

Initial Medical Examination Report
INITIAL EXAMINATION REPORT (MEDICAL - CONFIDENTIAL)

Surname: <u>Gulistan Malik</u>	
Forenames: <u>Muhammad</u>	
Address: <u>Jbn</u>	
Place of examination: Aster Hospital Jbn	Date: <u>28-3-2011</u>
Home telephone number: _____	
If a dependant enter employee's name here: _____	
Birth date: <u>01-07-1973</u>	Nationality: <u>Pakistan</u>
Project: _____	
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 exclude minor ailments.)	
Y N	Y N
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 heartbeats
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/armpit	
How much tobacco each day? _____	
Average daily alcohol consumption: _____	
Have you ever taken illicit drugs? () PDO test all new/potential employees for illicit/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: <u>28/3/2011</u>	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	PHYSICAL EXAMINATION
	1. Eyes & Pupils	} <i>Wm</i>
	2. E.N.T.	
	3. Teeth & Mouth	
	4. Lungs & Chest	
	5. Cardiovascular System	
	6. Abdo. Viscera	
	7. Hemal Orifices	
	8. Anus & Rectum	
	9. Genito-urinary	
	10. Extremities	
	11. Musculo-skeletal	
	12. Skin & Vascular Sys.	
	13. C.N.S.	

HEIGHT cm		WEIGHT kg	BMI	B.P.	PULSE	HEARING	VISION				Colour Vision	Blood Group
						L R			DISTANT	NEAR		
							R	L	R	L		
						Uncorrected	6/6 6/6					
						Corrected	6/6 6/6					
N	A											

N	A		Corrected	N	A	
		LABORATORY AND OTHER SPECIAL INVESTIGATIONS				
✓		1. Urinalysis				7. Audiogram
✓		2. Hb, Bloodcount, FSP				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.)

Overweight - advised weight reduction

ASSESSMENT: Hypertiglyceridemia, Advised medication. Repeat fasting lipid profile after 3 months

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

with medication

Date _____ Name (Block Capitals): Dr. NALDANA PAMER Signature _____

REVIEW/CONSULTATION

Carta 28-3-2021 Name (Block Capitals): Dr

Signature _____

Framingham Risk Assessment form

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

Employee Name: Mohammed. Ghalib. Malik. Noor Zin

Emp #:

Date of Assessment: 20/3/2018

1	Age	Years	47
2	Gender	Female/Male	☒ Male
3	Total Cholesterol	mmol/L	4.70
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: 6.7 %

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: 28/3/2021
Name: <u>Muhammad Al-Kharrar</u>	Department/Company: <u>Truck company</u>	
I.D No: <u>87355497</u>	Tel #	Occupation: <u>Driver</u>

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
- 0 watching TV
- 0 sitting inactive in a public place (e.g. theatre or meeting)
- 0 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 & talking with someone
- 0 Sitting quietly after lunch without alcohol
- 0 In a car, while stopped for a few minutes in traffic

Total

1

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, Muhammad (Print Name) certify that to the best of my knowledge the above information supplied by me is true and correct.

Signature: [Signature]

Date: 28/3/2021

Fitness to Work Certificate

Employee Data		Date <u>28/3/2021</u>	
Name <u>Mahd. Gulistan Mahd.</u>		Department/Company <u>Texx Comm</u>	
ID No. <u>87355497</u>	Age	Occupation <u>Driver</u>	
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			
Pushing, pulling, 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 advisor <u>Dr. Alandana P</u>		Signature <u>[Signature]</u> Date <u>28/3/2021</u>	

DEPARTMENT OF LABORATORY MEDICINE

File No: 221796	Report No: 0568804
Name: MUHAMMAD GULISTAN MALIK NOOR ZAMAN	Sample Date: 28/03/2021 Time: 12:48
Address:	Received By: JIBI
Gender: M Age: 47 Y Nationality: PAKISTANI	Received Date: 28/03/2021 Time: 12:53
GSM No.: 93268586 ID Card No.: 87355497	Report Date: 28/03/2021 Time: 13:35
Ref. By: EXTERNAL DOCTOR	Bill No: 0751521 Bill Date: 28/03/2021
	Report Status: Final

