Alnile
Medical Complex
مجمع النيل الطبي

Fitness to Work Certificate

Employee Data		Date 20/08/2024	
Last Name JAGAN NATH		First Name RAMESH	
I.D No. 10567152 3	Age 46 yrs.	Occupation OPERATOR	

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 Guidence 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 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			

FIT

Date 04/09/2024	Signature	Print Name

الدكتور / باسل علي الرطل
Dr. BASSEL ALI ALRATEL

مجمع النيل الطبي للخدمات طبية
C.R : 1120942

Ainile
Medical Complex
مجمع النيل الطبي

Petroleum Development Oman
MEDICAL DEPARTMENT

PLEASE COMPLETE YOUR PERSONAL DETAILS IN BLOCK CAPITALS

Surname/ Forenames	MATH RAMESH.
Nationality	INDIAN
Mobile No. 79127096	Home/Leave Address: INDIA
Company Number: 94551355	Reference Indicator:

Personal Details

A ☑ Male ☐ Female ☑ Married ☐ Single ☐ Separated / Divorced / Widow(er)

Home/Leave Address: INDIA

Relationship to employee ☐ Wife ☐ Son ☐ Daughter No. of children 1.

Reason for Examination (tick as appropriate)

Periodic Medical Examination ☑ Final / Retirement ☐ Other Reason ☐

Employee only

B Present Job and Location: OPERATOR / ADAM

Next Job and Location: OPERATOR / ADAM.

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 your 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?		✓	occasionally
	Have you ever taken elicited/recreational drugs?	✓		
	Are you doing regular sports or physical activities?		✓	RUNNING, WALKING.

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: 20/08/2021 Signature of Applicant: Ramesh

مجمع النيل الطبي
منشآت طبية
C.R.: 1138042
Sultanate of Oman

Alnile
Medical Complex
مجمع النيل الطبي

FOR COMPLETION BY EXAMINING DOCTOR

Further details of medical history and recreational activities

N	A	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.	

HEIGHT cm	WEIGHT kg	BMI	B.P.	PULSE	HEARING	VISION	DISTANT R	DISTANT L	NEAR R	NEAR L
167	92	33	140/80	84 /mins.	L N R N	Uncorrected	20	20	20	20
						Corrected	20	20	20	20

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 +)	2.3=	✓		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.)

ASSESSMENT AND RECOMMENDATIONS:

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

Date Name (Block Capitals): Dr الدكتورة / وئام فيصل ابراهيم النور Dr. WEAM FAISAL IBRAHIM ALNOUR General Practitioner Signature

REVIEW/CONSULTATION

Date Name (Block Capitals): Dr Signature

مجمع النيل الطبي للخدمات طبية C.R.: 1128642 Sultanate of Oman Medical Certification FOR NILE MEDICAL COMPLEX

Alnile
Medical Complex
مجمع النيل الطبي

Employee Data	DATE 20/08/2024
NAME: RANESH LAL JAGTAN	Company: OMAN TRUCK
ID No.	Occupation: OPERATOR

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	• 3
Sitting and talking to someone	• 0
Sitting quietly after a lunch without alcohol	• 3
In a car, while stopped for a few minutes in traffic	• 0

Total Score = 6

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.

Alnile Medical Complex
مجمع النيل الطبي

SID NO.	**: 01033683**
Patient ID	**: 24013653**
Name	**: Mr. RAMESH LAL JAGAN NATH**
Age / Gender	**: 46 Y / Male**
Referrer	**: TRUCK OMAN**
Consultant	**: Dr. WEAM FAISAL IBRAHIM**

Collection Date & Time : 20/08/2024 11:48:20
Received Date & Time : 20/08/2024 11:59:53
Reported Date & Time : 20/08/2024 13:05:37

