : up to 41 U/L, FEMALE : up to 33 U/L
TOTAL WBC COUNT	10.74 x 10 ³ / μ L	4.00-11.00 x 10 ³ / μ L
DIFFERENTIAL COUNT		
NEUTROPHIL (%)	63.68 %	40-75%
LYMPHOCYTE (%)	26.93 %	20-45%
MONOCYTE (%)	6.58 %	2-8%
EOSINOPHIL (%)	1.76 %	1-6%
BASOPHIL (%)	1.04 %	0-1%
ERYTHROCYTE SEDIMENTATION RATE	31 mm/1st hr	MALE:0-15 mm/ 1st hr FEMALE:0-20 mm/ 1st hr
HAEMOGLOBIN	15.22 gm/dl	Male : 13 -18 gm/dl Female:11-15 gm /dl childrens upto 1year-11.0 - 13.0 gm /dl upto12years-11.5 - 14.5 gm /dl cord blood:13 -19.5 gm /dl
SICKLE CELL	NEGATIVE	
Method : Solubility test (If Positive , Hb Electrophoresis / HPLC to be done to confirm Sickle cell anaemia / Trait).		
URINE ROUTINE		
URINE BIOCHEMISTRY		
URINE GLUCOSE	NEGATIVE	NEGATIVE
URINE PROTEIN	NEGATIVE	NEGATIVE
URINE KETONE	NEGATIVE	NEGATIVE

Verified By:

Approved By:



10589

Lab Technologist

Specialist Pathologist

MOH License No: 17976

Electronically signed at: 8/23/2025 1:43:00

Printed at: 23/06/2025 2:00:24 PM

Page: 1 of 2



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DEPARTMENT OF LABORATORY MEDICINE

File No: 50138872	Report No: 0156688
Name: JATINDER JIT SINGH	Sample Date: 23/06/2025 Time: 8:45
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Ref. By: DR SIKANDAR KHAN	Bill No: 0378385 Bill Date: 23/06/2025

INVESTIGATION	RESULT	REFERENCE RANGE
URINE BILIRUBIN	NEGATIVE	NEGATIVE
NITRITE	NEGATIVE	NEGATIVE
URINE PH	6.5	4.6-8.0
SPECIFIC GRAVITY	1.015	1.010-1.030
BLOOD	NEGATIVE	NEGATIVE
UROBILINOGEN	NORMAL	NORMAL
URINE MACROSCOPY		
COLOUR	YELLOW	
APPEARANCE	CLEAR	
URINE MICROSCOPY		
RBC	NIL /hpf	0-3
PUSCELLS	2-3 /hpf	0-5
EPITHELIAL CELLS	0-2 /hpf	NIL
CRYSTAL	NIL /hpf	NIL
CAST	NIL /hpf	NIL
BACTERIA	NIL	
MUCOUS THREAD	NIL	
LIPID PROFILE		
TOTAL CHOLESTEROL	3.64 mmol/L	< 5.18 mmol/L
HDL	1.00 mmol/L	>1.5 mmol/L
TRIGLYCERIDES	1.63 mmol/L	Desirable : <2.083 mmol/L Boderline high : 2.83 - 5.67 mmol/L Hypertriglyceridemia >5.65 mmol/L
LDL	2.20 mmol/L	< 2.6 mmol/L
VLDL	0.74 mmol/L	0.128-0.645mmol/L

Verified By:

Approved By:



10589

Lab Technologist

Specialist Pathologist

MOH License No: 17976

Electronically signed at: 6/23/2025 1:43:00

Printed at: 23/06/2025 2:00:24 PM

Page : 2 of 2



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nmc specialty hospital, al-hail

P.O BOX : 613, Postal Code : 133
al-hail
24269222

Fitness Certificate

Empno:

