



Al Nile
Hospital
مستشفى النيل

Employee Data		Fitness to Work Certificate	
Patient Name: Mr. SATNAM SINGH File No: 21185754 Age: 48y 9m 4d Gender: Male Nationality: India		Date	18/3/2025
Last Name		First Name SATNAM	
I.D No.	Age 48 ymo.	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 with no restrictions ✓		FIT	
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 18/03/2025	Signature	Print Name	





Al Nile Hospital

مستشفى النيل

Patient Name: Mr. SATNAM SINGH
File No: 21185154
Age: 48y 9m 4d
Gender: Male
Nationality: India

Surname/Forenames: **SINUWA**

Nationality: **INDIAN**

PLEASE COMPLETE YOUR PERSONAL DETAILS IN BLOCK CAPITALS

Mobile No. **94316824** Home/Leave Address: 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 - driver** Next Job and Location: **NIZWA**

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?		☒	occasional
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: **16/3/2025** Signature of Applicant: **Satnam Singh**

AS
Signature of Doctor





Al Nile Hospital
مستشفى النيل

Patient Name: Mr. SATNAM SINGH
File No: 21185754
Age: 48y 9m 4d
Gender: Male
Nationality: India

FOR COMPLETION BY EXAMINING DOCTOR

Further details of medical history and recreational activities:

N = Normal A = Abnormal (please describe)

PHYSICAL EXAMINATION

N	A	
N		1. Eyes & Pupils
N		2. E.N.T.
	A	3. Teeth & Mouth
N		4. Lungs & Chest
N		5. Cardiovascular System
N		6. Abdo. Viscera
N		7. Hemial Orifices
N		8. Anus & Rectum
N		9. Genito-urinary
N		10. Extremities
N		11. Musculo-skeletal
N		12. Skin & Varicose Vns.
N		13. C.N.S.

lost lower teeth

HEIGHT cm	WEIGHT kg	BMI	B.P.	PULSE	HEARING L N R N	VISION DISTANT R L Uncorrected Corrected	NEAR R L Uncorrected Corrected
170	84	29.07	140 80	82/min.		6/6 6/6	6/6 6/6

N	A		LABORATORY AND OTHER SPECIAL INVESTIGATIONS	N	A	
		1. Urinalysis		N		7. Audiogram
N		2. Hb, Blood count, ESR				8. Lung Function
	A	3. LFT, RFT, RBS				9. Chest X-Ray
N		4. Drug Screen		N		10. ECG
	A	5. Lipids (40 years +)		N		11. CVS risk for 40 yrs. & above
N		6. Sickle Cell test				12. HIV, Hepatitis screening

OTHER FINDINGS (Physique, scars, disabilities, mental stability including behaviour, etc.)

Framingham score S/SX / ALP. high Lft + ggt
for abdominal ultrasound + internal consultation

ASSESSMENT AND RECOMMENDATIONS:

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

Date:

Name (Block Capitals): Dr.

Signature:

REVIEW/CONSULTATION

Date: 14/03/2025

Name (Block Capitals): Dr.

A. Ghosh

Signature:

[Signature]





Patient Name: Mr. SATNAM SINGH
File No: 21185754
Age: 48y 9m 4d
Gender: Male
Nationality: India

Employee Data
NAME:
ID No.

DATE	18/3/2025
Company:	TRUCK BMAN
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	• 2
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 =

4

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.



MR. Satnam Singh
487 / male

Patient Name: MR. SATNAM SINGH
File No: 21185754
Age: 48y 9m 4d
Gender: Male
Nationality: India

Age	48	years
Sex	☐ Female	☒ Male
Smoker	☐ No	☐ Yes
Total cholesterol	230	mg/dL, kg
HDL cholesterol	48	mg/dL, kg
Systolic BP	140	mm Hg
Blood pressure being treated with medicines	☐ No	☐ Yes





Al Nile
Hospital
مستشفى النيل

Patient Id :

Name :

Consultant :

