مركز بلاد السلام الطبي
Peace Land Medical Center
Peace Land
بلاد السلام

Date: 21/9/24

- BEANT SINGH
- 39 YRS
- ID:- 26436

Rx

- Amlo 5mg 1-0-0

1x1x30

3rd Clinic Mukhaizna
DR. HASHIM ABDALLAH
GENERAL PRACTITIONER
MOH License No: 9087

Patient: 26436 Reg.Dt: 15/07/202
Name: BEANT SINGH HIRA SINGH
Gender: Male Nationality: INDIA
Age: 39Y Mar. Status: Marrie
Address:

MEDICAL EVALUATION REPORT FOR OQ CONTRACTORS - SUMMARY

CANDIDATE / EMPLOYEE IDENTIFICATION

Civil ID / Passport #	Company ID #	Name	Position
8AA493264	1480	BEANT SINGH	TYRE MECHANIC

Nationality	Age	Sex	Company	Location
INDIAN	39	M	TRUCKMAN NORTH	HAIMA

EXAMINATION TYPE

Examination [ ] Pre-employment [✓] Periodic [ ] Exit

VITAL SIGNS & BODY MEASURES

Blood Pressure Category: 140/90 [ ] Normal [ ] Prehypertension [✓] Hypertension Stage 1 [ ] Hypertension Stage 2 [ ] Hypertension Crisis
BMI Category: 30.9 [ ] Underweight [ ] Normal [ ] Overweight [✓] Obese [ ] Morbid Obesity
Remarks: Medication started, F/U & BP chart

VISUAL TEST

Visual Acuity Test: RT C/G LT C/G
Colour Vision Test: [✓] Normal [ ] Abnormal [ ] Not Required
Visual Field Test: [✓] Normal [ ] Abnormal
Stereoscopic Vision Test: [ ] Normal [ ] Abnormal [ ] Not Required
Pre-existing condition:
Remarks:

RESPIRATORY SYSTEM

Spirometry Test: [ ] Normal [ ] Abnormal [✓] Not Required
Chest X-Ray: [✓] Normal [ ] Abnormal [ ] Not Required
Physical Assessment: [✓] Normal [ ] Abnormal
Pre-existing condition:
Remarks:

ENT SYSTEM

Audiometry Test: [✓] Normal [ ] Abnormal [ ] Not Required
Otoscopy: [✓] Normal [ ] Abnormal [ ] Not Required
Physical Assessment: [✓] Normal [ ] Abnormal (Whisper, Weber & Rinne Tests)
Pre-existing condition:
Remarks:

CARDIOVASCULAR SYSTEM

ECG Test: [✓] Normal [ ] Abnormal [ ] Not Required
Physical Assessment: [✓] Normal [ ] Abnormal
Pre-existing condition:
Remarks:

NEUROLOGICAL SYSTEM

Physical Assessment: [✓] Normal [ ] Abnormal
Pre-existing condition:
Remarks:

MUSCULOSKELETAL SYSTEM

Physical Assess: [✓] Normal [ ] Abnormal
Lumbar X-Ray: [✓] Normal [ ] Abnormal [ ] Not Required
Pre-existing condition:
Remarks:

LABORATORY INVESTIGATIONS

Lab Tests: [✓] Normal [ ] Abnormal If abnormal, please specify below:
Pre-existing condition:
Blood Grouping: B +VE
Remarks:

Glucose Level Category: 94 mg/dl [✓] Normal 80 – 100 mg/dl [ ] Pre diabetic 100 – 125 mg/dl [ ] Diabetic > 126 mg/dl
Cholesterol Risk Category: 110 mg/dl [✓] Low Risk LDL is less 130 mg/dl [ ] Moderate Risk LDL 130-159 mg/dl [ ] High Risk LDL >160 mg/dl
Routine Urine Analysis [✓] Normal [ ] Abnormal [ ] Not Required
Stool Analysis [ ] Normal [ ] Abnormal [✓] Not Required

