





**PEACE LAND MEDICAL CENTER**

**FOR COMPLETION BY EXAMINING DOCTOR OR NURSE**  
Further details of medical history and recreational activities

N = Normal A = Abnormal (please describe)

| N |  | A |  | PHYSICAL EXAMINATION     |
|---|--|---|--|--------------------------|
| ✓ |  |   |  | 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.               |
|   |  |   |  | 14. Breast               |

|                     |                    |             |                            |                  |                     |  |                       |                |
|---------------------|--------------------|-------------|----------------------------|------------------|---------------------|--|-----------------------|----------------|
| HEIGHT<br>cm<br>166 | WEIGHT<br>kg<br>78 | BMI<br>28.3 | B.P<br>(MMHG)<br>130<br>80 | PULSE<br>91/min. | HEARING<br>L N<br>R | VISION<br>DISTANT<br>R L R L<br>Uncorrected 6/6 6/6<br>Corrected | Colour<br>Vision<br>N | Blood<br>Group |
|---------------------|--------------------|-------------|----------------------------|------------------|---------------------|--|-----------------------|----------------|

| N |  | A |  | LABORATORY AND OTHER SPECIAL INVESTIGATIONS | N    | A                                |
|---|--|---|--|---|------|----------------------------------|
| ✓ |  |   |  | 1. Urinalysis                               |      |                                  |
| ✓ |  |   |  | 2. Hb, Bloodcount, ESR                      | ✓    | 7. Audiogram                     |
| ✓ |  |   |  | 3. LFT, RFT, RBS                            | ✓    | 8. Lung Function                 |
| ✓ |  |   |  | 4. Drug Screen                              |      | 9. Chest X-Ray                   |
| ✓ |  |   |  | 5. Lipids (40 years +)                      |      | 10. ECG                          |
| ✓ |  |   |  | 6. Sickle Cell test                         | 5-67 | 11. CVS risk for 40 yrs. & above |
|   |  |   |  |   |      | 12. HIV, Hepatitis screening     |

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

**ASSESSMENT:**

FIT ALL AREAS     FIT WITH RESTRICTION     TEMPORARY UNFIT     UNFIT

Date: 1/11/2021    Name (Block Capitals): Dr / Nurse

Signature:



**REVIEW/CONSULTATION**

Date:    Name (Block Capitals): Dr / Nurse

Signature



**Peace Land Medical Center**  
P.O. Box 1403, Postal Code: 133, Al Azaiba, Roundabout Al Sahwa Tower  
Sultanate of Oman  
Tel: 24617117/24617148/24617149

**LAB RESULT**

**Name:** MOHAMMED GHOUSE PASHA  
**Age:** 47 Y **Nationality:** INDIAN  
**Gender:** M  
**Ref. By:** DR. EMAD OMER  
**GSM No.:** 99560873

**Doc No:** 0013321  
**File No:** 0023946  
**Bill No:** 0028680  
**Date:** 01/11/2021  
**Time:** 11:53

| Test   | Result                  | Normal Range   |
|--|-------------------------|--|
| <b>TRUCK OMAN-PDO MEDICAL CHECKUP ABOVE 40 YRS</b> |                         |  |
| <b>COMPLITE BLOOD COUNT</b>                        |                         |  |
| RBC  | 5.5 10 <sup>9</sup> /l  | Male 4.38 - 4.98 10 <sup>12</sup> /l<br>Female 4.5 - 5.5 10 <sup>12</sup> /l |
| HAEMOGLOBIN  | 15.8 gm %               | Male 13 - 16 gm %<br>Female 11 - 14 gm %                                     |
| HCT  | 47.0 %                  | Male 39.30 - 44.10 %<br>Female 37 - 47 %                                     |
| MCV  | 85 fl                   | 84-94 fl   |
| MCH  | 28.7 pg                 | 27 - 33 pg   |
| MCHC   | 33.6 g/dl               | 29.6 - 35.6 %  |
| WBC COUNT  | 8.8 10 <sup>9</sup> d/l | 5.0 - 11.0 10 <sup>9</sup> /l  |
| <b>DIFFERENTIAL COUNT</b>                          |                         |  |
| NEUTROPHIL   | 50 %                    | 40-75 %  |
| LYMPHOCYTE   | 48 %                    | 20-45 %  |
| EOSINOPHIL   | 01 %                    | 1-6 %  |
| MONOCYTE   | 01 %                    | 2-8%   |
| BASOPHIL   | 00 %                    | 0-1%   |
| ESR  | -                       | Male 0 - 22 mm / 1st hour<br>Female 0 - 20 mm / 1st hour                     |
| PLATELET   | 267 10 <sup>9</sup> /l  | 156 - 342 10 <sup>9</sup> /l   |
| SICKLE CELL TEST                                   | NEGATIVE                |  |
| <b>LIVER FUCTION TEST</b>                          |                         |  |
| ALKALINE PHOSPHATASE                               | 76 U/L                  | 53 - 128 U/L   |
| S. BILIRUBIN TOTAL                                 | 0.47 mg/dl              | 0 - 2.0 mg/dl  |
| S.G.O.T.   | 15.3 U/L                | 0 - 35.0 U/L   |
| S.G.P.T.   | 26.9 U/L                | 10 - 45 U/L  |