Patient Name: Mr. SATNAM SINGH

File No: 21185754

Age: 48y 9m 4d

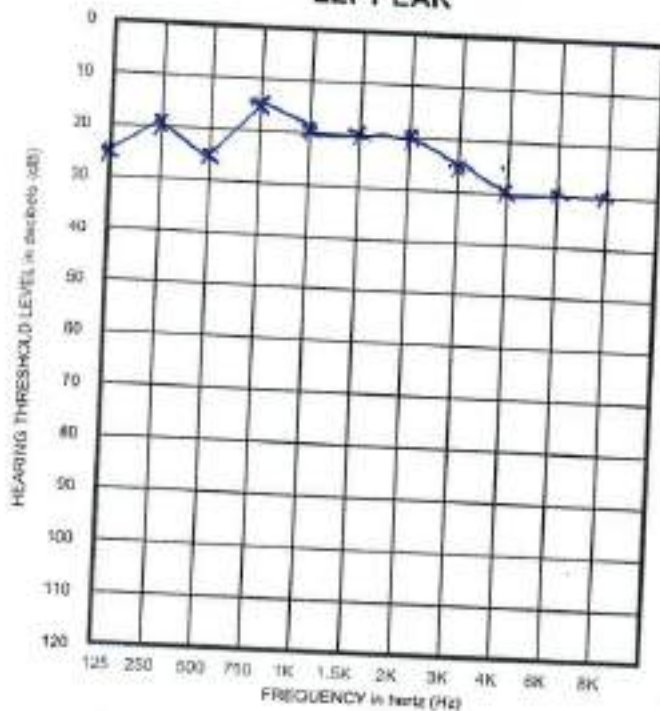
Gender: Male

Nationality: India

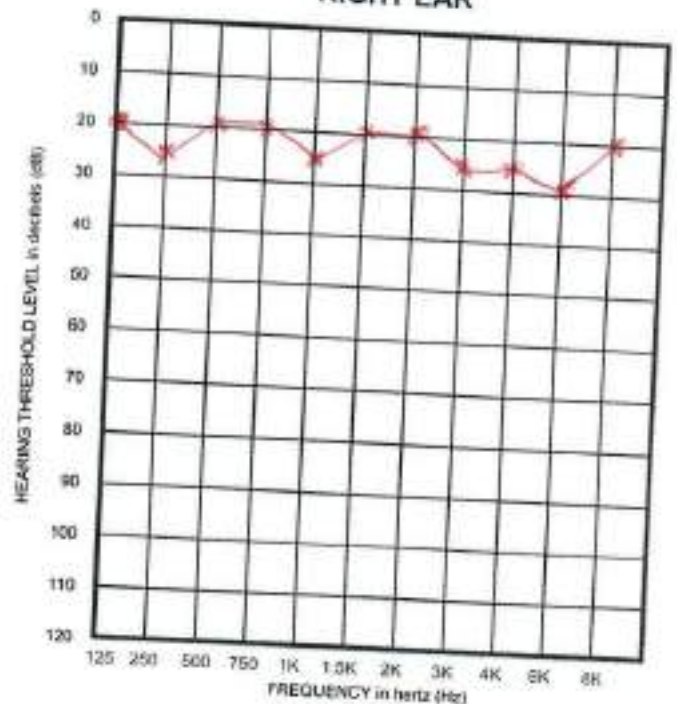
Age / Gender : 48 / m

Report Date : 18/3/2025

LEFT EAR



RIGHT EAR



PURE TONE AVERAGE
(500-1000-2000 Hz)

Ear	Air	Bone
RIGHT		
LEFT		

Provisional Diagnosis: Bilateral hearing sensitivity is within normal limits.



Signature Audiologist



Al Nile Medical Complex
جمع النيل الطبي

Patient Name: Mr. SATNAM SINGH
 File No: 21185754
 Age: 48y 9m 4d
 Gender: Male
 Nationality: India