QUESTIONNAIRES

	Medical & Surgical History Questionnaire	Remarks
	Respiratory Protection Questionnaire	Remarks
	Hearing Conservation Questionnaire	Remarks
	Screening Questionnaire	Remarks

Fagerstrom Test - Smoking [ ] Non-smoker [ ] Low dependence [ ] Low to Mod dependence [ ] Moderate dependance [ ] High dependence
CAGE Questionnaire Alcohol Use [ ] No use of alcohol [ ] Screening negative [ ] Clinically significant
SRQ-20 Self-reported Questionnaire [ ] No positive answers [ ] Positive answers Factor I (1 to 6) [ ] Positive answers Factor II (7 to 12)
[ ] Positive answers Factor III (13 to 16) [ ] Positive answers Factor IV (17 to 20)

Clinic Doctor Name	Clinic Name	Doctor Signature & Clinic Stamp	Issue Date
DR. HASHIM ABDALLAH GENERAL PRACTITIONER MOH License No: 9087	Peace Land Clinic Medical Polyclinic		21/07/2021

FITNESS TO WORK CERTIFICATE - OQ CONTRACTORS

EMPLOYEE IDENTIFICATION

Civil ID / Passport #	Company ID #		Position
84493264	1480		TYRE MECHANIC.
Nationality	**Age**	**Sex**	**Location**
			HAMRA

'sfient:26436 Reg.Dt: 15/07/202
ame: BEANT SINGH HIRA SINGH
ender: Male Nationality: INDIA
ge: 39Y Mar. Status: Marrie
ddress:

EXAMINATION TYPE

[ ] Pre-employment Examination (PRE)	[✓] Periodic Medical Examination (PME)	[ ] Post-absence Examination
[ ] Change of Position Examination	[ ] Exit Examination	[ ] Critical Activities Examination
[ ] Emergency Response Team	[ ] Travelling Examination	[ ] Medical Surveillance

Medical Suitability for Work

Medical Suitability for Work	[✓] Fit to work [ ] Fit with following restrictions [ ] Pending Fitness [ ] Not fit to work

FIT

Restrictions

[ ] Working at height	[ ] Pulling, pushing or carrying weight
[ ] Working in confined space	[ ] Ascend/descend ladders and stairs
[ ] Working with electricity	[ ] Walking or standing for long distance/period
[ ] Working near rotating machinery	[ ] Repetitive movements
[ ] Working in noise area	[ ] Mobile machinery operation
[ ] Working in extreme heat	[ ] Heavy lifting operation
[ ] Handling chemical products	[ ] Driving vehicle
[ ] Use of respirator	[ ] Emergency response duty

Other, specify

New Position	New Function	New Department
NA	NA	NA

Examanation Date	Exams Performed
15/07/2025	- Advise regarding to diet and Exercise were give - Medication started -> F/U regularly in opt clinic EBP chk, R/v 1 month

Medical Review Date	Employee Signature

DR. HASHIM ABDALLAH
GENERAL PRACTITIONER
MOH License No: 9067

Medical License No:

Medical Doctor Signature

Peace Land Clinic Al Khaleej

Form Review - 02-JAN-2021

MEDICAL & SURGICAL HISTORY QUESTIONNAIRE

CANDIDATE / EMPLOYEE IDENTIFICATION

Civil ID / Passport #	Company ID #		Position
644932[illegible]	1486		TYRE MECHANIC
Nationality	**Age**	**Sex**	**Location**
			HAMA

Patient:26436 Reg.Dt: 15/07/202
Name: BEANT SINGH HIRA SINGH
Gender: Male Nationality: INDIA
Age: 39Y Mar. Status: Marrie
Address:

PERSONAL HEALTH HISTORY

Have you ever, or do you currently suffer from any of the following?

