PEACE LAND MEDICAL CENTER

MEDICAL EXAMINATION REPORT (CONFIDENTIAL)

PLEASE COMPLETE YOUR PERSONAL DETAILS IN BLOCK CAPITALS

Surname

Forenames: RAMESH LALJAUMAN NATH

Address: 10567/523 - Touka oman

Home telephone number: 79127096

Place of examination: Muscat Date: 31/8/12

If a dependant enter employee's name here:
Surname:

Forenames:

Birth date: 27/4/78 Nationality: Indian Country of birth: India Religion: Sikh

☑ Male ☐ Female ☑ Married ☐ Single ☐ Separated /Divorced

Relationship to employee: ☐ Wife ☐ Son ☐ Daughter Number of children: 1

Reason for examination: Pre-Employment ☑ Periodic medical check-up ☐ Pre-Overseas ☐

Job: operator

Area:

Name and address of family doctor

List your last 3 jobs
(1)
(2)
(3)

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		Y	N
1. Sinus trouble			21. Cancer			HAVE YOU EVER BEEN:-		
2. Neck swelling/glands			22. Heart Disease			41. Rejected for employment or insurance for medical reasons		
3. Difficulty in vision			23. Rheumatic fever			42. Awarded benefits for industrial injury/illness		
4. Any ear discharge			24. Abnormal heartbeat			43. Treated for a mental condition, e.g. depression		
5. Asthma/bronchitis			25. High blood pressure			44. Treated for problem drinking or drug abuse		
6. Hayfever /other significant allergy			26. Stroke			45. Exposed to toxic substance or noise		
7. Any skin trouble			27. Serious chest pain			FOR WOMEN ONLY		
8. Tuberculosis			28. Any blood disease			Have you ever had:-		
9. Shortness of breath			29. Kidney disease			46. An abnormal smear		
10. Coughed/vomited blood			30. Blood in urine			47. Any gynaecological treatment		
11. Severe abdominal pain			31. Painful passage of urine			48. Are you pregnant?		
12. Stomach ulcer			32. Diabetes			49. HAVE YOU HAD AN ILLNESS NOT MENTIONED ABOVE		
13. Recurrent indigestion			33. Headaches/migraine					
14. Jaundice or hepatitis			34. Dizziness/fainting					
15. Gall Bladder disease			35. Epilepsy					
16. Marked change in bowel habits			36. Joints/spinal trouble					
17. Blood in stools (motions)			37. Surgical operation					
18. Marked change in weight			38. Serious accident/fracture					
19. Varicose veins			39. Tropical disease					
20. Lump in breast/armpit			40. Fear of heights					

How much tobacco each day? NO

Average daily alcohol consumption NO

Have you ever taken elicited 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.

Date: 31/8/12

Signature of Applicant:

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)	PHYSICAL EXAMINATION
✓		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.
		14. Breast

HEIGHT cm	WEIGHT kg	BMI	B.P.	PULSE	HEARING	VISION DISTANT R	VISION DISTANT L	VISION NEAR R	VISION NEAR L	Colour Vision	Blood Group
168	92	32.6	130/80	70 /mins.	L N R	Uncorrected 6/6	6/6			✓	
						Corrected					

N	A		LABORATORY AND OTHER SPECIAL INVESTIGATIONS	N	A	
	✓	1. Urinalysis	GHb	✓		7. Audiogram
✓		2. Hb, Bloodcount, ESR		✓		8. Lung Function
	✓	3. LFT, RFT, RBS	FLFT & FBS			9. Chest X-Ray
		4. Drug Screen		✓		10. ECG
✓		5. Lipids (40 years +)		4.7%		11. CVS risk for 40 yrs. & above
✓		6. Sickle Cell test				12. HIV, Hepatitis screening

Internist Consultation was done → On metformin

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

1, LSM & RFR (Diet, Exercise & diet)
2, Regular F/U 1m later by internist
3, Take the mediation properly

ASSESSMENT:

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

Dr. Shima Seyedabdollahi Jafari
Cardiologist Specialist
MOH Lic. No. 21982

Date: 25/9/22 Name (Block Capitals): Dr. / Nurse Signature:

PEACE LAND MEDICAL CENTER

REVIEW/CONSULTATION

Date: Name (Block Capitals): Dr. / Nurse Signature:

مركز بلاد السلام الطبي

Peace Land Medical Center

Peace Land
بلاد السلام

Epworth Screening Questionnaire for Sleep Apnoea

RAMESH LAL JAGAN NATH
44 Y(M) <Blank> 31/08/22 10:07
0034655
70667 Bill # 0040141
PEACELAND

	Date: 31/8/22
	Department/Company: Truckomen
... #	Occupation: operator

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

0 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 0

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

Signature: ______ Date: 31/8/22

* PEACE LAND MEDICAL CENTER * مركز بلاد السلام الطبي

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:	RAMESH LAL JAGAN NATH	**Doc No:**	0024095
Age:	44 Y **Nationality:** INDIAN	**File No:**	0034555
Gender:	M	**Bill No:**	0040141
Ref. By:	DR.SHIMA	**Date:**	31/08/2022
GSM No.:	79127096	**Time:**	16:26

Test	Result	Normal Range
TRUCK OMAN-PDO MEDICAL CHECKUP ABOVE 40 YRS		
COMPLITE BLOOD COUNT		
RBC	5.2 10"12/l	Male 4.38 -5.78 10"12/l Female 4.0- 5.0 10"12/l
HAEMOGLOBIN	13.7 gm %	Male 13 - 17 gm % Female 11 - 14 gm %
HCT	40.9 %	Male 39.30 -50.00 % Female 37 -47 %
MCV	**78 fl**	84-94 fl
MCH	**26.2 pg**	27 - 33 pg
MCHC	33.5 g/dl	29.6 - 35.6 %
WBC COUNT	7.1 10"9 d/l	5.0 - 11.0 10"9/l
DIFFERENTIAL COUNT		
NEUTROPHIL	62 %	40-75 %
LYMPHOCYTE	31 %	20-45 %
EOSINOPHIL	01 %	1-6 %
MONOCYTE	06 %	2-8%
BASOPHIL	00 %	0-1%
ESR	-	Male 0 - 22 mm / 1st hour Female 0 - 20 mm / 1st hour
PLATELET	**200 10"9/l**	156 - 342 10"9/l
SICKLE CELL TEST	NEGATIVE	
LIVER FUCTION TEST		
ALKALINE PHOSPHATASE	56 U/L	53 - 128 U/L
S. BILIRUBIN TOTAL	**0.43 mg/dl**	0 - 2.0 mg/dl
S.G.O.T.	**57.3 U/L**	0 - 35.0 U/L
S.G.P.T.	**82.0 U/L**	10 - 45 U/L

Medical Technologist

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

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Ref. By:	DR.SHIMA	**Date:**	31/08/2022
GSM No.:	79127096	**Time:**	16:26

Test	Result	Normal Range
GGT	**80.6 U/L**	0 - 55.0 U/L
ALBUMIN	**4.3 g/dl**	3.50 - 5.20 g/dl
TOTAL PROTEIN	**7.1 g/dl**	6 - 8 g/dl
S. BILIRUBIN DIRECT	**0.12 mg/dl**	0.0 - 0.20 mg/dl
RENAL FUNCTION TEST		
UREA	**38.0 mg/dl**	18.0 - 55.0 mg/dl
S.CREATININE	**0.83 mg/dl**	0.70 -1.30 mg/dl
S.URIC ACID	**5.8 mg/dl**	3.5 - 7.2 mg/dl
LIPID PROFILE		
Total Cholesterol	**168 mg/dl**	0.0 - 200 mg/dl
Triglyceride	**156.6 mg/dl**	0.0 - 150 mg/dl
HDL - CHOL	**54.4 mg/dl**	35.0 - 79.0 mg/dl
LDL - CHOL	**82.3 mg/dl**	< 100 mg/dl
VLDL	**31.3 mg/dl**	2.0 - 30 mg/dl
FASTING BLOOD SUGAR	**149.3 mg/dl**	74 - 100 mg/dl
URINE ROUTINE ANALYSIS		
PHYSICAL		
Quantity	**5 ml**	
Colour	Yellow	
Sp. Gravity	1.025	
pH	Acidic	
Appearance	Clear	
CHEMICAL		
Nitrite	Negative	
Protein	Negative	
Glucose	(++)	
Ketones	Negative	