National ID : 105671523 **Nationality : INDIAN**

Partial Test Report

Test Name (Method/Specimen)	Result	Biological Reference
BIOCHEMISTRY		
PDO FITNESS TO WORK(41-50) yrs		
BLOOD SUGAR FASTING	**6.6 mmol/l**	3.3 - 6.1
LIVER PROFILE		
SGOT (IFCC without PDP/ serum)	**44.1 U/L**	Upto 40
SGPT (IFCC without PDP/ serum)	**75.4 U/L**	less than 41
TOTAL PROTEIN (Biuret / End Point/ serum)	7.8 g/dL	6.6 - 8.7
BILIRUBIN TOTAL (DCA/ serum)	0.66 mg/dl	UP TO 1.1
ALKALINE PHOSPHATASE (IFCC (AMP)/ serum)	64.0 U/L	35 - 104
RENAL PROFILE		
UREA (urease-GLDH,kinetic/ serum)	30 mg/dl	15 - 45 <65 yrs: <50 >65 yrs: <71
CREATININE (ENZYMATIC METHOD/ serum)	1.24 mg/dl	Male: 0.7-1.4 mg/dl Female: 0.6-1.1mg/d
URIC ACID (Uricase-Trinder/ serum)	5.9 mg/dl	Male:3.4-7.0 Female: 2.4-5.7
SODIUM (NA+) (ISE Method Direct/ serum)	136.0 mmol/l	135 - 150
POTASSIUM (K+) (ISE Method Direct/ serum)	4.44 mmol/l	3.5 - 5.5
LIPID PANEL		
TRIGLYCERIDE (GPO- Bichromatic end Point/ serum)	180.8 mg/dl	male:40-160 mg/dl female: 35-135 mg/dl
CHOLESTEROL (CHOD-PAP/ serum)	195.6 mg/dl	<200 mg/dl
HDL CHOLESTEROL (Direct / immunoprecipitation/ serum)	54.99 mg/dl	40-60
LDL CHOLESTEROL (Calculated/ serum)	104.4 mg/dl	UP TO 150 mg/dl
CLINICAL PATHOLOGY		

Suresh Bharathan
Technician
MOH License No 10223

مجمع النيل الطبي
س.ت: ١١٢٨٦٤٢
سلطنة عمان
C.R : 1128642
Sultanate of Oman
AL NILE MEDICAL COMPLEX

Alnile Medical Complex
مجمع النيل الطبي

SID NO. : 01033683
Patient ID : 24013653
Name : Mr. RAMESH LAL JAGAN NATH
Age / Gender : 46 Y / Male
Referrer : TRUCK OMAN
Consultant : Dr. WEAM FAISAL IBRAHIM

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National ID : 105671523 **Nationality** : INDIAN

Partial Test Report

Test Name (Method/Specimen)	Result	Biological Reference
PDO FITNESS TO WORK(41-50) yrs		
URINE ANALYSIS Microscopy/Urine		
Physical		
Color	Yellow	
Transparency	Clear	
Chemical		
Specific Gravity	1.010	
PH	Alkaline	
Glucose	NIL	
Acetone	NIL	
Bilirubin	NIL	
Blood	NIL	
Urobilinogen	NIL	
Protein	NIL	
Nitrate	NIL	
Microscopic		
Leukocytes	NIL	
Pus Cells	1-2	
Erythrocytes	0-2 /hpf	0 - 2
Squamous Epithelial Cell	few /hpf	
Crystal	NIL	
Cast	NIL	
Bacteria	NIL	

Suresh Bharathan
Technician
MOH License No 10223

AL NILE MEDICAL COMPLEX
C.R : 1128642
Sultanate of Oman

Alnile
Medical Complex
مجمع النيل الطبي

SID NO. : 01033683
Patient ID : 24013653
Name : Mr. RAMESH LAL JAGAN NATH
Age / Gender : 46 Y / Male
Referrer : TRUCK OMAN
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National ID : 105671523 **Nationality** : INDIAN

Partial Test Report

Test Name (Method/Specimen)	Result	Biological Reference
Others	NIL	
HAEMATOLOGY		
PDO FITNESS TO WORK(41-50) yrs		
Complete blood count (CBC)		
Haemoglobin (Electrical Impedance/ EDTA)	14.5 gm/dl	13 - 18
TOTAL LEUCOCYTES COUNT	5360 Cells / Cumm	4000 - 11000
DIFFERENTIAL COUNT EDTA		
Neutrophil	54 %	45 - 70
Lymphocytes	39 %	15 - 45
Eosinophils	1 %	1 - 6
Monocyte	5 %	2 - 8
Basophils	0.2 %	less than 1
PACKED CELL VOLUME (HCT)	43.70 %	less than 54
RBC COUNT (Electrical Impedance/ EDTA)	5.47 millions/mm	4.5 - 5.5
MCV	**79.8 fl**	81.8 - 95.5
MCH	**26.5 pg**	27 - 32.3
MCHC (Electrical Impedance/ EDTA)	33.1 g/dL	32.4 - 35
PLATELET COUNT (Electrical Impedance/ EDTA)	219000 cu.mm	150,000 - 450,000
RDW-CV	13 %	11 - 16
RDW-SD	38 fl	35 - 56
ESR(AUTOMATED) ((Automated)/ EDTA Blood)	3 mm/hr	< 15