Date of issue : 26/06/2025

Ref No : 0000074/FIT/NMC/2025

This is to certify that Mr. / Mrs. *JATINDER JIT SINGH* with file no *50138872* and Resident card no. *103608012* was *Examined* at *nmc specialty hospital, al-hail* on *26/06/2025* and will be *FIT TO WORK* from the medical point of view starting from *26/06/2025*

DIAGNOSIS

Remarks

TMT: NEGATIVE FOR ISCHEMIA , ECHOCARDIOGRAPHY : NORMAL LV AND RV SIZE AND FUNCTION , LVEF :60%

DR ERFAN GHODJANI

Place: *nmc specialty hospital, al-hail*

Signature

DR ERFAN GHODJANI
Specialist - Cardiology
MCHS Lic. No: 214625
nmc specialty hospital, Al Ghoubia

(Hospital Seal)



ECHOCARDIOGRAPHIC IMAGING REPORT

NMC SPECIALITY HOSPITAL GHC

Name , JATINDERJIT SINGH

Birthdate 01/05/1988

Patient Id 50138872

Gender Male

Height 169.0 cm

Weight 128.0 kg

BSA 2.33 m²

BP

Date 26/06/2025

Tape

Sonographer Default user

Ref. Doc.

Physician

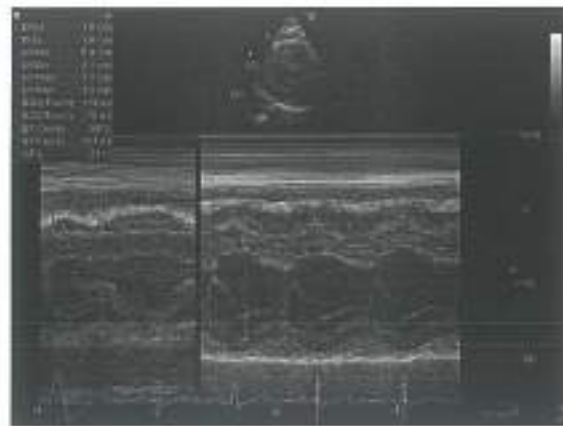
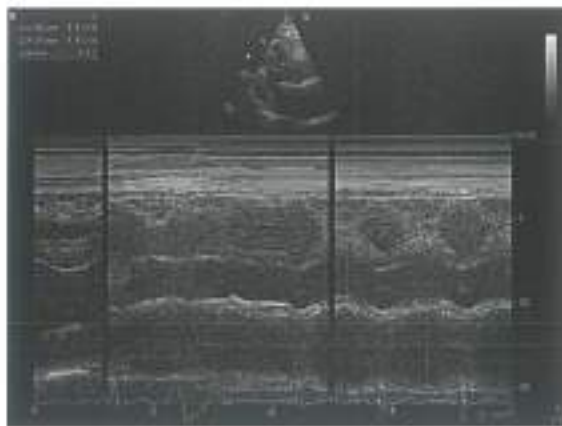
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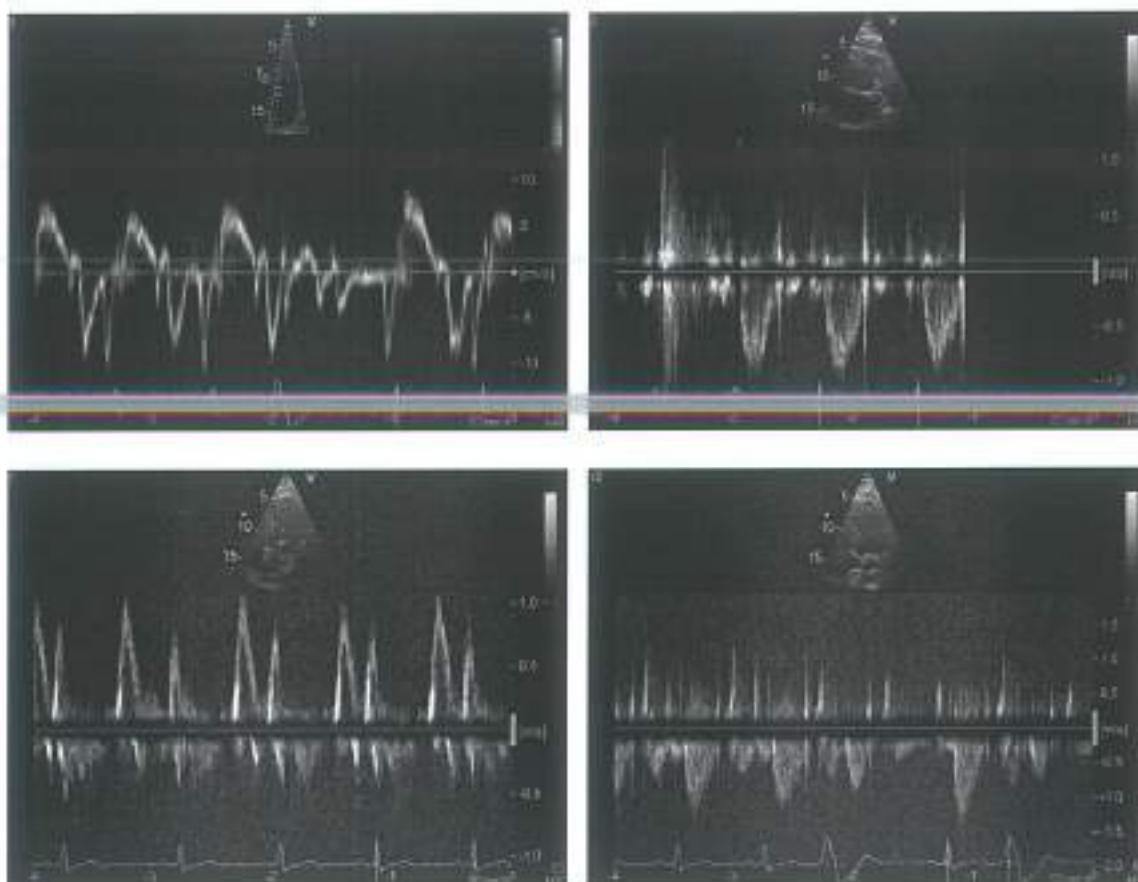
M-Mode

