



Al Nile Hospital

مستشفى النيل

PLEASE COMPLETE YOUR PERSONAL DETAILS IN BLOCK CAPITALS		Surname/Forenames: DAISAR JAVED SARWAR MUHAMMED	
Nationality: PAKISTANI		Reference Indicator:	
Mobile No.	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	No. of children: 4
Reason for Examination (tick as appropriate)			
Periodic Medical Examination ☒		Final / Retirement ☐	Other Reason: ☐
Employee only			
B Present Job and Location:		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?	☒		
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: 29/4/2025		Signature of Applicant:	





Al Nile Hospital

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FOR COMPLETION BY EXAMINING DOCTOR

Further details of medical history and recreational activities:

50 y male - no PMH - no surgery

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	Colour Vision	Blood Group
166	70	25	138 88	84 / mins.	L N R N	DISTANT Uncorrected Corrected 6/6 6/6 6/6 6/6	NEAR R L 6/6 6/6	N
N	A	LABORATORY AND OTHER SPECIAL INVESTIGATIONS				N	A	
✓		1. Urinalysis			✓		7. Audiogram	
✓		2. Hb, Blood count, 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.)								
TMT Normal								
ASSESSMENT:								
☒ FIT ALL AREAS ☐ FIT WITH RESTRICTION ☐ TEMPORARY UNFIT ☐ UNFIT								
Date:		Name (Block Capitals): Dr. Ali Ghallab				Signature:		
REVIEW/CONSULTATION								
Date: 29/4/25		Name (Block Capitals): Dr.				Signature:		





Employee Data	DATE 29/4/2025
NAME: OASAR JAVED BARWAR	Company:
ID No. 74269196	Occupation:

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	• 1
In a car, while stopped for a few minutes in traffic	• 0

Total Score =

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.





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Fitness to Work Certificate

Employee Data		Date	29/4/25
Last Name SARWAR MUHAMMED		First Name	GAIBAR JAVED
I.D No. 74269196	Age 50yrs.	Occupation	
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	FTT
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 29/4/2025

Signature

Print Name





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:	QAISER JAVED SARWAR MUHAMMAD	Date:	29/04/2025 08:51:53
File No:	25007242	Age/Gender:	50y 3m 28d / M
Payer Name:		Sid No:	888#15863
Insurance Card No:	--	Collection Date & Time:	29/04/2025 08:25:49
Doctor:	Dr. Ali Mohammad Ghassah	Received Date & Time:	29/04/2025 08:51:53
Billing Time:	29/04/2025 08:22:16	Reported Date & Time:	29/04/2025 09:24:58
	Mobile: 93919365	Id Card No.:	74269196

Test Name	Result	Biological Reference
BLOOD SUGAR FASTING	5.93 mmol/m	3.3 - 6.1
SGPT	22.7 U/L	< 41.0
SGOT	17.6 U/L	< 40.0
ALKALINE PHOSPHATASE	101.0 U/L	35.0 - 104.0
TOTAL PROTEIN	7.5 g/dl	6.6 - 8.7
ALBUMIN	5.02 g/dl	3.5 - 5.2
GLOBULIN	2.48 g/L	2.0 - 3.9
BILIRUBIN TOTAL	0.75 mg/dl	< 1.1
URIC ACID	4.9 mg/dl	3.4 - 7.0
CREATININE	1.11 mg/dl	0.7 - 1.4
UREA	36.4 mg/dl	15.0 - 45.0
CHOLESTEROL	181.6 mg/dl	< 200.0
TRIGLYCERIDE	184.4 mg/dl	40.0 - 160.0
HDL CHOLESTEROL	50.05 mg/dl	40.0 - 60.0
LDL CHOLESTEROL	95.0 mg/dl	< 150.0
ESR(AUTOMATED)	3.0 mm/hr	< 15.0

Complete Blood Count

Haemoglobin	15.1 mg/dl	13.0 - 18.0
Total leucocyte count	7,800.0 Cells / Cumm	3,999.0 - 11,000.0