PEACE LAND MEDICAL CENTER

Medical Technologist

Peace Land Medical Center
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Sultanate of Oman
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LAB RESULT

Name:	RAMESH LAL JAGAN NATH	**Doc No:**	0024095
Age:	44 Y **Nationality:** INDIAN	**File No:**	0034555
Gender:	M	**Bill No:**	0040141
Ref. By:	DR.SHIMA	**Date:**	31/08/2022
GSM No.:	79127096	**Time:**	16:26

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

Medical Technologist

nmc specialty hospital,al-hail

P.O BOX : 613, Postal Code : 133
al-hail
24269222

Medical Report

Ref.No: 0000633/MED/NMC/2022

NAME: *RAMESH LAL JAGAN NATH*			
AGE : *44 Y*	**DOB :** *04/30/1978*	**GENDER :** *M*	**NATIONALITY :** *INDIAN*
FILE NO : *50084450*	**ResidentCardNo :** *105671523*	**Emp No :**	

To Whom it may Concern

This is to inform that Mr RAMESH LAL JAGAN NATH was found to have elevated SGPT and FBS during PDO medical check up done at Peace Land Medical Center on 31.08.2022. He is apparently asymptomatic and has no history of DM. Now his SGPT is repeated which is improving (82.02) and Hba1c is 6.2%. He is now started on Metformin and supportive medicines for probable fatty liver along with advice regarding diet and lifestyle modification. He need to be under follow up for monitoring and optimization of treatment. No absolute contraindication for joining his work.

ON EXAMINATION:

INVESTIGATION:

DIAGNOSIS:
Fatty liver,IFPG

TREATMENT GIVEN:

FURTHER PLAN:

DR NISANTH KALLINKEEL
GENERAL MEDICINE
(Name with seal)

DR. NISANTH KALLINKEEL
Specialist - Internal Medicine
MOH Lic. No.: 34347
nmc specialty hospital, Al-Hail

Place : nmc specialty hospital,al-hail

C.R. No. 1566139
Sultanate of Oman
RECEPTION
nmc specialty hospital, Al Hail

DEPARTMENT OF LABORATORY MEDICINE

File No:	50084450	**Report No:**	0063525		
Name:	RAMESH LAL JAGAN NATH	**Sample Date:**		**Time:**	
		Received By:			
Address:		**Received Date:**		**Time:**	
Gender:	M **Age:** 44 Y **Nationality:** INDIAN	**Report Date:**	22/09/2022	**Time:**	15:18
GSM No.:	79127096 **ID Card No.:** 105671523	**Bill No:**	0183465	**Bill Date:**	22/09/2022
Ref. By:	DR NISANTH KALLINKEEL				

INVESTIGATION	RESULT	REFERENCE RANGE
HbA1C	6.2 %	NORMAL : < 6.0 GOOD DIABETES CONTROL : <7 FAIR DIABETES CONTROL : 7-8 POOR DIABETES CONTROL : >8
SGPT (ALT)	82.02 U/L	MALE : up to 41 U/L, FEMALE : up to 33 U/L.

Verified By:

10624
Lab Technologist

Approved By

C.R. No: 1463137 Sultanate of Oman RECEPTION nmc speciality hospital, Al Khil

Specialist Pathologist

Electronically signed at: 9/22/2022 3:18:00

مستشفى ان ام سي التخصصي
nmc speciality hospital

Printed at: 22/09/2022 3:22:53 PM

NMC Healthcare LLC
C.R.No : 1468137
Plot No: 294, Block: 338
Building No: 852, Al Hail North
Sultanate of Oman
T: (+968) 2426 9222
F: (+968) 2426 9263
www.nmcoman.com