IVSd	1.1 cm
LVIDd	5.9 cm
LVPWd	1.0 cm
IVSs	1.7 cm
LVIDs	4.0 cm
LVPWs	1.8 cm
EDV(Teich)	171 ml
ESV(Teich)	68 ml
EF(Teich)	60 %
%FS	32 %
SV(Teich)	102 ml
Ao Diam	3.1 cm
LA Diam	4.4 cm
LA/Ao	1.42

Doppler

MV PHT	73 ms
MVA By PHT	3.0 cm ²





Referral Diagnosis

Clinical Diagnosis

Findings

ECG rhythm: Sinus rhythm with extra systolic beats. Frequent ventricular premature beats.

Study quality: This was a technically good study.



Left Ventricle: The left ventricular size is normal. There is mild concentric left ventricular hypertrophy. Overall left ventricular systolic function is normal with, an EF between 55 - 60 %. Pseudonormal LV filling pattern, consistent with elevated LA pressure. No regional wall motion abnormalities were noted.

Right Ventricle: The right ventricle is normal in size and function.

Left Atrium: The left atrium is mildly dilated.

Right Atrium: The right atrium is normal in size and function.

Aortic Valve: The aortic valve is trileaflet, and appears structurally normal. No aortic stenosis or regurgitation.

Mitral Valve: Mild mitral regurgitation is present.

Tricuspid Valve: Mild tricuspid regurgitation present. There is mild pulmonary hypertension. The right ventricular systolic pressure, as measured by Doppler, is 35-40 MMHG.

Pulmonic Valve: The pulmonic valve is normal. There is no pulmonic regurgitation present.

Aorta: The aortic root size is normal.

Pericardium: There is no pericardial effusion.