Differential count

Neutrophil	46.6 %	40.0 - 75.0
Lymphocytes	44.3 %	15.0 - 45.0
Eosinophils	1.1 %	1.0 - 6.0
Monocyte	7.5 %	2.0 - 8.0
Basophils	0.2 %	< 10.0
Packed cell volum	47.4 %	< 54.0
RBC count	5.6 millions/mm	4.5 - 5.5
MCV	84.6 fl	81.8 - 95.5
MCH	27.0 pg	27.0 - 32.3
MCHC	31.9 g/dl	32.4 - 35.0
Platelet count	252,000.0 Cumm	150,000.0 - 400,000.0
RDW-CV	13.0 %	11.0 - 16.0
RDW-SD	40.2 fl	35.0 - 56.0



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Test Name	Result	Biological Reference
URINE ANALYSIS		
Color	Yellow	-
Transparency	Clear	-
Specific Gravity	1.015	-
PH	Alkaline	-
Glucose	NIL	-
Acetone	NIL	-
Bilirubin	NIL	-
Blood	NIL	-
Urobilinogen	NIL	-
Protein	NIL	-
Nitrate	NIL	-
Leukocyte	NIL	-
Pus cells	2-4	-
Erythrocytes	1-2	-
Squamous Epithelial Cell	few	-
Crystal	NIL	-
Cast	NIL	-
Bacteria	NIL	-
Others	NIL	-

2025-04-29 09:30:15

****End of Report****

Technician: Hajar Mohammed
Hussin Mousa
License No: 9245

Hajar





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Patient Name: KAISER JAVED
SARWAR MUHAMMAD
File No: 25007242
Age: 50y 3m 28d
Gender: Male
Nationality: Pakistani

Age:	50	years
Sex:	☐ Female	☒ Male
Smoker:	☒ No	☐ Yes
Total cholesterol	181	mg/dL $\frac{4.7}{mmol/L}$
HDL cholesterol	50	mg/dL $\frac{1.3}{mmol/L}$
Systolic BP	138	mm Hg
Blood pressure being treated with medicines	☒ No	☐ Yes

3.9 %

10-year risk of MI or death for this patient

10 %

Average 10-year risk of MI or death

Copy Results

Next Steps

الدكتور / علي محمد عيسى
مستشفى النيل
General Practitioner Lic. No. 2802



AL CENTER

8:50:45

Q JAVED

Age : 50

ali

Normal

<< Conclusions >>

Normal Sinus Rhythm,
Mild left axis deviation.

Report need physician confirm

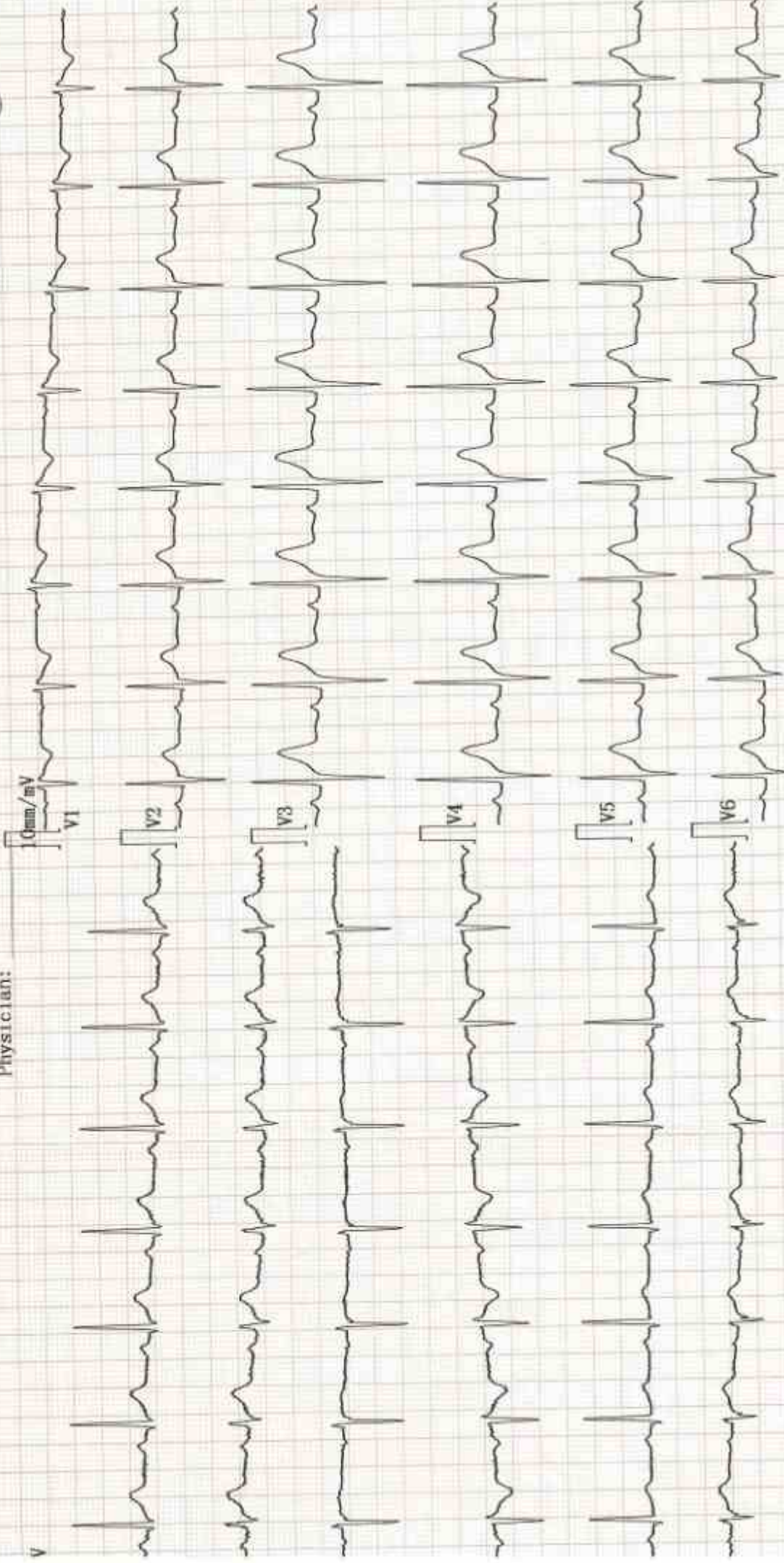
Physician:



Test: PDD FITNESS TO WORK (41-50)
Name: QAJES JAVED SARIWAR MU
File No: 25007242 Age Sex: 50 Y / M
Date: 2025-04-29 Specimen ID: 151653



Handwritten signature and text: "Normal ECG"



3Hz

AL NILE HOSPITAL

CAL CENTER

3:50:02

R JAVED

Age :50

all

hisina

<< Conclusions >>

Normal Sinus Rhythm,
Middling Left axis deviation,

Report need physician confirm

Physician:

10mm/mV

V1

V2

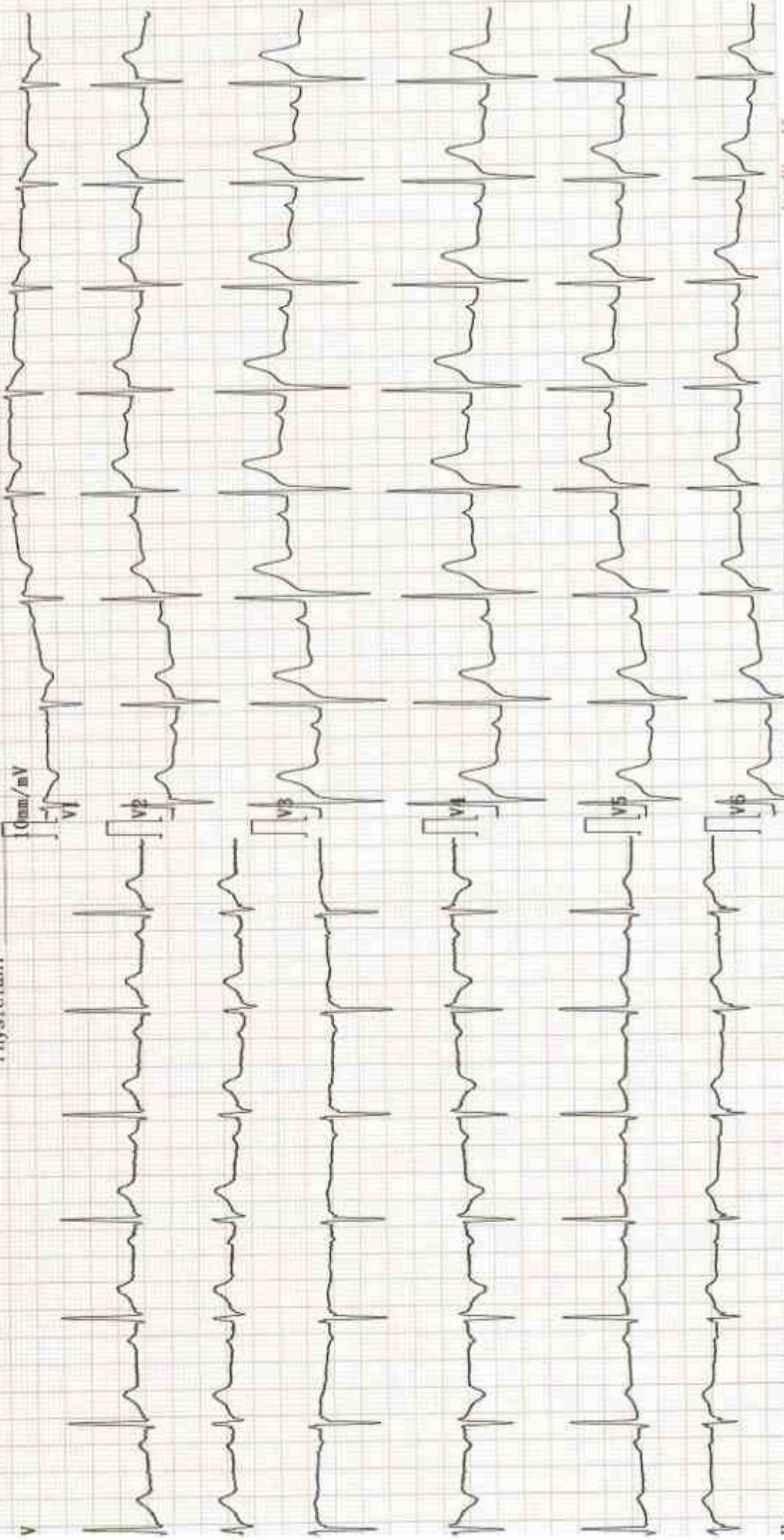
V3

V4

V5

V6

Test: POC FITNESS TO WORK (A1-30)
Name: QASIR JAVED SARWAR MU
File No: 25007242 Age Sex: 50 (Y) / M
Date: 2025-04-29 Specimen ID: 15863



Hz

AL NILE HOSPITAL

Al-Hayah International Medical Center Stress Exercise Report

ID: 29042025

Section: Cardiology Clinic

Name: Qaiser Javed Muhammad

Sex: Male

Age: 50

Exam Time: 2025-04-29 13:04

Information			
DOB: 1975-01-01	Race: Oriental Race	Indications: Required by the PDO	
Height: 167.00 cm	Weight: 75.00 kg		
☐ Smoking	☐ Diabetic	☐ History of MI	
☐ Hypertension	☐ Hyperlipidemia	☐ Family History	
Address:		Medications: None	
Telephone:			

Result							
Stage Name	PRE-EXE	EXE1	EXE2	EXE3	EXE4	REC1	REC2
HR(bpm)	121	134	152	169	190	156	143
BP(mmHg)	140/90	150/90	170/90	180/90	200/100	190/90	170/90