2022-08-31 10:09:56

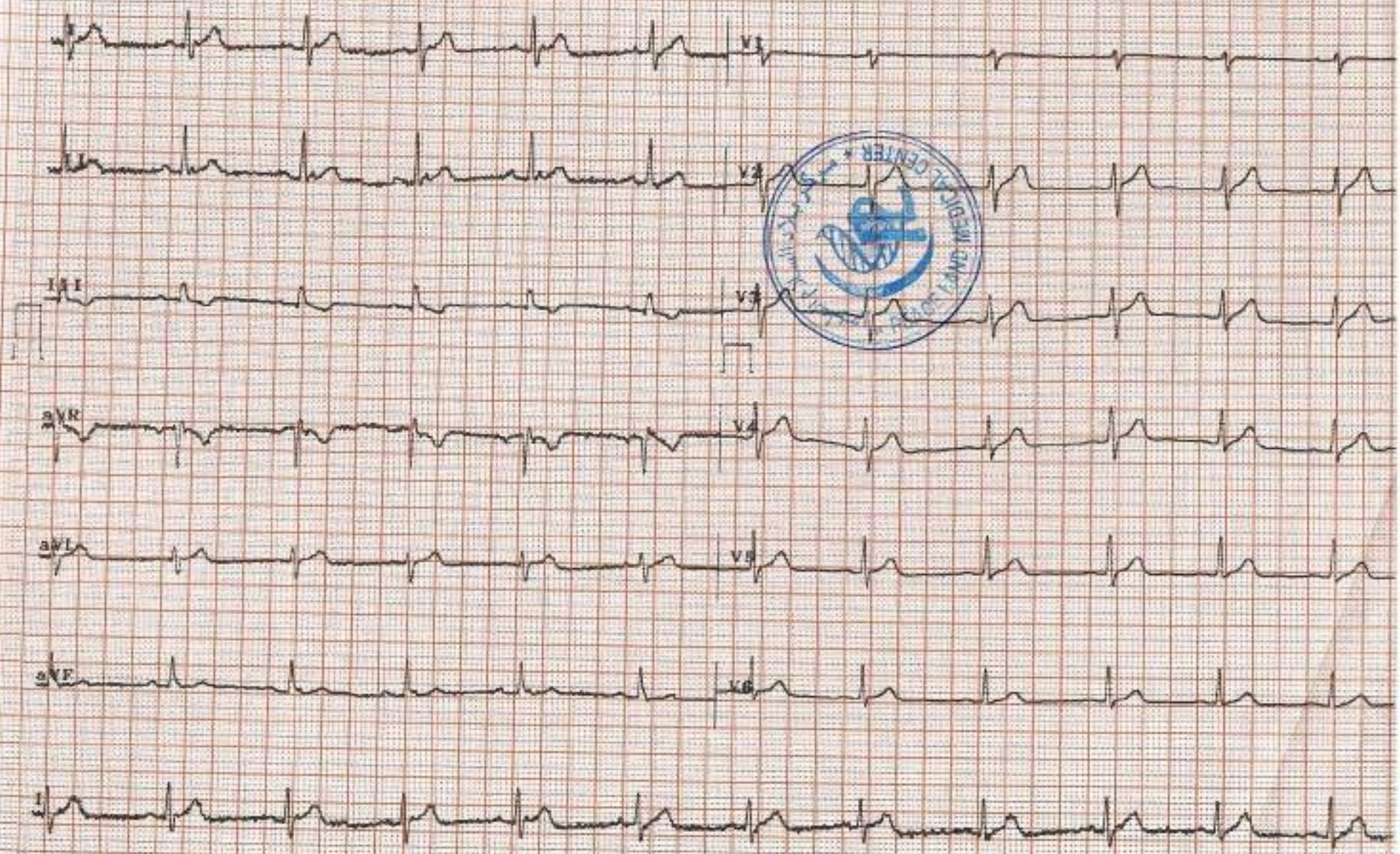
6Channel+1 Rhythm Report

Hospital:PLMS
Confirmed by:

RAMESH LAL JAGAN NATH
44 Y(M) <Blank> 31/08/22 10:07
0034505
70567 Bill # 6040141
PEACELAND

Heart Rate : 70 BPM
PR Int.: 162 ms
QRS Dur.: 94 ms
QT/QTc: 332/356 ms
P-R-T axes: 43 56 10

** Analysis Result ** (Unconfirmed Report)
NORMAL SINUS RHYTHM
NORMAL AXIS
[NORMAL ECG]



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Estimated 10-year Global CVD Risk