Conclusions

1. Sinus rhythm with extra systolic beats.
2. Frequent ventricular premature beats.
3. The left ventricular size is normal.
4. Overall left ventricular systolic function is normal with, an EF between 55 - 60 %.
5. The right ventricle is normal in size and function.
6. Mild mitral regurgitation is present.
7. Mild tricuspid regurgitation present.

Echo Summary

Date

Dr.Erfan.
Specialist Cardiology



JATINDERJIT SINGH,
50138872

Patient Information

6/2/2025 12:26:52 PM

2000

ID: 50136872	Second ID:		Admission ID:	
Date of Birth:	Height: 169 cm	Gender: Male		
Age: 37 Years	Weight: 128 kg	Race: Unknown		

Indications	Medications
test	NIL

Referring Physician: DR SIKANADAR	Location: NMC AL HAIL	Procedure Type: MT
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Attending Phys: DR EREAN	Target HR: 156 bpm (85%)	Reasons for end: Target HR
Technician: ARUN	Max HR(%MPHR): 173 bpm (94%)	Symptoms: NO CHEST PAIN

Diagnosis	Notes
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Conclusions

The patient was tested using the Bruce protocol for a duration of 09:30 min:ss and achieved 10.3 METs. A maximum heart rate of 173 bpm with a target predicted heart rate of 110% was obtained at 09:20. A maximum systolic blood pressure of 189/89 was obtained at 08:38 and a maximum diastolic blood pressure of 189/89 was obtained at 08:38. A maximum ST depression of -1.6 mm in aVR occurred at 10:00. A maximum ST elevation of +2.6 mm in V2 occurred at 09:40. The patient reached target heart rate with appropriate heart rate and blood pressure response to exercise. No significant ST changes during exercise or recovery. No evidence of ischemia. Normal exercise stress test.

VPCs BEFORE AND AFTER EXERCISE

Reviewed by:

UNCONFIRMED REPORT

Signed by: _____

Date: _____

TTT (100%)
COP Mac
Surrogate of Choice



Signed b

161



Summary

Exercise Time: 09:30
Leads with 100uV/ST: I, II, aVR, aVF, V2, V3, V4, V5, V6
PVCs: 27
Duke Treadmill Score: 0

Max Values

Speed: 4.2 MPH
Grade: 16 %
METs: 10.3
HR*BP: 32130 BPM * mmHg
ST/HR Index: 1.02 uV/bpm in aVR at 09:30
HR: 173 BPM
SBP: 189/89 mmHg
DBP: 189/89 mmHg
94% of MPPHR (183 bpm)