Stage Name	REC3	REC4					
HR(bpm)	139	133					
BP(mmHg)	160/90	160/90					

Summary			Max Values			ST Segment		
Protocol Name:	BRUCE		HR:	191 bpm	12:10	Max Elevation:		
Target HR:	145	bpm	Target HR:	131.7 %		0.56 mV	16:30	V3
Exercise Time:	20:09	mm:ss	METs:	13.6 METs	09:10	Max Depression:		
Max Speed:	6.8	km/h	HR*BP:			-0.43 mV	13:40	aVR
Max Grade:	16.0	%		28500.0 bpm*mmHg	11:40	Max Elevation Change:		
Exceed +/-100uV Leads:			SYS:	200.0 mmHg	11:00	0.35 mV	16:30	V3
I II III aVR aVL aVF			DIA:	100.0 mmHg	11:00	Max Depression Change:		
V1 V2 V3 V4 V5 V6						-0.27 mV	13:40	aVR
DUKE Score:	+12							

Arrhythmia			Reason for End : Reaching >85% of the target HR		
Total Beats:	3095	Abnormal Beats: 1			
Total V:	0	Total S: 1			
V Pairs:	0	S Pairs: 0			
V Run:	0	S Run: 0			
V bigeminal:	0	S bigeminal: 0			
V trigeminal:	0	S trigeminal: 0			
Total Long:	0				
			Symptoms: - No symptoms - Good physical fitness		

An Exercise Stress Test was performed for Mr. Qaiser Javed Muhammad, using the treadmill and according to Bruce Protocol, showed good exercise response and the patient reached more than 85% of the target heart rate with good physical fitness.