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: Mr. SATNAM SINGH

File No: 21185754

Payer Name: Age/Gender: 48y 9m 4d / M

Insurance Card No: -

Doctor: Dr. Ali Mohammad Ghassab

Billing Time: 18/03/2025 09:54:30 Mobile: 94316824

Date: 18/03/2025 12:46:38

Sid No: B11W8480

Collection Date & Time: 18/03/2025 10:06:08

Received Date & Time: 18/03/2025 12:46:38

Reported Date & Time: 18/03/2025 14:02:19

Id Card No.: 73701963

Test Name	Result	Biological Reference
Complete Blood Count		
Haemoglobin	14.0 mg/dl	
Total leucocyte count	7,790.0 Cells / Cumm	13.0 - 18.0
Differential count		3,999.0 - 11,000.0
Neutrophil	65.8 %	
Lymphocytes	24.9 %	40.0 - 75.0
Eosinophils	3.5 %	15.0 - 45.0
Monocyte	5.5 %	1.0 - 6.0
Basophils	0.1 %	2.0 - 8.0
Packed cell volum	43.3 %	< 10.0
RBC count	4.51 millions/mm	< 54.0
MCV	95.9 fl	4.5 - 5.5
MCH	31.0 pg	81.8 - 93.5
MCHC	32.3 g/dl	27.0 - 32.3
Platelet count	172,000.0 Cu.mm	32.4 - 35.0
RDW-CV	12.6 %	150,000.0 - 400,000.0
RDW-SD	44.5 fl	11.0 - 16.0
ESR(AUTOMATED)	3.0 mm/hr	35.0 - 56.0
BLOOD SUGAR FASTING	6.14	< 15.0
CHOLESTEROL	230.9 mg/dl	-
TRIGLYCERIDE	236.9 mg/dl	< 200.0
HDL CHOLESTEROL	48.68 mg/dl	40.0 - 160.0
LDL CHOLESTEROL	135.0 mg/dl	40.0 - 60.0
CALCIUM	9.75 mg/dl	< 150.0
SGPT	107.3 U/L	8.6 - 10.4
ALBUMIN	4.8 g/dl	< 41.0
TOTAL PROTEIN	8.08 g/dl	3.5 - 5.2
ALKALINE PHOSPHATASE	53.0 U/L	6.6 - 8.7
SGOT	95.9 U/L	35.0 - 104.0
UREA	42.2 mg/dl	< 40.0
Gamma-Glutamyltransferase (GGT)	199.0 U/L	15.0 - 45.0
CREATININE	1.25 mg/dl	5.0 - 63.0
URIC ACID	6.3 mg/dl	0.7 - 1.4





Al Nile
Medical Complex
عجمع النيل الطبي

Patient Name: Mr. SATNAM SINGH
File No: 21185754
Age: 48y 9m 4d
Gender: Male
Nationality: India

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
BILIRUBIN TOTAL	0.526 mg/dl	< 1.1
URINE ANALYSIS		
Color	Yellow	
Transparency	Clear	-
Specific Gravity	0.0	-
PH	Acidic	-
Glucose	NIL	-
Acetone	NIL	-
Bilirubin	NIL	-
Blood	NIL	-
Urobilinogen	NIL	-
Protein	NIL	-
Nitrate	NIL	-
Leukocyte	NIL	-
Pus cells	4-8	-
Erythrocytes	2-4	-
Squamous Epithelial Cell	Few	-
Crystal	NIL	-
Cast	NIL	-
Bacteria	NIL	-
Others	Mucus thread present	-

2025-03-18 14:30:29
End of Report



Technician: Hajar Mohammed
Hussni Mousa
License No: 9245



Al Nile
Medical Complex
مجمع النيل الطبي

Patient Name: Mr. SATNAM SINGH
File No: 21185754
Age: 48y 9m 4d
Gender: Male
Nationality: India

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:	Mr.SATNAM SINGH	Date:	18/03/2025 21:24:44
File No:	21185754	Age/Gender:	48y 9m 4d / M
Payer Name:		Sid No:	Bill#8604
Insurance Card No:	--	Collection Date & Time:	18/03/2025 21:20:31
Doctor:	Dr. Bassel Ali Al Ratel	Received Date & Time:	18/03/2025 21:24:44
Billing Time:	18/03/2025 20:55:41	Reported Date & Time:	18/03/2025 21:32:02
	Mobile: 94316824	Id Card No.:	73701963

Test Name	Result	Biological Reference
HBA1C	5.2 %	4.0 - 6.0

2025-03-18 21:44:58
End of Report

Technician: Hajar Mohammed
Hussin Mousa
License No: 9245





Al Nile
Medical Complex
مجمع النيل الطبي

Patient Name: Mr. SATNAM SINGH
File No: 21185754
Age: 48y 9m 4d
Gender: Male
Nationality: India