.....  
**Medical Technologist**  
Page : 1 of 3



**Peace Land Medical Center**  
P.O. Box 1403, Postal Code: 133, Al Azaiba, Roundabout Al Sahwa Tower  
Sultanate of Oman  
Tel: 24617117/24617149/24617149

**LAB RESULT**

**Name:** MOHAMMED GHOUSE PASHA  
**Age:** 47 Y **Nationality:** INDIAN  
**Gender:** M  
**Ref. By:** DR. EMAD OMER  
**GSM No.:** 99560873

**Doc No:** 0013321  
**File No:** 0023946  
**Bill No:** 0028680  
**Date:** 01/11/2021  
**Time:** 11:53

| Test                   | Result      | Normal Range      |
|------------------------|-------------|-------------------|
| GGT                    | 50.8 mg/dl  | 0 - 55.0 mg/dl    |
| ALBUMIN                | 4.3 mg/dl   | 3.50 - 5.20 mg/dl |
| TOTAL PROTEIN          | 7.2 mg/dl   | 6 - 8 mg/dl       |
| S. BILIRUBIN DIRECT    | 0.17 mg/dl  | 0.0 - 0.20 mg/dl  |
| RENAL FUNCTION TEST    |             |                   |
| UREA                   | 26.2 mg/dl  | 18.0 - 55.0 mg/dl |
| S. CREATININE          | 0.97 mg/dl  | 0.70 - 1.30 mg/dl |
| S. URIC ACID           | 6.8 mg/dl   | 3.5 - 7.2 mg/dl   |
| LIPID PROFILE          |             |                   |
| Total Cholesterol      | 198 mg/dl   | 0.0 - 200 mg/dl   |
| Triglyceride           | 128.1 mg/dl | 0.0 - 150 mg/dl   |
| HDL - CHOL             | 55.3 mg/dl  | 35.0 - 79.0 mg/dl |
| LDL - CHOL             | 117.1 mg/dl | < 100 mg/dl       |
| VLDL                   | 25.6 mg/dl  | 2.0 - 30 mg/dl    |
| FASTING BLOOD SUGAR    | 106.1 mg/dl | 74 - 100 mg/dl    |
| URINE ROUTINE ANALYSIS |             |                   |
| PHYSICAL               |             |                   |
| Quantity               | 5 ml        |                   |
| Colour                 | Yellow      |                   |
| Sp. Gravity            | 1.010       |                   |
| pH                     | Acidic      |                   |
| Appearance             | Clear       |                   |
| CHEMICAL               |             |                   |
| Nitrite                | Negative    |                   |
| Protein                | Negative    |                   |
| Glucose                | Negative    |                   |
| Ketones                | Negative    |                   |

  
.....  
**Medical Technologist**  
Page 2 of 3



**Peace Land Medical Center**  
P.O. Box 1403, Postal Code: 133, Al Azaiba, Roundabout Al Sahwa Tower  
Sultanate of Oman  
Tel: 24617117/24617148/24617149

**LAB RESULT**

**Name:** MOHAMMED GHOUSE PASHA  
**Age:** 47 Y **Nationality:** INDIAN  
**Gender:** M  
**Ref. By:** DR. EMAD OMER  
**GSM No.:** 99560873

**Doc No:** 0013321  
**File No:** 0023946  
**Bill No:** 0028680  
**Date:** 01/11/2021  
**Time:** 11:53

| Test             | Result   | Normal Range |
|------------------|----------|--------------|
| Urobilinogen     | Normal   |              |
| Bilirubin        | Negative |              |
| Blood            | Negative |              |
| MICROSCOPIC      |          |              |
| PUS CELLS        | 2-3      |              |
| EPITHELIAL CELLS | 0-1      |              |
| RBC'S            | 0-1      |              |
| CASTS            | Nil      |              |
| CRYSTALS         | Nil      |              |
| BACTERIA         | Nil      |              |
| OTHERS           | Nil      |              |