Max ST

ST elevation: 2.6 mm in V2 at 09:40
ST depression: -1.6 mm in aVR at 10:00

Max ST Changes

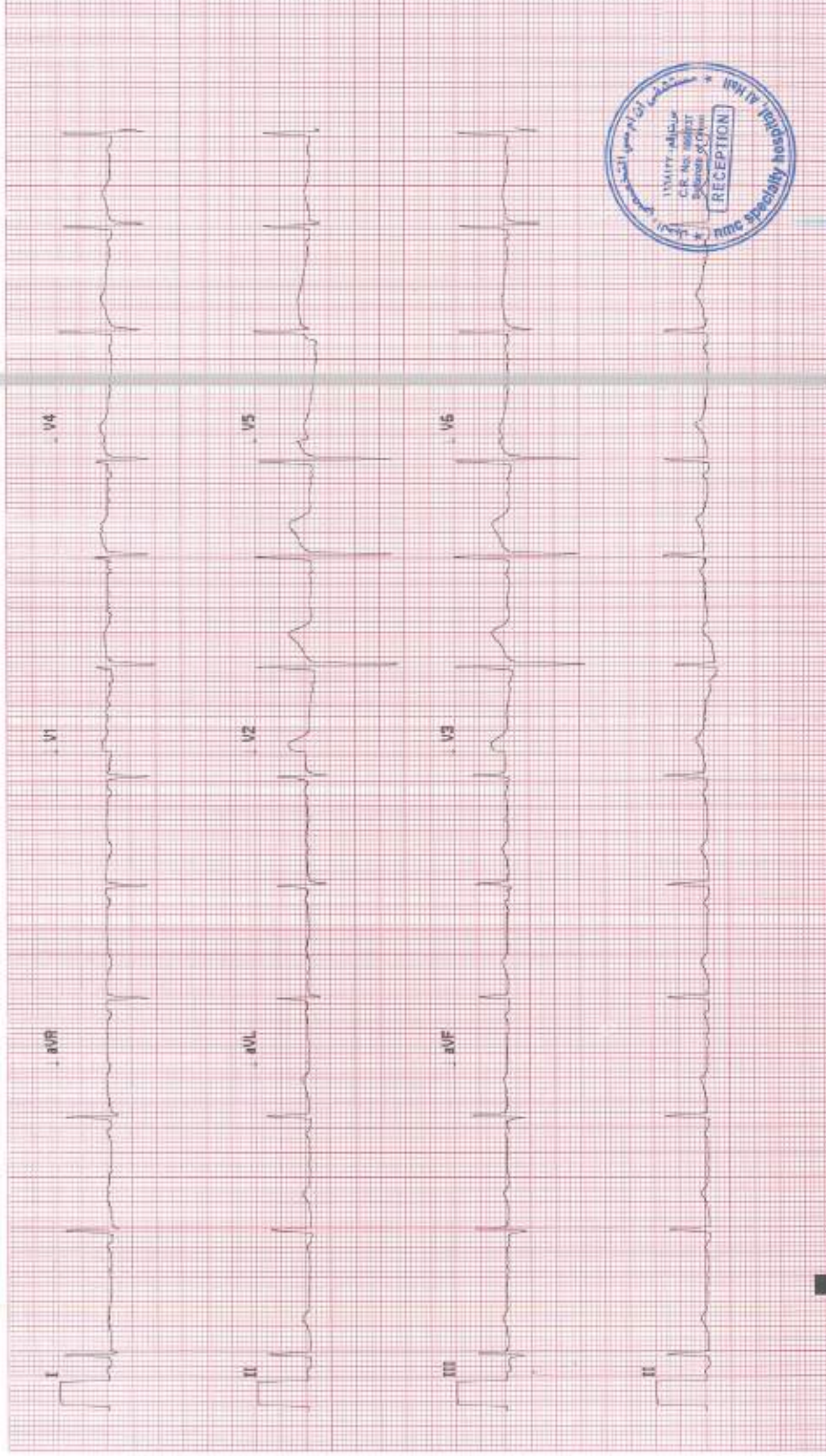
ST elevation change: 1.7 mm in V3 at 10:00
ST depression change: -0.6 mm in V1 at 08:00