The Exercise stopped after completing Stage IV without any symptoms or ECG changes (only upsloping ST depression which is considered non-specific), with a normal increase in BP, and a Duke Treadmill Score of +12.

Conclusion: Negative TMT test and the patient is considered fit from a cardiac perspective to work as a driver.

Operator: Dr. Houmam Fatayri, MD, FESC, EECC

Reviewing Physician:

Dr. Houmam Fatayri
Cardiologist
Lic No: 21378

Al-Hayah International Medical Center Stress Exercise Report

Average QRS

ID:29042025

Section:Cardiology Clinic

Name:Qaiser Javed MuhammadSex:Male

Age:50

Exam Time:2025-04-29 13:04

Time:00:00 HR:121 bpm	Time:00:20 HR:125 bpm BP:140/90 mmHg	Time:00:40 HR:132 bpm BP:140/90 mmHg	Time:02:00 HR:133 bpm BP:150/90 mmHg	Time:02:40 HR:135 bpm BP:150/90 mmHg	Time:03:40 HR:148 bpm BP:150/90 mmHg
I 0.10 22.23	I 0.07 35.90	I 0.10 39.44	I 0.13 41.78	I 0.17 31.56	I 0.16 45.84
II 0.19 45.34	II 0.17 48.91	II 0.23 54.47	II 0.29 58.31	II 0.36 58.88	II 0.31 63.77
III 0.08 29.55	III 0.10 23.91	III 0.12 38.72	III 0.16 36.05	III 0.19 47.44	III 0.15 44.41
aVR -0.15 -36.00	aVR -0.12 -43.57	aVR -0.17 -48.35	aVR -0.21 -51.53	aVR -0.26 -49.26	aVR -0.23 -57.00
aVL 0.01 -4.49	aVL -0.01 8.24	aVL -0.01 5.48	aVL -0.01 4.49	aVL -0.01 -13.69	aVL 0.00 0.82
aVF 0.14 38.41	aVF 0.14 38.93	aVF 0.17 44.17	aVF 0.23 49.52	aVF 0.28 54.57	aVF 0.23 58.34
V1 -0.06 -18.55	V1 -0.06 -28.45	V1 -0.07 -28.12	V1 -0.10 -33.97	V1 -0.12 -34.81	V1 -0.10 -39.76
V2 0.09 19.34	V2 0.06 14.27	V2 0.08 20.41	V2 0.09 19.17	V2 0.12 21.22	V2 0.11 27.58
V3 0.22 47.09	V3 0.20 42.81	V3 0.23 47.80	V3 0.28 50.22	V3 0.36 55.54	V3 0.32 60.13
V4 0.23 53.75	V4 0.21 58.20	V4 0.24 55.34	V4 0.30 53.88	V4 0.38 57.43	V4 0.32 64.46
V5 0.29 47.23	V5 0.29 46.87	V5 0.23 54.05	V5 0.30 55.98	V5 0.36 60.58	V5 0.32 64.71
V6 0.11 33.92	V6 0.12 37.00	V6 0.13 42.74	V6 0.15 43.85	V6 0.18 45.87	V6 0.18 47.94