  
.....  
**Medical Technologist**  
Page : 3 of 3

MOHAMMED GHOUSE PASHA  
47(YM) -Ghouse

31/02/2021 02:25

00238448

BI#

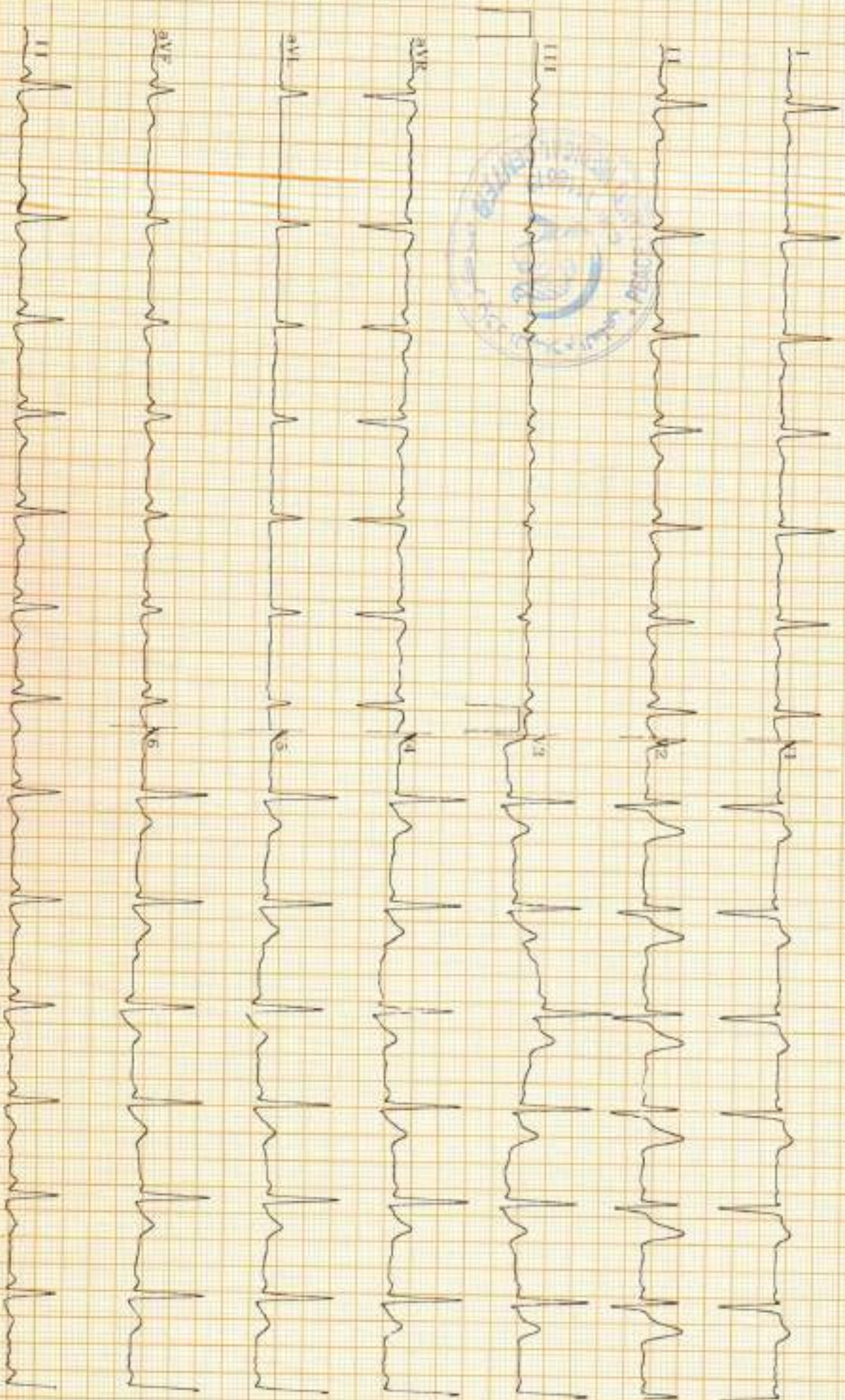
00208 660



03481

Heart Rate: 81bpm  
 HR Int.: 84.83 Normal  
 QRS Dur.: 120.89 Normal  
 QT/QTc: 364/422 ms Normal  
 P-R-T axes: 72 21 56