STAGE SUMMARY

ST measurement based on 3-60ms

	Speed (MPH)	Grade (%)	HR (BPM)	BP (mmHg)	METs	HR*BP	I	II	III	aVR	aVL	aVF	V1	V2	V3	V4	V5	V6
BP	PRE-X	0.0	76	110/88	-	9044	0.2	0.2	0	-0.3	0	0.1	0.7	1.4	0.9	0.5	0.3	0.1
START EXE	EXE 00:00	0.0	74	-	-	-	0.1	0.3	0.1	-0.3	0	0.2	0.7	1.5	0.9	0.5	0.3	0.1
BP	EXE 02:47	1.7	129	157/55	4.7	20253	0.4	0.7	0.2	-0.6	0	0.4	0.5	1.3	1.1	0.6	0.2	0.3
STAGE 1	EXE 03:00	1.7	131	-	4.7	-	0.4	0.7	0.2	-0.6	0	0.5	0.4	1.3	1.1	0.6	0.4	0.2
BP	EXE 05:47	2.5	152	171/74	7.1	25992	0.6	0.8	0.1	-0.8	0.2	0.5	0.3	1.5	1.1	0.6	0.4	0.4
STAGE 2	EXE 06:00	2.5	152	-	7.1	-	0.8	0.9	0.1	-0.9	0.3	0.5	0.2	1.5	1.3	0.9	0.8	0.5
BP	EXE 08:36	3.4	170	189/89	10.3	32130	0.5	0.5	0	-0.6	0.2	0.2	0.4	1.3	1.1	0.7	0.5	0.2
STAGE 3	EXE 09:00	3.4	172	-	10.3	-	0.6	0.5	-0.1	-0.7	0.3	0.2	0.3	1.5	1.3	0.6	0.5	0.3
Treadmill Stopped	EXE 09:04	0.0	171	-	10.3	-	0.8	1	0.2	-1	0.3	0.6	0.1	1.4	1.2	0.8	0.8	0.5
Peak	EXE 09:30	0.0	166	-	9.4	-	0.8	1.5	0.6	-1.2	0.1	1	0.7	2.2	2.2	1.5	1.3	1
BP	REC 01:49	0.0	108	185/67	5.4	19980	0.7	1.1	0.3	-1	0.1	0.7	0.6	2	1.8	1.2	0.6	0.5
BP	REC 02:45	0.0	107	169/68	4.6	18083	0.5	0.6	0.1	-0.6	0.2	0.3	0.5	1.5	1.2	0.5	0.4	0.2
BP	REC 03:40	0.0	101	136/70	2.8	13736	0.3	0.3	-0.1	-0.4	0.2	0.1	0.5	1.2	0.9	0.4	0.2	0
END REC	REC 04:07	0.0	101	-	2.2	-	0.3	0.2	-0.2	-0.3	0.2	0	0.6	1.2	0.9	0.4	0.2	0





AUDIOMETRY REPORT

Name of the Patient

Jaspreet Singh

U107.05

23-JUN-25 09:32

DP 4s

4 sec avg

SN: G11005649 G12014595

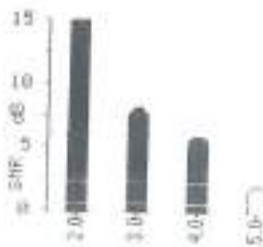
m

MRN 50138072

Date of Test 23/6/25

NAME:

Right: Pass



F2	L1	L2	DP	NF	SNR	
2.0	65	55	6	-12	17	p
3.0	65	55	-6	-14	8	p
4.0	65	55	-14	-20	6	p
5.0	66	55	-18	-20	2	p

U107.05

18-JUN-25 10:00

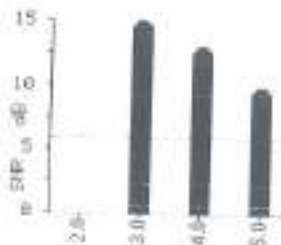
DP 2s

2 sec avg

SN: G11005649 G12014595

NAME:

Left: Pass



F2	L1	L2	DP	NF	SNR	
2.0	66	56	-12	-10	-2	p
3.0	66	55	-2	-17	15	p
4.0	65	55	-6	-19	13	p
5.0	64	55	-7	-18	10	p



