Aster HOSPITAL
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Initial Medical Examination Report

INITIAL EXAMINATION REPORT (MEDICAL – CONFIDENTIAL)

Surname: Nishan Singh Jaswinder

Forenames:

Address: Ibri

Home telephone number:

Project:

Place of examination: Aster Hospital Ibri | Date: 28/3/21

If a dependant enter employee's name here:

Birth date: | Nationality: Indian | Country of birth: | Religion:

☑ Male ☐ Female | ☑ Married ☐ Single ☐ Separated / Divorced | Relationship to employee: ☐ Wife ☐ Son ☐ Daughter | Number of children:

Reason for examination: Pre-Employment ☐ Job: | Pre-Overseas ☐ Area:

Name and address of family doctor:

List your last 3 jobs:
(1)

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 excludes minor ailments.)

	Y	N		Y	N		Y	N
1. Sinus trouble		✓	21. Cancer		✓	HAVE YOU EVER BEEN:-		
2. Neck swelling/glands		✓	22. Heart Disease		✓	40. Rejected for employment or insurance for medical reasons		
3. Difficulty in vision		✓	23. Rheumatic fever		✓			
4. Any ear discharge		✓	24. Abnormal heartbeat		✓	41. Awarded benefits for industrial injury/illness		
5. Asthma/bronchitis		✓	25. High blood pressure		✓			
6. Hayfever /other significant allergy		✓	26. Stroke		✓	42. Treated for a mental condition, e.g. depression		
7. Any skin trouble		✓	27. Serious chest pain		✓			
8. Tuberculosis		✓	28. Any blood disease		✓	43. Treated for problem drinking or drug abuse		
9. Shortness of breath		✓	29. Kidney disease		✓			
10. Coughed/vomited blood		✓	30. Blood in urine		✓	44. Exposed to toxic substance or noise		
11. Severe abdominal pain		✓	31. Diabetes		✓			
12. Stomach ulcer		✓	32. Headaches/migraine		✓	FOR WOMEN ONLY		
13. Recurrent indigestion		✓	33. Dizziness/fainting		✓	Have you ever had:-		
14. Jaundice or hepatitis		✓	34. Epilepsy		✓	45. An abnormal smear		
15. Gall Bladder disease		✓	35. Joints/spinal trouble		✓	46. Any gynaecological treatment		
16. Marked change in bowel habits		✓	36. Surgical operation		✓			
17. Blood in stools (motions)		✓	37. Serious accident/fracture		✓	47. Are you pregnant?		
18. Marked change in weight		✓	38. Tropical disease		✓	48. **Have you had an illness not mentioned above**		
19. Varicose veins		✓	39. Fear of heights		✓			
20. Lump in breast/armpit		✓						

How much tobacco each day?

Average daily alcohol consumption

Have you ever taken elicited drugs? ( ) PDO test all new/potential employees for elicited/recreational drugs

FAMILY HISTORY: Diabetes ( ) Tuberculosis ( ) Epilepsy ( ) Asthma ( ) Eczema ( )
Heart disease ( ) High blood pressure ( ) Stroke ( ) Blood Disease ( ) Cancer ( )

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: 28/3/21 Signature of Applicant:

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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.

WNL

HEIGHT cm	WEIGHT kg	BMI	B.P.	PULSE	HEARING	VISION				Colour Vision	Blood Group
							DISTANT		NEAR		
							R	L	R	L	
191cm	69 kg	23.6	120/70	78 /mins.	L	Unconected	6/6	6/6			
					R	Corrected					

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.)
Hyperlipidemia - Advised dietary / Exercise
Lipid Profile Report with Reports.

ASSESSMENT:

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

Date: Name (Block Capitals): Dr. NAVDAJA PAREEK Signature:

REVIEW/CONSULTATION

Date: 28-3-2024 Name (Block Capitals): Dr Signature

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Framingham Risk Assessment form

Framingham Risk Assessment (For all professional drivers, crane operators, forklift operator or other employees who are above 40 years of age):

Employee Name: Nishan Singh Jaswadi
Emp #: 84744
Date of Assessment: 28/3/2021

1	Age	Years	35
2	Gender	Female/Male	Male
3	Total Cholesterol	mmol/L	6.49
4	HDL Cholesterol	mmol/L	1.09
5	Smoker	Yes/No	NO
6	Diabetes	Yes/No	NO
7	Systolic Blood pressure	mm Hg	120
8	Is the patient being treated for High blood pressure?	Yes/No	NO

Framingham Risk score: 3.3 %

Framingham Risk Rating (Circle the appropriate score):

Low **Medium** **High**

Any further action or recommendations?