Hospital:  
Prescribed by:  
(To be finally confirmed by cardiologist)



Estimated 10-year Global CVD Risk

**5.6%**

Risk Category

**Low Risk**

Estimated Vascular Age

**45 Years**

Treatment Guidelines

**ATP-III (2004)**

Treatment Targets

LDL <160 mg/dL (<4.14 mmol/L)

Non-HDL <190 mg/dL (<4.93 mmol/L)

**CCS (2009)**

Initiate Pharmacotherapy if

LDL >5 mmol/L (>193 mg/dL)

TChol/HDL-C >6 mmol/L (>231 mg/dL)

Treatment Targets

≥50 % decrease in LDL-C

**ESC (2007, see Info for more)**

Treatment Targets

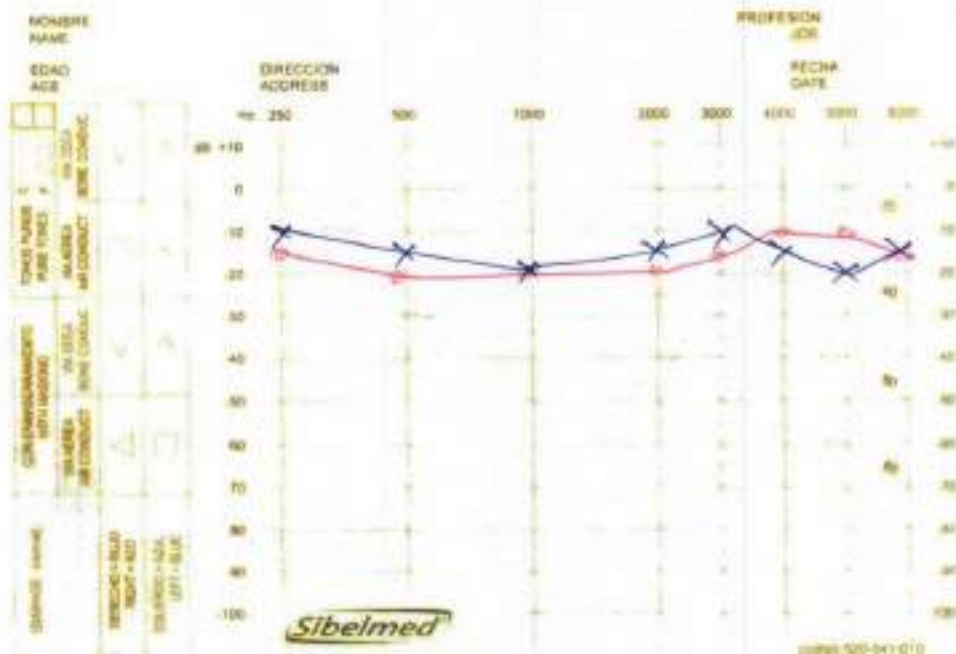
LDL <3 mmol/L (<120 mg/dL)

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



# Peace Land Medical Center

| AUDIOMETRY TEST REPORT |                 |             |             |
|------------------------|-----------------|-------------|-------------|
| Name:                  | Mohammed Ghouse | Company:    | TRUCK OMAN  |
| Gender:                | M               | Occupation: | Electrician |
| Ref By:                | Dr. Emad Omer   | Date:       | 31/10/21    |