4.7%

Risk Category

Low Risk

Estimated Vascular Age

42 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

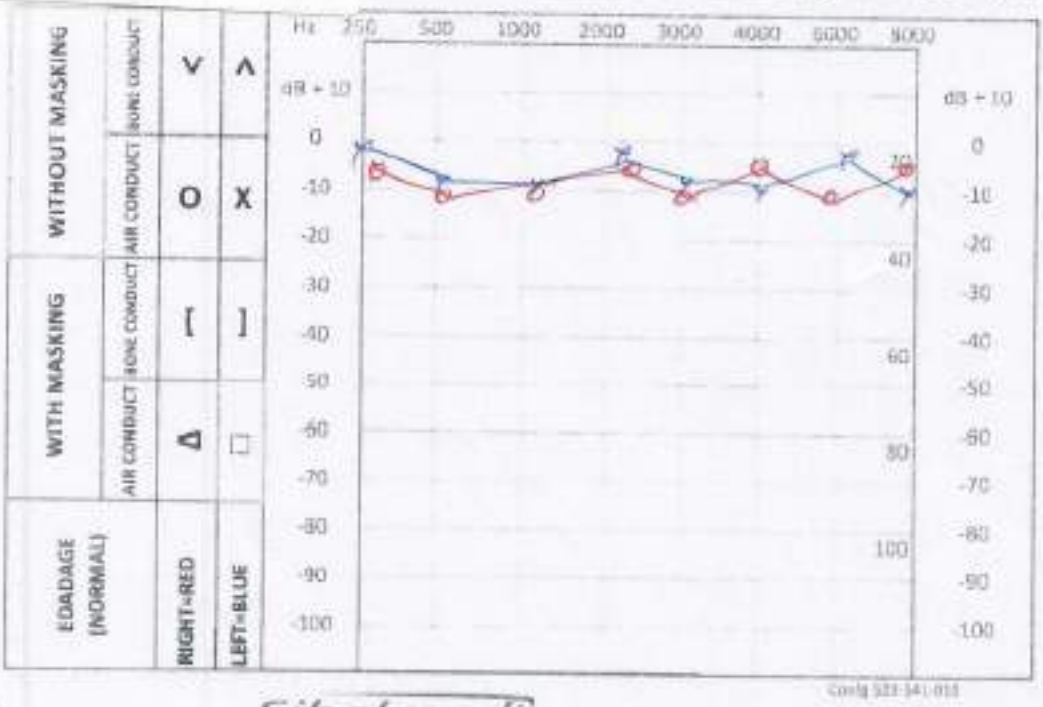
ESC (2007, see Info for more)
Treatment Targets
LDL <3 mmol/L (<120 mg/dL)
TChol <5 mmol/L (<194 mg/dL)

مركز بلاد السلام الطبي
Peace Land Medical Center

RAMESH LAL JAGAN NATH
44 Y(M)
31/08/22 10:07
0034555
70987
Bill # 0040141
PEACELAND

AUDIOMETRY TEST REPORT

COMPANY	Trucktrans
OCCUPATION	operator
DATE	31/8/22



Sibelmed

INTERPRETATION
X LEFT EAR
O RIGHT EAR

RESULT
- [√] NORMAL
- [ ] HEARING LOSS
- [ ] RIGHT
- [ ] LEFT

PEACE LAND MEDICAL CENTER

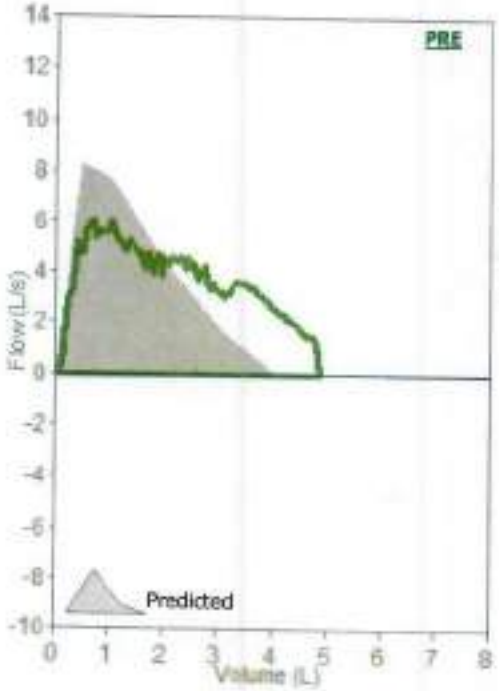
ص.ب ١٤٠٣، الرمز البريدي ١٣٣، دوار العذيبة مبنى الواح الصحوة مبنى ١، سلطنة عمان
P.O. Box 1403, Postal Code : 133, Al Azaiba, Roundabout al Sahwa Tower, Sultanate of Oman
Tel.: 24617117 / 24617148 / 24617149 هاتف: ٢٤٦١٧١١٧/ ٢٤٦١٧١٤٨/ ٢٤٦١٧١٤٩