Dr.Houmam Fatayri
Cardiologist
Lic No: 21370

Al-Hayah International Medical Center Stress Exercise Report

Average QRS

ID:29042025

Section:Cardiology Clinic

Name:Qaiser Javed Muhammad Sex:Male

Age:50

Exam Time:2025-04-29 13:04

Time:04:30 HR:151 bpm BP:150/90 mmHg	Time:05:20 HR:154 bpm BP:150/90 mmHg	Time:06:30 HR:162 bpm BP:170/80 mmHg	Time:08:20 HR:167 bpm BP:180/90 mmHg	Time:09:20 HR:174 bpm BP:180/90 mmHg	Time:10:10 HR:179 bpm BP:180/90 mmHg
I 0.15 50.45	I 0.17 47.82	I 0.13 55.96	I 0.23 59.22	I 0.10 57.29	I 0.19 60.83
II 0.33 65.96	II 0.34 69.00	II 0.27 60.36	II 0.38 73.94	II 0.23 72.31	II 0.32 75.44
III 0.18 48.32	III 0.17 66.18	III 0.10 49.32	III 0.15 60.11	III 0.12 67.00	III 0.13 63.68
aVR -0.24 -60.70	aVR -0.25 -61.34	aVR -0.18 -64.19	aVR -0.30 -66.70	aVR -0.17 -67.02	aVR -0.25 -70.58
aVL -0.01 2.56	aVL 0.00 -11.77	aVL 0.01 8.31	aVL 0.04 -2.01	aVL -0.01 0.23	aVL 0.03 -5.03
aVF 0.25 59.78	aVF 0.25 63.57	aVF 0.16 62.24	aVF 0.27 68.93	aVF 0.17 66.89	aVF 0.23 71.15
V1 -0.11 -40.93	V1 -0.11 -42.32	V1 -0.07 -44.63	V1 -0.13 -51.53	V1 -0.05 -49.88	V1 -0.07 -53.48
V2 0.11 32.67	V2 0.13 33.92	V2 0.12 42.66	V2 0.18 48.42	V2 0.15 46.69	V2 0.23 53.89
V3 0.33 63.66	V3 0.37 66.60	V3 0.32 68.23	V3 0.47 73.25	V3 0.36 69.89	V3 0.49 74.11
V4 0.32 64.20	V4 0.35 59.12	V4 0.32 66.39	V4 0.43 71.84	V4 0.49 75.98	V4 0.64 72.13
V5 0.34 67.62	V5 0.35 69.28	V5 0.35 70.03	V5 0.41 74.77	V5 0.39 70.44	V5 0.38 74.43
V6 0.19 53.59	V6 0.17 56.61	V6 0.09 57.43	V6 0.19 61.81	V6 0.13 57.61	V6 0.22 62.15

Dr.Houmam Fatayri
Cardiologist
LSC No: 21378

Al-Hayah International Medical Center Stress Exercise Report**Average QRS**

ID:29042025

Section:Cardiology Clinic

Name:Qaiser Javed MuhammadSex:Male

Age:50

Exam Time:2025-04-29 13:04

Time:12:00 HR:190 bpm BP:200/100 mmHg	Time:12:40 HR:182 bpm BP:200/100 mmHg	Time:13:20 HR:165 bpm BP:200/100 mmHg	Time:13:50 HR:156 bpm BP:200/100 mmHg	Time:14:30 HR:149 bpm BP:190/90 mmHg	Time:15:10 HR:144 bpm BP:190/90 mmHg
I 0.10 -10.88	I 0.10 58.71	I 0.19 61.26	I 0.22 63.48	I 0.21 63.09	I 0.15 67.20
II 0.22 57.09	II 0.19 60.05	II 0.35 77.15	II 0.40 77.52	II 0.38 76.83	II 0.29 72.20
III 0.12 59.88	III 0.08 76.03	III 0.18 68.63	III 0.17 68.17	III 0.15 62.81	III 0.14 66.84
aVR -0.16 -34.29	aVR -0.14 -74.71	aVR -0.27 -72.10	aVR -0.21 -72.06	aVR -0.28 -71.28	aVR -0.22 -68.67
aVL -0.01 -41.68	aVL 0.01 -47.90	aVL 0.02 -19.69	aVL 0.02 -12.44	aVL 0.03 0.70	aVL 0.01 1.81
aVF 0.17 58.07	aVF 0.13 78.44	aVF 0.25 73.91	aVF 0.29 74.07	aVF 0.26 71.22	aVF 0.21 68.76
V1 -0.06 -30.77	V1 -0.05 -58.43	V1 -0.12 -61.14	V1 -0.13 -60.32	V1 -0.11 -57.16	V1 -0.09 -51.91
V2 0.13 2.17	V2 0.10 9.67	V2 0.16 40.67	V2 0.19 43.80	V2 0.18 47.27	V2 0.13 42.48
V3 0.38 59.34	V3 0.23 76.33	V3 0.39 74.18	V3 0.44 74.39	V3 0.39 72.82	V3 0.30 70.09
V4 0.19 72.44	V4 0.22 78.82	V4 0.39 77.26	V4 0.44 77.53	V4 0.38 76.43	V4 0.30 73.41
V5 0.18 52.75	V5 0.17 76.12	V5 0.33 75.68	V5 0.37 75.25	V5 0.32 72.99	V5 0.25 69.99
V6 0.04 33.34	V6 0.07 73.55	V6 0.15 67.27	V6 0.17 67.06	V6 0.15 65.17	V6 0.12 59.64