Suresh Bharathan
Technician

مجمع النيل الطبي
س.ت : ١١٢٨٦٤٢
سلطنة عمان
C.R : 1128642
Sultanate of Oman
AL NILE MEDICAL COMPLEX

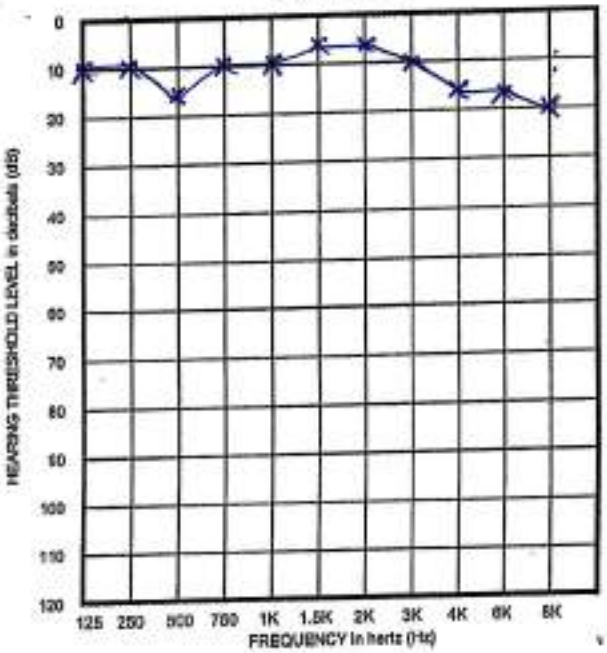
Alnile
Medical Complex
مجمع النيل الطبي

Patient Id : Mr. RAMESH LAL JAGAN NA
Name :
Consultant :

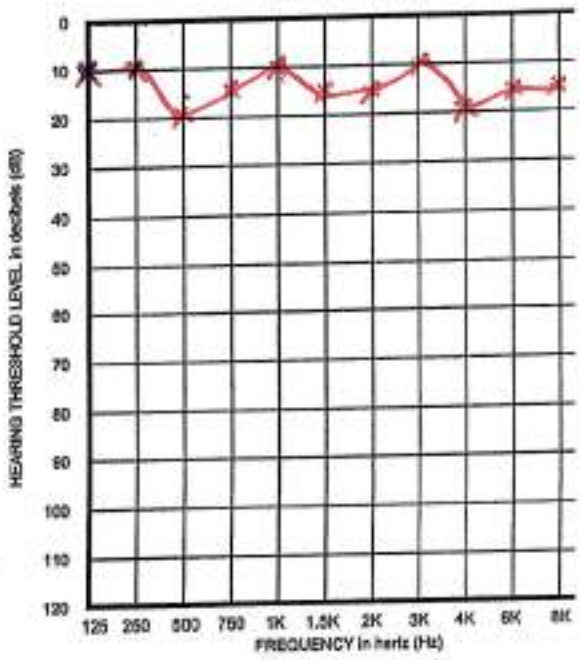
24013653 DOB: 27/04/1978

Age / Gender :
Report Date :