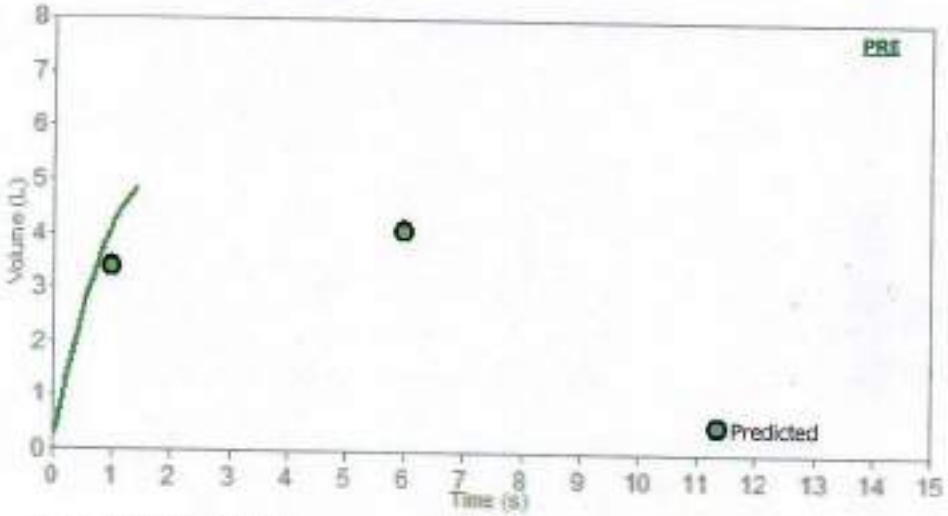
Pulmonary Function Test Results

Visit date 31/08/2022

Patient code	105671523	Age	44
Surname	LAL	Gender	Male
Name	RAMESH	Height, cm	168
Date of birth	27/04/1978	Weight, kg	92
Ethnic group	Not defined	BMI	32.60
Smoke		Pack-Year	
Patient group			

FVC PRE FEV1 PRE FEV1% PRE





Quality Control Grade: F
0 Acceptable trials

Interpretation

Normal Spirometry

PRE Trial date 31/08/2022 11:38:18

Parameters		LLN	Pred	Best	%Pred	Z-score	PRE # 1	PRE # 2	PRE # 3	POST	%Pred	%Chg
FVC	L	3.04	4.09	4.85*	119	1.20	4.85			*		
FEV1	L	2.51	3.37	4.19*	124	1.56	4.19			*		
FEV1/FVC	%	72.9	83.1	86.4*	104	0.53	86.4			*		
PEF	L/s	4.84	8.26	6.06*	73	-1.06	6.06			*		
ELA	Years		44	44	100		44					
FEF2575	L/s	1.83	3.61	4.03	112	0.39	4.03					
FET	s		6.00	1.40	23		1.40					
FIVC	L	3.04	4.09									
FEV1/VC	%	72.9	83.1									

*Best values from all loops - BTPS 1.087 26 °C (78.8 °F) - Predicted Knudson

Conclusion / Medical report

Signature

مركز بلاد السلام الطبي
PEACE LAND MEDICAL CENTER

Instrument used
Minispir S S/N C11507
Last calibration check 01/11/2021 09:35:10

MIR

مركز بلاد السلام الطبي

Peace Land Medical Center

Fitness for work certificate

Employee Data			Date 25/9/22
Name RAMESH LAL JAGANNATH			Department/Company
I.D No.	10567523		Occupation Operator

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			
Puling, pushing, or carrying weight over ___ Kg			
Ascendidescend 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 25/9/22
Name of health advisor Signature			

FIT

PEACE LAND MEDICAL CENTER

Dr. Shima Seyedabdullahzadeh
Cardiologist Specialist
MOHLic. No. 21963

P.O. Box 1403, Postal Code: 133, Al Azaiba, Road, Opposite Sahwa Tower, Sultanate of Oman
Tel.: 24617147 / 24617148 / 24617149