INVESTIGATION	RESULT	REFERENCE RANGE
PDO MEDICAL CHECK UP ABOVE 40(truckoman)		
FBS (FASTING BLOOD SUGAR)	4.95 mmol/L	3.9 - 6.1
Method : - Hexokinase	89.1 mg/dL	70 - 110
LIPID PROFILE - SERUM		
CHOLESTEROL (TOTAL)	4.70 mmol/L	1 - 5.1
Method: -Enzymatic	181.7 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)	1.65 mmol/L	1.295 - 4.54
" "	63.59	50 - 172
VLDL (VERY LOW DENSITY LIPOPROTEIN)	1.97 mmol/L	0.259 - 1.036
" "	76.11 mg/dl	10 - 40
RATIO (TOTAL CHOL / HDL CHOL)	4.31	3.8 - 5.9
TRIGLYCERIDES	4.30 mmol/L	0.564 - 2.146
Method : Enzymatic	380.55 mg/dl	50 - 190
LIVER FUNCTION TEST - SERUM		
TOTAL BILIRUBIN - SERUM	0.32 mg/dL	0.1 - 1
Method : Diazo	5.50 µmol/L	1 - 17.1
DIRECT BILIRUBIN - SERUM	0.15 mg/dL	0.1 - 0.5
Method : Diazo	2.5 µmol/L	1 - 8.55
SGOT (AST)-SERUM (IFCC)	14.80 U/L	Male: up to 40.0 Female: up to 32.0
SGPT (ALT)-SERUM (IFCC)	16.50 U/L	Male: 10-50 Female: 10-35
ALKALINE PHOSPHATASE (ALP)-SERUM (IFCC)	72.49 U/L	Adult : Men -40-129

Processed By:
SWATHY
Lab Technologist

Approved By:
SWATHY
Lab Technologist

Released By:
SWATHY
Lab Technologist

Specialist Pathologist

MOH License No: 13250

MOH License No: 13250

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Page 1 of 4

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Ref. By: EXTERNAL DOCTOR	Bill No: 0751521 Bill Date: 28/03/2021
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INVESTIGATION	RESULT	REFERENCE RANGE
		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)	7.48 gm/dL	6.6 - 8.7
ALBUMIN - SERUM (Colorimetric Assay)	4.65 gm/dL	3.9 - 4.9
GLOBULIN - SERUM (Calculation)	2.83 gm/dL	2.3 - 3.5
ALBUMIN / GLOBULIN RATIO - Calculation	1.64	1.2 - 1.5
GGT(GAMMA GLUTAMYL TRANSPEPTIDASE) - SERUM	34.0 U/L	Men : 8-61 Female : 5-36
RENAL FUNCTION TEST (UREA - CREATININE)		
UREA - SERUM	5.50 mmol/L	1.7 - 8.3
Method : Kinetic Assay	33.03 mg/dL	10.2 - 49.8
CREATININE - SERUM	70.84 µmol/L	44.2 - 123.7
Method : Jaffe Method	0.8 mg/dl	0.5 - 1.4
CBC (COMPLETE BLOOD COUNT)		
TOTAL WBC COUNT	8500 cells/cumm	4000 - 11000 cells/cumm
DC (DIFFERENTIAL COUNT)		
NEUTROPHILS	46.2 %	40-75%
LYMPHOCYTES	37.2 %	20-45%
EOSINOPHILS	7.4 %	2-6 %
MONOCYTES	8.7 %	2-8 %

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Page 2 of 4

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Ref. By: EXTERNAL DOCTOR	Bill No: 0751521 Bill Date: 28/03/2021
	Report Status: Final

INVESTIGATION	RESULT	REFERENCE RANGE
BASOPHILS	0.5 %	0-1%
HB (HEMOGLOBIN)	14.8 gm/dl	Male-13 - 18 gm/dl Female-11- 15 gm/dl
TOTAL RBC COUNT	5.01 million/cu	MALE: 4.5-6.5million/cu FEMALE: 3.9-5.5million/cu
PLATELET COUNT	2.68 lakhs/cumm	1.0 - 4.0 lakhs / cumm
PCV (PACKED CELL VOLUME)	44.70 %	Males : 42% - 52% Females : 37% - 47%
MCV (MEAN CORPUSCULAR VOLUME)	89.20 FL	76 - 96 FL
MCH (MEAN CORPUSCULAR HEMOGLOBIN)	29.50 PG	27 - 33 PG
MCHC(MEAN CORPUSCULAR HEMOGLOBIN CONCENTRATION)	33.10 g/dl	32 - 36 g/dl
ESR (ERYTHROCYTE SEDIMENTATION RATE)	08 mm/ 1st hr	MALE:0-9 mm/ 1st hr FEMALE:0-20 mm/ 1st hr
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	

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Page 3 of 4

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Address:	Received By: JIBI
Gender: M Age: 47 Y Nationality: PAKISTANI	Received Date: 28/03/2021 Time: 12:53
GSM No.: 93268588 ID Card No.: 87355497	Report Date: 28/03/2021 Time: 13:35
Ref. By: EXTERNAL DOCTOR	Bill No: 0751521 Bill Date: 28/03/2021
	Report Status: Final