LEFT EAR



RIGHT EAR



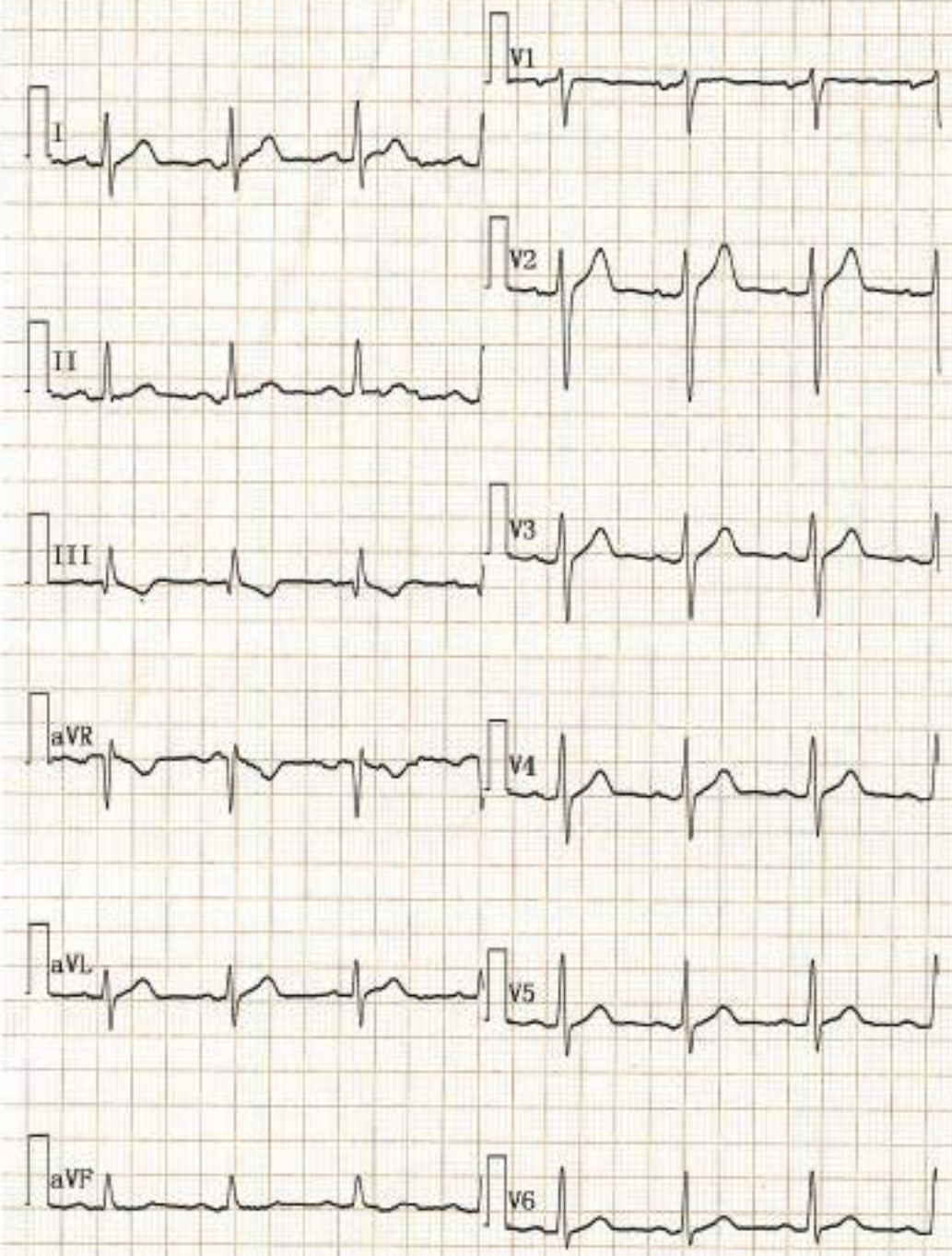
PURE TONE AVERAGE (500-1000-2000 Hz)		
Ear	Air	Bone
RIGHT		
LEFT		

Provisional Diagnosis: Bilateral Hearing Sensitivity is within normal limit.

Signature Audiologi

P.O.Box: 500
Nizwa, P.C. 611
Sultanate of Oman
Al Nile Medical Complex

AUTO 10mm/mV



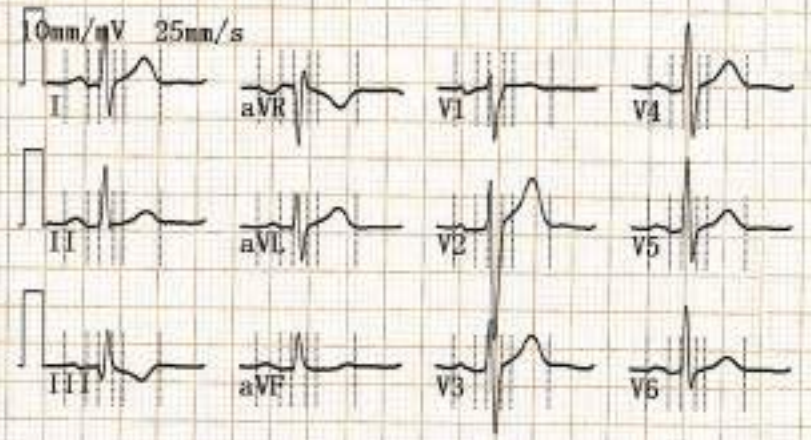
25mm/s AC50Hz+EMG25Hz+DFT0.5Hz

2024-08-20 00:34:23
Name :ramesh lal
Sex :Male Age :47
Section: 1
RoomID:
BedID:
ID: 24013653
Operator: maryamu
Custom1:
Custom2:

Data for reference only:

HR	bpm	: 82
PR Interval	ms	: 184
P Duration	ms	: 120
QRS Duration	ms	: 80
T Duration	ms	: 204
QT/QTc	ms	: 338/394
P/QRS/T Axis	deg	: 34.1/59.3/4.8
R(V5)/S(V1)	mV	: 0.96/0.69
R(V5)+S(Vi)	mV	: 1.64

10mm/mV 25mm/s



<< Conclusions >>

Normal Sinus Rhythm;
Cardiac electric axis normal;

Report need physician confirm

Mr. RAMESH LAL JAGAN NA'

24013653 DOB:27/04/1978

Physician:

ARROW CE

Alnile Medical Complex
مجمع النيل الطبي

C.R.NO.1128642, P.O.BOX:300, NIZWA - 611
Phone: 25426665 ,25426228 Whatsapp:94146648
Instagram:https://www.instagram.com/alnile medical

File No : 24013653 Pres. No : 450708 Phar.Req : Serv.Req : 055403

تقرير طبي
Medical Report

Name : RAMESH LAL JAGAN NATH - Male - 46 (Y) Date 04/09/2024

Vitals:

TEMPERATURE (CELSIUS)	36.6 celcius
PULSE	88
BLOOD PRESSURE	
Systolic	150
Diastolic	90

Visit:

the patient has been referred by the GP clinic for evaluation of hi SGPT=75, SGOT= 44, RBS=6.6
the patient is not complaining of any GI symptoms: no N\V\D\C, no anorexia, no abdominal pain, no change in his weight, no polyuria or polydipsia, no fever, no arthralgia, no HX of bleeding.
SR: CV-, RESP-, GU-
the patient is Indian and works in an oil field
PMH: the patient already diagnosed with deranged LFTs and hyperglycemia 2 years ago, and he was prescribed a medications but without adherence to them, FH: unremarkable, allergies: dust allergy, surgeries-, Social.H: non-smoker, drinks in vacations, Travel.H: unremarkable , marital status: married, no extra marital affairs.
INV: USG-ABD: increased liver parenchymal echogenicity without liver masses or nodules ,
HBA1C: 7%
DX:
diabetes mellitus , NAFLD stage II
TX:
metformin 500mg tab BD x1month
Weight reduction
low carb low fat diet and exercised
review after 15 days for f\u

Investigation and Radiology:

HBA1C
USG ABDOMEN AND PELVIS

DR.BASSEL ALI AL RATEL
Reg.Number : 19770

Patient ID: 24013653
Name: RAMESH LAL JAGAN NATH

Date:04\09\2024
Age/Sex:46\M

Abdominal Ultrasound

Indication:
No complaints

Technique:
Multiple sonographic images of the abdomen were assessed for grayscale appearance and color Doppler flow.

Findings:
The pancreas is not well visualized due to overlying bowel gas).

The liver is hyper-echoic, homogenous and does not contain masses, and demonstrates no evidence of dilated intrahepatic ducts. No focal lesions noted

The gallbladder is normal in size and position without stones. The common hepatic duct measures __3__mm in diameter (< 6mm is normal).
The hepatic and portal veins demonstrate normal directional flow.

The left kidney is normal in size, location, and structure.
the right kidney is normal in size, location, and texture, cortical echotexture is normal, and no focal lesions are noted
The urinary bladder is full of Urine, normal size without masses the
The prostate is normal in size without calcification

The spleen is normal in appearance. Measures 11x6x5 cm
The colon is not distended
The inferior vena cava measures __15__mm in diameter (). The aorta measures _20___mm in diameter ().

Impression:
Increased liver parenchymal echogenicity.
Dr. Bassel Ali Al Ratel
04\09\2024


سلطنة عمان
SULTANATE OF OMAN
RESIDENT CARD
بطاقة مقيم
105671523
28/02/2026
27/04/1978
الهند
الاسم راميش لال جاغان ناث
المهنة سائق عموم الباب الطرق
SIGNATURE


C.R : 1128642
Sultanate of Oman
Medical Certificates