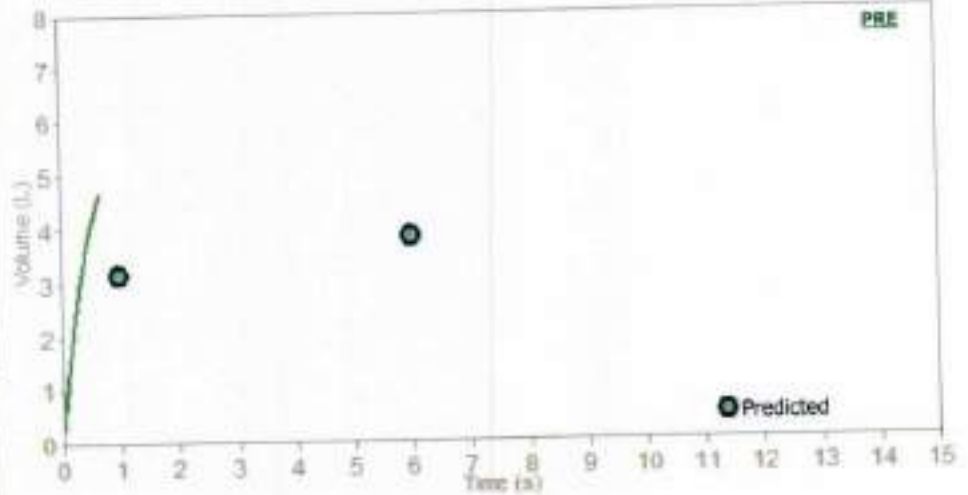
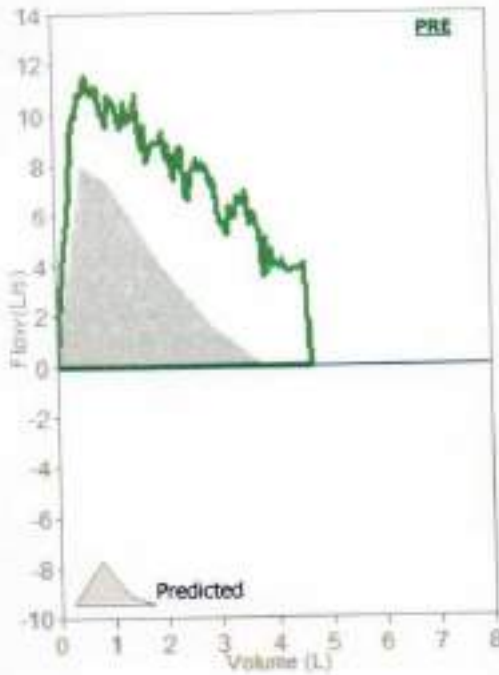


# Pulmonary Function Test Results

Visit date 31/10/2021

Patient code 66735161  
 Surname GHOUSE  
 Name MOHAMMED  
 Date of birth 06/04/1974  
 Ethnic group Not defined  
 Smoke  
 Patient group

Age 47  
 Gender Male  
 Height, cm 166  
 Weight, kg 78  
 BMI 28.31  
 Pack-Year



Quality Control Grade: F  
 0 Acceptable trials

**Interpretation**  
 Normal Spirometry

**PRE Trial date 31/10/2021 10:53:04**

| Parameters  | LLN  | Pred | Best   | %Pred | Z-score | PRE # 1 | PRE # 2 | PRE # 3 | POST | %Pred | %Chg |
|-------------|------|------|--------|-------|---------|---------|---------|---------|------|-------|------|
| FVC L       | 2.78 | 3.83 | 4.67*  | 122   | 1.32    | 4.67    |         |         | *    |       |      |
| FEV1 L      | 2.29 | 3.15 | 4.67*  | 148   | 2.90    | 4.67    |         |         | *    |       |      |
| FEV1/FVC %  | 72.8 | 83.0 | 100.0* | 121   | 2.75    | 100.0   |         |         | *    |       |      |
| PEF L/s     | 4.55 | 7.97 | 11.90* | 149   | 1.89    | 11.90   |         |         | *    |       |      |
| ELA Years   |      | 47   | 47     | 100   |         | 47      |         |         |      |       |      |
| FEF2575 L/s | 1.61 | 3.39 | 7.77   | 229   | 4.05    | 7.77    |         |         |      |       |      |
| FET s       |      | 6.00 | 0.70   | 12    |         | 0.70    |         |         |      |       |      |
| FIVC L      | 2.78 | 3.83 |        |       |         |         |         |         |      |       |      |
| FEV1/VC %   | 72.8 | 83.0 |        |       |         |         |         |         |      |       |      |

\*Best values from all loops - BTPS 1.111 21 °C (69.8 °F) - Predicted Knudson

**Conclusion / Medical report**

Signature



Instrument used  
 Minispir S S/N C11507



# مركز بلاد السلام الطبي Peace Land Medical Center

## Fitness for work certificate

|  |  |  |                       |
|--|--|--|-----------------------|
| Employee Data  |  | Date 1/11/2021                         |                       |
| Name MShammed Ghouse   |  | Department/Company T-O                 |                       |
| I.D No. 66735161   |  | Occupation Electrician                 |                       |
| 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  |  | Date                                   |                       |
| Permanently Unfit  |  | 1/11/2021                              |                       |
| Name of health advisor Signature   |  | 1/11/2021                              |                       |