Assessment or Examination conducted by:

Epworth Screening Quest. for Sleep Apnoea

Employee Data			Date: 28/3/2022
Name: Nishan Singh			Department/Company: Store Comp
I. D No. 284744925	Tel #		Occupation : Driver

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

0	sitting and reading
1	watching TV
0	sitting inactive in a public place (e.g. theatre or meeting)
	as a passenger in the car for an hour without a break
1	Lying down to rest in the afternoon when circumstances permit
0	Sitting a talking with someone
0	Sitting quietly after lunch without alcohol
0	In a car, while stopped for a few minutes in traffic
Total	2

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

Signature: _____ Date: 28/3/2022

Fitness to Work Certificate

Employee Data		Date	28/3/2017
Name	Nishan Singh.	Department/Company	Inter Group
I.D No.	84776425	Age 35 Y	Occupation Driver

Type of Medical Evaluation			Mark those applying √
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			
Permanently Unfit			Date

Name of health adviser: Dr. Nandana P Signature: Date: 28/3/2017

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عبري سلطنة عمان
هاتف ٢٥٦٨ ٨٠٧٥ ٩٦٨+
فاكس ٢٥٦٨ ٨٠٢٥ ٩٦٨+
نقال ٩٦٨+ ٩٩٣٩ ٧٣٧٣/٧١٥٥ ٩٧٧٧

DEPARTMENT OF LABORATORY MEDICINE

File No:	221797	**Report No:**	0568803		
Name:	NISHAN SINGH JASWINDER	**Sample Date:**	28/03/2021	**Time:**	12:43
		Received By:	JIBI		
Address:		**Received Date:**	28/03/2021	**Time:**	12:47
Gender:	M **Age:** 35 Y **Nationality:** INDIAN	**Report Date:**	28/03/2021	**Time:**	13:33
GSM No.:	98918254 **ID Card No.:** 85474425	**Bill No:**	0751523	**Bill Date:**	28/03/2021
Ref. By:	EXTERNAL DOCTOR	**Report Status:**	Final		

INVESTIGATION	RESULT	REFERENCE RANGE
PDO MEDICAL CHECK UP BELOW 40 (Truckoman)		
FBS (FASTING BLOOD SUGAR)	5.50 mmol/L	3.9 - 6.1
	99 mg/dL	70 - 110
Method :- Hexokinase		
LIVER FUNCTION TEST - SERUM		
TOTAL BILIRUBIN - SERUM	0.53 mg/dL	0.1 - 1
	9.10 µmol/L	1 - 17.1
Method : Diazo		
DIRECT BILIRUBIN - SERUM	0.2 mg/dL	0.1 - 0.5
	3.5 µmol/L	1 - 8.55
Method : Diazo		
SGOT (AST)-SERUM (IFCC)	29.00 U/L	Male: up to 40.0 Female: up to32.0
SGPT (ALT)-SERUM (IFCC)	68.80 U/L	Male: 10-50 Female:10-35
ALKALINE PHOSPHATASE (ALP)-SERUM (IFCC)	90.81 U/L	Adult : Men -40-129 :Female 35-104 Children:(Aged) 7months - 1Year :- <462 1Year - 3 Years :- <281 4 Years - 6 Years :- <269 7 Years - 12 Years :- <300 13 Years - 17 Years(M) :-<390 13 Years - 17 Years(F) :- <187
TOTAL PROTEIN-SERUM(Colorimetric Assay)	8.62 gm/dL	6.6 - 8.7
ALBUMIN - SERUM (Colorimetric Assay)	**5.11 gm/dL**	3.9 - 4.9
GLOBULIN - SERUM (Calculation)	**3.51 gm/dL**	2.3 - 3.5
ALBUMIN / GLOBULIN RATIO - Calculation	1.46	1.2 - 1.5
GGT(GAMMA GLUTAMYL TRANSPEPTIDASE) - SERUM	35 U/L	Men : 8-61 Female : 5-36

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MOH License No: 13250

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هاتف ٢٥٦٨٨٠٧٥+٩٦٨
فاكس ٢٥٦٨٨٠٢٥+٩٦٨
نقال ٧١٥٥٩٩٧٧ / ٩١٣٩٩٠٧٣+٩٦٨

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Ref. By:	EXTERNAL DOCTOR	**Report Status:**	Final		