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: Mr. SATNAM SINGH		Date: 18/03/2025 20:55:39
File No: 21185754	Age/Gender: 48y 9m 4d / M	Nationality: India
Payer Name: --		Doctor: Dr. Bassel Ali Al Ratel
Insurance Card No:	ID Card No: 73701963	Phone: 94316824

Vitals:-

Temperature	BP (SBP/DBP)	Pulse Rate	Respiratory Rate	Weight	Height	SPo2	RBS:	Pain Level	Abdominal Circumference	Head Circumference	CVP	Body Mass Index
36.6° C	140 / 80 mmHG	82 bpm	0 bpm	0.0 kg	0.0 cm	0 SP02		0	0.0	0.0		0.0

Chief Complaints:-

elevated liver transaminases

Patient History:-

the patient works as a driver and was referred for evaluation of elevated liver transaminases and hyperlipidemia the patient does not have any chronic illnesses and does not take any medications or herbals, he also denies any recent complains like abdominal pain, nausea\vomiting, has WT loss of 8 kgs within the last 2 years, no diarrhoea, no fever, no arthralgia, no somnolence or visual disturbances SR: CV-, RESP-, GU- non-smoker, drinks alcohol heavily PE: resp and CVS are WNL, ABD: soft non-tender without organomegaly or masses HBA1c=5.2%

Radiology Report:-

USG-ABD: bright liver

Management Plan:-

advised to reduce alcohol intake and take low carb low fat diet, consume more fruits and vegetables exercise for 25minutes\day most days of the week review after 3 months for reevaluation of LIPID profile and LFTs

Presenting Complaints:-

high SGPT, high G-GT, high cholesterol, high Triglycerides,

Provisional Diagnosis:-

No.	ICD Code	Diagnosis
1	K70.0	Alcoholic fatty liver

Investigations:-

No.	Internal Code	Name
1		HBA1C





Al Nile
Medical Complex
مجمع النيل الطبي

Patient Name: Mr. SATNAM SINGH
File No: 21183754
Age: 48y 9m 4d
Gender: Male
Nationality: India

P.O.BOX:300, POSTAL CODE - 611 NIZWA, SULTANATE OF OMAN C.R.NO.1128000
PH : 25426665, 25426228 \ WHATSAPP:94146648
Instagram:https://www.instagram.com/alnile_medical

Dr. Bassel Ali Al Ratel

Licence Number: 19770

2025-03-18 21:48:22

****End of Report****



2025-03-18 10:45:51

Name: SATNAM SINGH

Sex: Male Age: 48

Section: DR. ALI

RoomID:

BedID:

ID:

Operator: ANJ M

<< Conclusions >>

Longitudinal left axis deviation,

Report need physician confirm

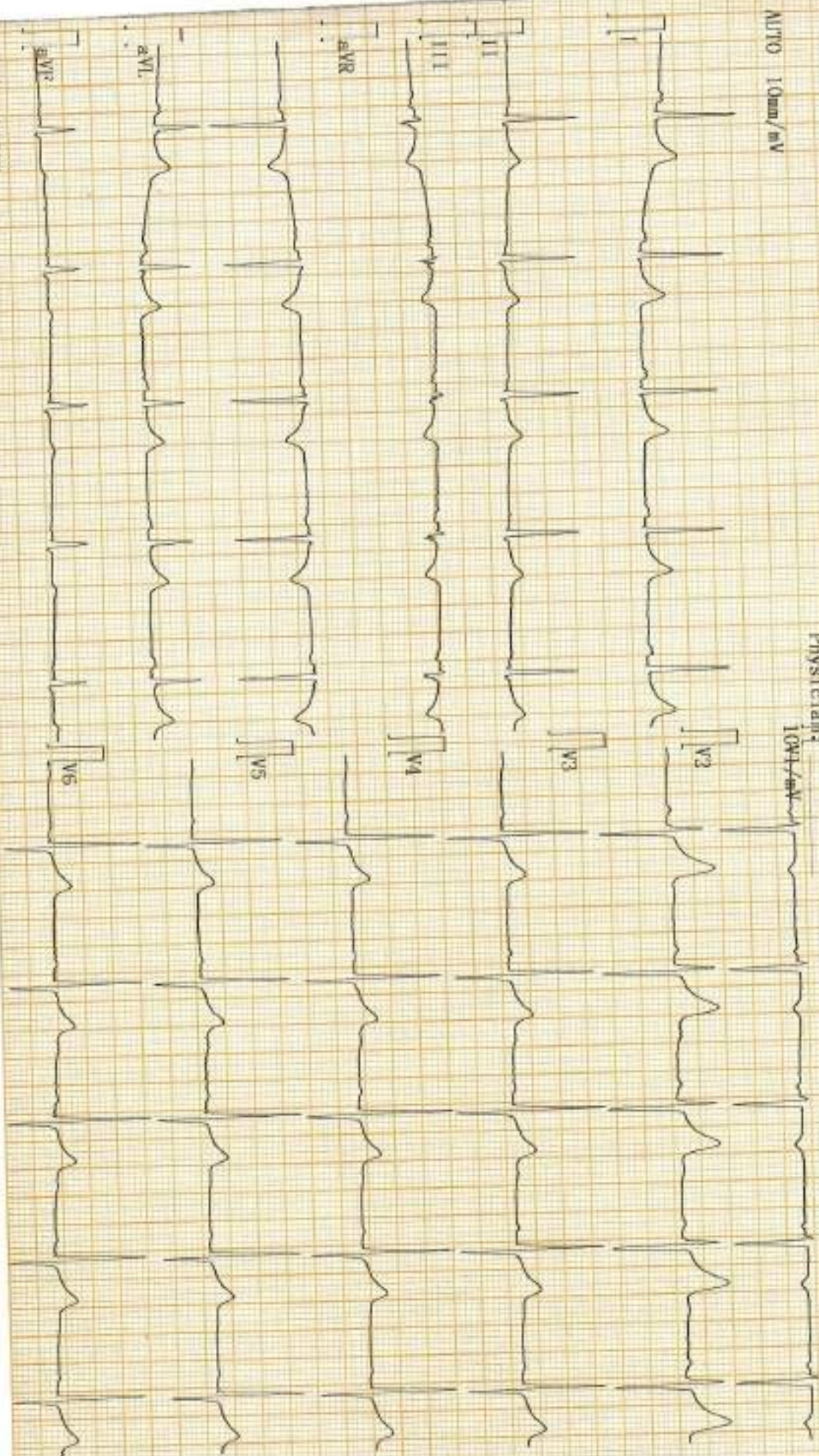


Patient Name: MR. SATNAM SINGH
File No: 21187154
Age: 48y 9m 4d
Gender: Male
Nationality: India

/ AUTO 10mm/mV

Physician:

10mm/mV





**Al Nile
Medical Complex**
مجمع النيل الطبي

Patient Name: Mr. SATNAM SINGH
File No: 21185754
Age: 48y 9m 4d
Gender: Male
Nationality: India

Patient Name: SATNAM SINGH

Date: 18 March 2025

Examination: Pelvi-Abdominal Ultrasonography

REPORT

- **Liver:** is average in size reflecting **diffuse homogenous increased echopattern...bright liver (Diffuse fatty infiltration)** ..for laboratory correlation. No focal hepatic lesions and no intra-hepatic biliary radical dilatation.
- **P.V.:** is patent with average caliber.
- **G.B.:** is **slightly contracted**, still with echofree lumen.
- **CBD:** shows average caliber with no stones within the visualized segment.
- **Spleen:** average size with homogenous echopattern. No focal lesions.
- **Pancreas:** 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 or back pressure changes.
 - No cysts or masses.
- **Left kidney:**
 - Shows normal site, size and shape. Normal echogenic criteria, preserved parenchymal thickness with good cortico-medullary differentiation.
 - No stones or back pressure changes.
 - No cysts or masses.
- **Peritoneum:** no ascites.
- **Urinary Bladder:** is partially filled at time of scan, with no stones or gross masses.
- **Pelvis:** normal pelvic overview.
- **Prostate:** is average in size 8cc in volume, with no gross focal lesions could be noted.

Opinion:

- ☞ **Bright liver ..for laboratory correlation.**



Much Obligated,
Dr. Nesreen Ghazy

[Handwritten signature]