INVESTIGATION	RESULT	REFERENCE RANGE
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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Specialist Pathologist

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Page 4 of 4

X-RAY REPORT

Doc No:	0057877
Name:	MUHAMMAD GULISTAN MALIK NOOR ZAMAN
Age/DOB:	47 Y ID Card No 87355497
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:	0751521
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



221796
47 Years

MUHAMMED GHULISTAN
Male

28-Mar-21 01:13:26 PM

Oman AlKhair Hospital (Emergency)

Rate 61
HR 984
PR 177
QRS 88
QT 421
QTc 424

--AXIS--

P -8
QRS 64
T 27

12 Lead; Standard Placement



Device:

Speed: 25 mm/sec Limb: 10 mm/mV Chest: 10.0 mm/mV

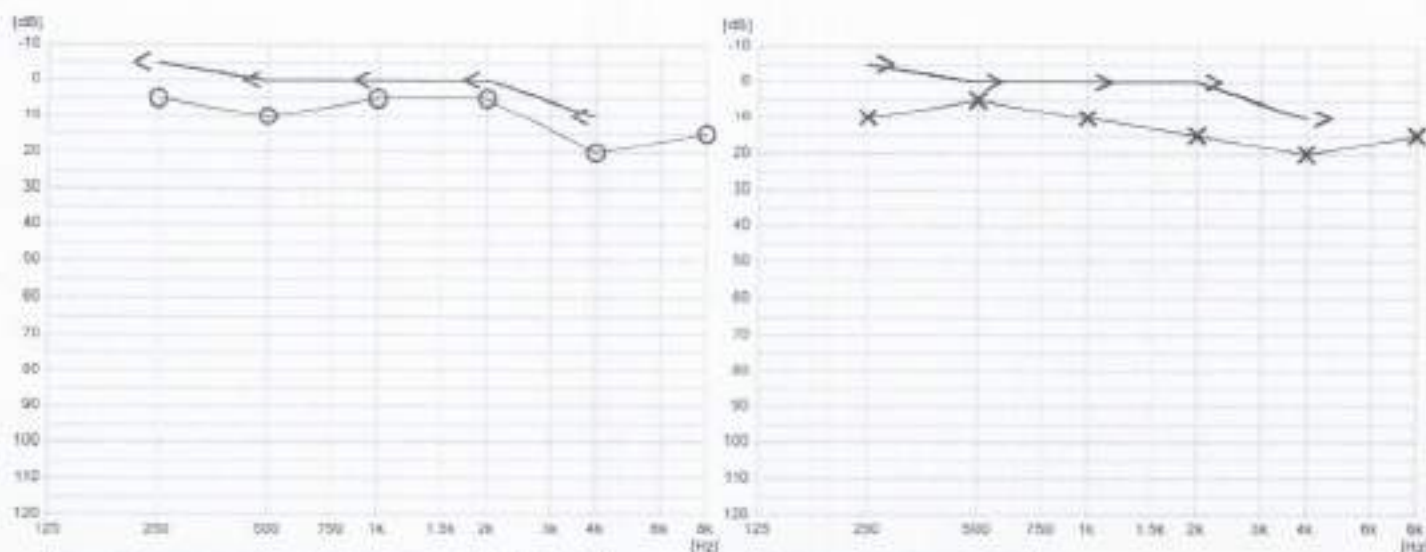
50- 0.50- 40 Hz W

PH10 CL

P?

SUPER QUALITY HEARING AID AND SPEECH THERAPY CENTER

Code: 0751521	Last name, First name GULISTAN, MUHAMMAD	Born: 28.03.2021
Test type: Tonal audiometry	Test date: 28.03.2021	



Audiometry (continued)							
Freq (Hz)	500	1000	1500	2000	3000	4000	8000
Left	5	10		15		20	15
Right	10	5		5		20	15
Cumulative % hearing loss (if known)		L (%)	R (%)	Binocular (%) Comments			
Does the applicant exceed 35dB loss in either ear at 0.5, 1.0 or 2.0 kHz?				Yes/No			

Legend	R	L
Air	O	X
AirMasked	Δ	□
Bone	<	>
BoneMasked	[	]
MCL	M	M
UCL	m	m
Free Field	⊙	⊗
Free Field/Aided	A	A
Binaural	B	
No response	I	

PTA
Right:- 6.6 dBHL
Left:- 10 dBHL

Comments
BILATERAL HEARING SENSITIVITY WITHIN NORMAL LIMITS

Signature:



Date: 28/03/2021