Signature of the Technician

NMCOMAN/DOC/NSG/75 hospital, Amritsar

Vitalograph

Pulmonary Function Report

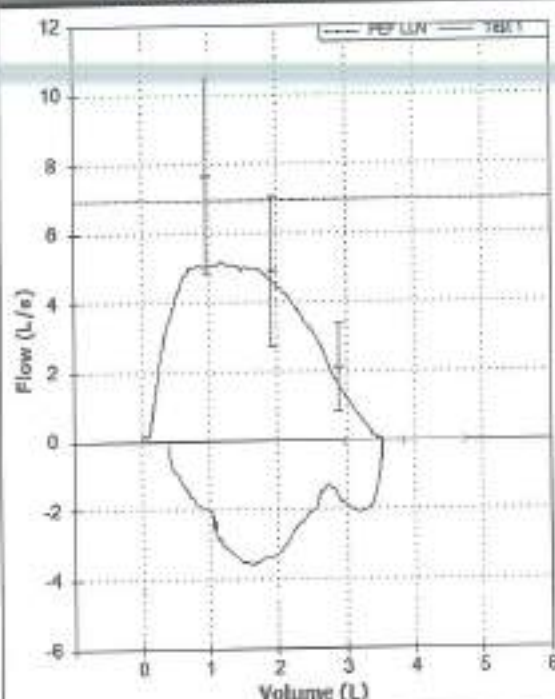
Subject Information

ID: 2025174_093331130 Alternate ID: 50138072 Middle Name: JR
 Last Name: Singh First Name: Jalinder Date of Birth: 01/05/1988
 Population: African/S.Indian Gender: Male Weight: 128.0 kg
 Age: 37 Height: 169 cm
 BMI: 44.8 Smoking: Non Smoker

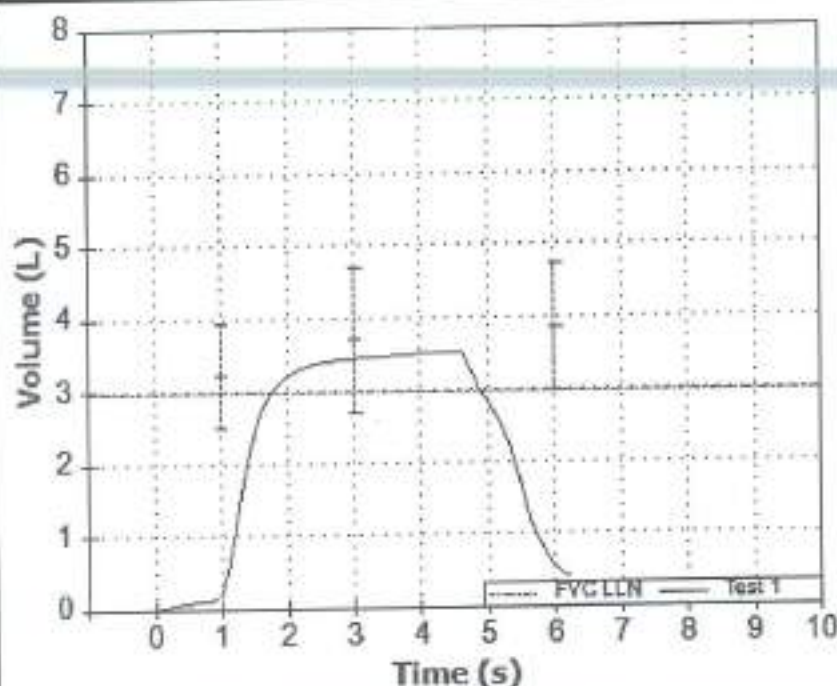
Test Session Information

Test Date: 23/06/2025 09:35 Device: ALPHA Touch Serial Number: 32186
 No. of Tests: 5 Accuracy Chk: 30/05/2019 15:42 User: Administrator
 Pred. Values: ERS 93 Pred. Factor: 87% Posture: Sitting

Flow/Volume Graph



Volume/Time Graph



Results

Parameter	Pred	LLN	Best	% Pred.	Z-Score
FVC (L)	3.85	2.98	3.52	91	-0.62
FEV1 (L)	3.22	2.49	3.20	99	-0.04
FEV1 Ratio	0.81	0.69	0.91	112	1.37
FEV6 (L)	3.85	2.98	3.52	91	-0.62
PEF (L/min)	536	418	311*	58	-3.13
FEF25-75 (L/s)	4.39	2.68	4.33	99	-0.06

Values at BTFS, *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
D	-	-	1 blow(s)	1 blow(s)	0 blow(s)

Computer Suggested Interpretation

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

Reference Pictogram

FVC

FEV1

FEV1 Ratio



LLN

Reference

ULN