INVESTIGATION	RESULT	REFERENCE RANGE
RENAL FUNCTION TEST (UREA - CREATININE)		
UREA - SERUM	5.40 mmol/L	1.7 - 8.3
Method : Kinetic Assay	32.43 mg/dL	10.2 - 49.8
CREATININE - SERUM	88.21 µmol/L	44.2 - 123.7
Method :-Jaffé Method	1 mg/dl	0.5 - 1.4
CBC (COMPLETE BLOOD COUNT)		
TOTAL WBC COUNT	9580 cells/cumm	4000 - 11000 cells/cumm
DC (DIFFERENTIAL COUNT)		
NEUTROPHILS	47.1 %	40-75%
LYMPHOCYTES	44.1 %	20-45%
EOSINOPHILS	1.6 %	2-6 %
MONOCYTES	6.7 %	2-8 %
BASOPHILS	0.5 %	0-1%
HB (HEMOGLOBIN)	15.9 gm/dl	Male-13 - 18 gm/dl Female-11- 15 gm/dl
TOTAL RBC COUNT	5.60 million/cu	MALE: 4.5-6.5million/cu FEMALE: 3.9-5.5million/cu
PLATELET COUNT	3.05 lakhs/cumm	1.0 - 4.0 lakhs / cumm
PCV (PACKED CELL VOLUME)	48.80 %	Males : 42% - 52% Females : 37% - 47%
MCV (MEAN CORPUSCULAR VOLUME)	87.10 FL	76 - 96 FL
MCH (MEAN CORPUSCULAR HEMOGLOBIN)	28.40 PG	27 - 33 PG
MCHC(MEAN CORPUSCULAR HEMOGLOBIN CONCENTRATION)	32.60 g/dl	32 - 36 g/dl
ESR (ERYTHROCYTE SEDIMENTATION RATE)	05 mm/ 1st hr	MALE:0-9 mm/ 1st hr FEMALE:0-20 mm/ 1st hr

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Gender:	M **Age:** 35 Y **Nationality:** INDIAN	**Report Date:**	28/03/2021 **Time:** 13:33
GSM No.:	98918254 **ID Card No.:** 85474425	**Bill No:**	0751523 **Bill Date:** 28/03/2021
Ref. By:	EXTERNAL DOCTOR	**Report Status:**	Final

INVESTIGATION	RESULT	REFERENCE RANGE
Capillary Photometry Technology Measures the kinetics of red cells aggregation.Clinical Laboratory and Standard Institute (CLSI) procedure for the ESR Test		
SICKLE CELL	NEGATIVE	
URINE ROUTINE		
URINE BIOCHEMISTRY		
GLUCOSE	NIL	
PROTEIN	NIL	
KETONE	NIL	
BILIRUBIN	NIL	
pH	ACIDIC	
UROBILINOGEN	NORMAL	
URINE MICROSCOPY (Centrifugation Method)		
RED BLOOD CELLS (RBC)	NIL /hpf	
PUS CELLS	1 - 2 /hpf	
EPITHELIAL CELLS	NIL /hpf	
CRYSTALS	NIL /hpf	
CAST	NIL /hpf	
BACTERIA	PRESENT /hpf	
YEAST CELLS	NIL /hpf	

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DEPARTMENT OF LABORATORY MEDICINE

File No:	0221797	**Report No:**	0568871		
Name:	NISHAN SINGH JASWINDER	**Sample Date:**	28/03/2021	**Time:**	12:43
Address:		**Received By:**	JIBI		
Gender: M **Age:** 35 Y	**Nationality:** INDIAN	**Received Date:**	29/03/2021	**Time:**	11:02
GSM No.: 98918254	**ID Card No.:** 85474425	**Report Date:**	29/03/2021	**Time:**	11:02
Ref. By:	EXTERNAL DOCTOR	**Bill No:**	0751523	**Bill Date:**	28/03/2021
		Report Status:	Final		

INVESTIGATION	RESULT	REFERENCE RANGE
LIPID PROFILE - SERUM		
CHOLESTEROL (TOTAL)	**6.44 mmol/L**	1 - 5.1
Method:-Enzymatic	**248.97 mg/dl**	40 - 200
HDL (HIGH DENSITY LIPOPROTEIN)	1.09 mmol/L	0.777 - 1.813
" "	42.0 mg/dl	30 - 70
LDL (LOW DENSITY LIPOPROTEIN)	2.82 mmol/L	1.295 - 4.54
" "	108.73	50 - 172
VLDL (VERY LOW DENSITY LIPOPROTEIN)	**2.54 mmol/L**	0.259 - 1.036
" "	**98.24 mg/dl**	10 - 40
RATIO (TOTAL CHOL / HDL CHOL)	**5.91**	3.8 - 5.9
TRIGLYCERIDES	**5.55 mmol/L**	0.564 - 2.146
Method : Enzymatic	**491.175 mg/dl**	50 - 190

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X-RAY REPORT

Doc No:	0057878
Name:	NISHAN SINGH JASWINDER
Age/DOB:	35 Y
ID Card No	85474425
Sex:	Male
Referred By:	EXTERNAL DOCTOR
Clinical Diagnosis:	
X-Ray/UltraSound	CHEST X-RAY
Date:	28/03/2021
X-Ray Film No:	TRUCK OMAN
Bill No:	0751523
Charge Sheet No:	

Both lung fields are normal

Both cp angles are clear

Mediastinal shadow and bony thorax are normal

Cardiac configuration is within normal limits

Conclusion: A normal X-ray appearance

Signature: .....