Dr.Houmam Fatayni
Cardiologist
 Lic No: 21370



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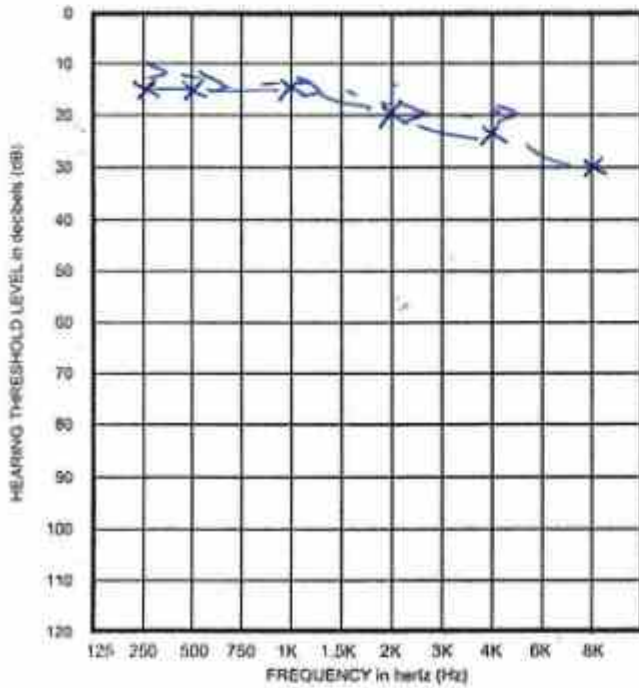
Test: PDO FITNESS TO WORK/41-50
Name: QAISER JAVED SARWAR MU
File No: 25007242 Age/Sex: 50 (Y) / M
Date: 2025-04-29 Specimen ID: 15863



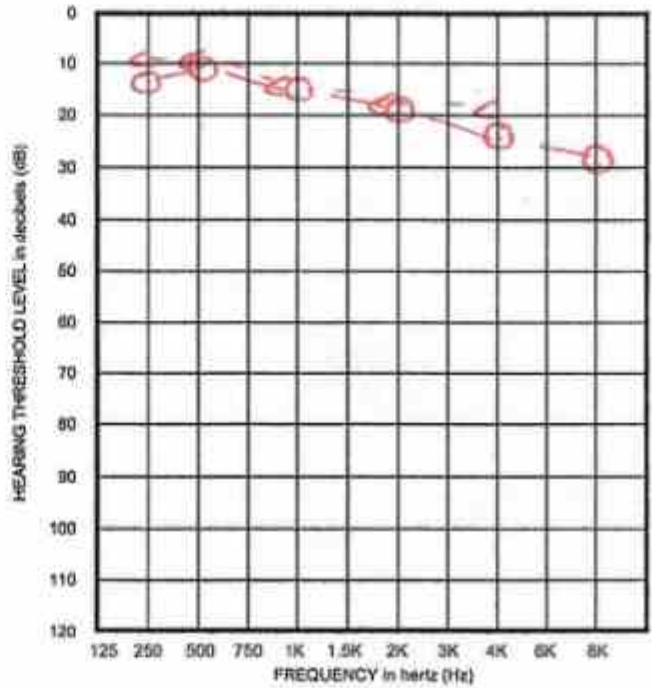
Patient Id : Mr. Qaiser Javed
Name : 25007242
Consultant :

Age / Gender : 50 / M
Report Date : 29/04/2025

LEFT EAR



RIGHT EAR



PURE TONE AVERAGE (500-1000-2000 Hz)		
Ear	Air	Bone
RIGHT	16.66 dB	
LEFT	16.66 dB	

Provisional Diagnosis: B/L Normal Hearing sensitivity & Minimal to mild sloping HL from 2KHz-8KHz.



Signature Audiologist