DR. KALESHA SHAIK
Specialist Radiology
MOH Reg. No. 17925

Seal

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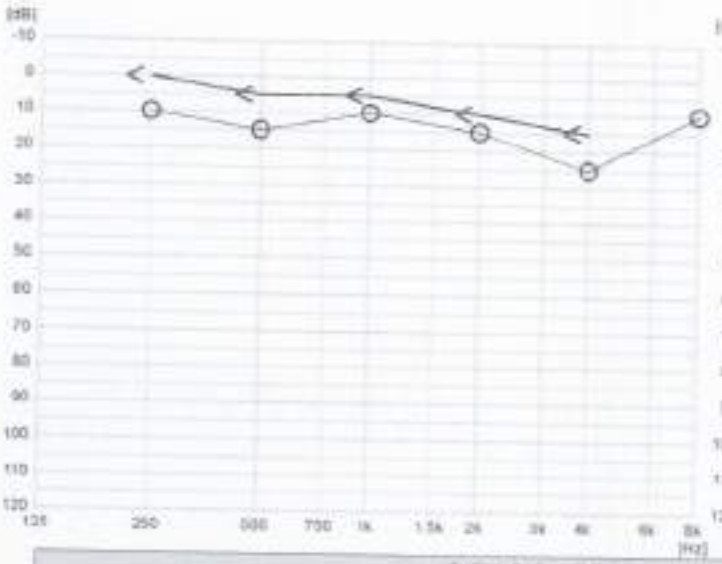
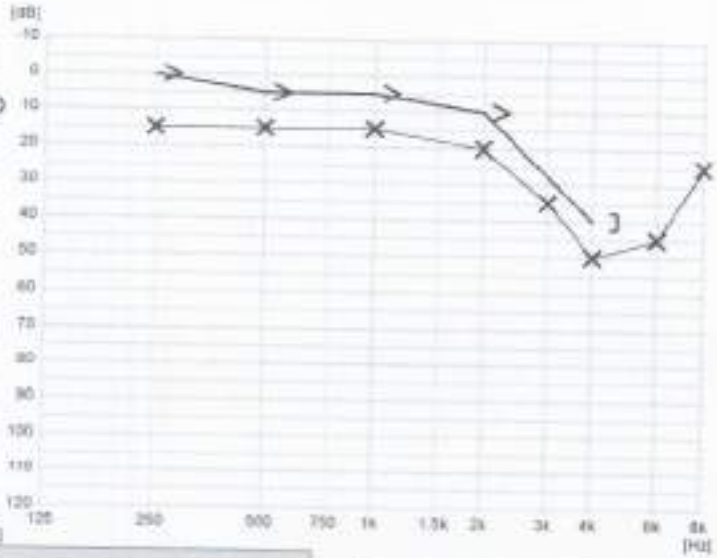
SUPER QUALITY HEARING AID AND SPEECH THERAPY CENTER

Code:	Last name , First name:	Born:
0751523	SINGH , NISHAN	28.03.2021
Test type:	**Test date:**	
Tonal audiometry	28.03.2021	





Audiometry (unaided)								
Freq [Hz]	500	1000	1500	2000	3000	4000	5000	6000
Left	10	10		20	35	50	45	25
Right	10	10		15		25		10

Calculate % hearing loss (if known):	L [%]	R [%]	Binaural [%]	Comments
Does the applicant exceed 35dB loss in either ear at 0.5, 1.0 or 2.0KHz?			Yes/No:	

Legend	R	L
Air	○	×
Air/Masked	△	□
Bone	<	>
Bone/Masked	[	]
MCL	M	M
UCL	m	m
Free Field	⊘	⊗
Free Field/Aided	A	A
Binaural	B	
No response	↓	

PTA

Right :- 13.3 dBHL

Left :- 16.6 dBHL

Comments

RIGHT EAR: HEARING SENSITIVITY WITHIN NORMAL LIMITS

LEFT EAR: MINIMAL HEARING LOSS WITH NOTCH AT 4 KHz

Signature:

Date: 28/03/2021

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Postal Code: 133
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