Congenital heart disease or Valvular heart disease or Coronary artery disease		Yes	✓	No	Muscle problems e.g. weakness of your limbs or twitchy muscles		Yes	✓	No
Myocardial insufficiency or infarction (heart attack)		Yes	✓	No	Joint problems, e.g. plantar warts, joint pain or swelling		Yes	✓	No
Coronary bypass surgery (CABS) and angioplasty		Yes	✓	No	Problems with limb, neck or spine mobility		Yes	✓	No
Heart arrhythmias (heart beats too fast, too slow or irregularly)		Yes	✓	No	Extremities (feet or hands) deformities or problems		Yes	✓	No
High blood pressure (hypertension)		Yes	✓	No	Experienced back problem, arthritis, slipped disc		Yes	✓	No
Shortness of breath after exertion		Yes	✓	No	Pain in neck or back or hands or legs		Yes	✓	No
Varicose veins associated with varicose eczema, ulcers or other complications		Yes	✓	No	Thyroid disease any other glandular diseases		Yes	✓	No
Arteriosclerotic or other vascular disease		Yes	✓	No	Diabetes mellitus or Hypoglycemia		Yes	✓	No
Anemias, especially Sickle Cell Disease or Sickle Cell Trait or Thalassemia		Yes	✓	No	Experienced weight loss or gain > 5kg over the past year		Yes	✓	No
Haemorrage disorders i.e. bleeding disorders		Yes	✓	No	Informed about being overweight or obese	✓	Yes		No
Leukaemia, polycythaemia and disorders of the reticulo-endothelial system		Yes	✓	No	Skin disorders e.g. severe acne, dermatitis, eczema or allergy		Yes	✓	No
G6PD (Glucose 6-Phosphate Dehydrogenase) Deficiency		Yes	✓	No	Allergies e.g. dust, medication, insect bites		Yes	✓	No
Recurrent headaches or migraine		Yes	✓	No	Disorders of the digestive tract e.g. ulcers, recurrent diarrhea, gastritis		Yes	✓	No
Epilepsy and recurrent seizures		Yes	✓	No	Haemorrhoids, fistulae and fissures causing pain, or recurrent bleeding		Yes	✓	No
Blackouts, dizziness, fainting, memory loss, unconsciousness (vertigo/syncope)		Yes	✓	No	Liver and pancreas diseases (e.g. pancreatitis, Hepatitis B)		Yes	✓	No
Sleep disorders, such as insomnia, hypersomnia, sleep apnea, narcolepsy		Yes	✓	No	Kidney or bladder diseases e.g. recurrent infection, renal stones		Yes	✓	No
Chronic anxiety states and/or recurrent depression		Yes	✓	No	Ear, nose or throat problems (e.g. otitis, hearing loss, sinusitis, tonsilitis)		Yes	✓	No
Phobias such as fear of heights, fear of confined spaces, fear of flying		Yes	✓	No	Eye disease or visual defect (e.g. glaucoma, color blindness, monocular vision)		Yes	✓	No
Lung disease e.g. bronchitis, asthma, dyspnea, TB		Yes	✓	No	Treated for infectious diseases (e.g. malaria, COVID19)		Yes	✓	No
Phlegm production (excess mucus production) or tight chest		Yes	✓	No	Treated for depression, stress		Yes	✓	No
Immuno suppression due to cancer or human immunodeficiency virus		Yes	✓	No	Treated for substance or alcohol abuse		Yes	✓	No

Have you visited a doctor in the last year?		Yes	✓ No
Are you taking any medication at present?		Yes	✓ No
Are you pregnant?		Yes	No

List any previous injuries or operations

Previous injuries or operations	Date

Date: 15/07/2021

Candidate/Employee Signature

Peace Land Clinic Mukhaizna

SCREENING QUESTIONNAIRE

CANDIDATE / EMPLOYEE IDENTIFICATION

Civil ID / Passport #	Company ID #
84493264	1480

Nationality	Age	Sex

'atient:26436 Reg.Dt: 15/07/202
lame: BEANT SINGH HIRA SINGH
lender: Male Nationality: INDIA
ge: 39Y Mar. Status: Marrie
ddress:

Position
TYRE MECHANIC

Location
HAIDA

FAGERSTROM TEST

Do you smoke? [ ] Yes [✓] No *If YES, Please answer the following:*

How soon after waking up do you smoke you first cigarette?	[ ]	>60min	[ ]	31-60min	[ ]	6-30min	[ ]	< 5 minutes
Do you find it difficult to avoid smoking where is forbidden, such as work places, cinemas, shopping etc.?	[ ]	Yes	[ ]	No				
What's the most difficult cigarette to quit or not to smoke	[ ]	Anyone	[ ]	The first in the morning				
How many cigarettes do you smoke per day	[ ]	<10	[ ]	11-20	[ ]	21-30	[ ]	>31
Do you smoke more frequently the first hours of the day than the rest of the day	[ ]	Yes	[ ]	No				
Do you smoke even when you're sick and have to stay in the bed most part of the day	[ ]	Yes	[ ]	No				

CAGE QUESTIONNAIRE

Do you drink alcohol? [ ] Yes [✓] No *If YES, Please answer the following:*

Did you ever felt that you should decrease the amount of drinks or cut down (stop) drinking?	[ ]	Yes	[ ]	No
Do people bother you because they criticize the way you drink?	[ ]	Yes	[ ]	No
Do you feel guilty or upset with yourself with the way you use to drink	[ ]	Yes	[ ]	No
Do you drink in the morning to feel less nervous or decrease the hang over	[ ]	Yes	[ ]	No
Have you had any problems related to alcohol	[ ]	Yes	[ ]	No
Did you drink in the last 24 hours	[ ]	Yes	[ ]	No

FATIGUE QUESTIONNAIRE

Have you noticed that you are feeling tired recently [ ] Yes [✓] No

Have you been feeling a lack of energy [ ] Yes [✓] No *If YES, Please answer the following:*

For how many days did you feel tired or with lack of energy in the last week	[ ]	1 day	[ ]	2 days	[ ]	3 days	[ ]	> 3 days
Did you feel tired or with lack of energy for more than 3 hs in some days last week?	[ ]	1 hour	[ ]	2 hours	[ ]	3 hours	[ ]	> 3 hours
Did you feel so tired that you had to make some effort to do things last week	[ ]	Yes	[ ]	No				
Did you feel tired or with lack of energy doing things you like last week	[ ]	Yes	[ ]	No				

SELF-REPORTING QUESTIONNAIRE (SRQ-20)

1.Do you have trouble thinking clearly?	[ ]	Yes	[✓]	No	11.Is your digestion not good?	[ ]	Yes	[✓]	No
2.Do you find it hard to like your daily work?	[ ]	Yes	[✓]	No	12.Do you have unpleasant sensations in your stomach	[ ]	Yes	[✓]	No
3.Do you find difficult taking decisions?	[ ]	Yes	[✓]	No	13.Do you get scared easily?	[ ]	Yes	[✓]	No
4.Is your daily work a suffering?	[ ]	Yes	[✓]	No	14.Do you feel nervous, tense or worried?	[ ]	Yes	[✓]	No
5.Do you feel tired all the time?	[ ]	Yes	[✓]	No	15.Do you feel unhappy?	[ ]	Yes	[✓]	No
6.Are you easily tired?	[ ]	Yes	[✓]	No	16.Do you cry more than usual?	[ ]	Yes	[✓]	No
7.Do you have frequent headaches?	[ ]	Yes	[✓]	No	17.Has the thought of ending your life been on your mind?	[ ]	Yes	[✓]	No
8.Do you feel lack of hunger?	[ ]	Yes	[✓]	No	18.Do you find it difficult to perform your work?	[ ]	Yes	[✓]	No
9.Do you sleep badly?	[ ]	Yes	[✓]	No	19.Have you lost interest in things?	[ ]	Yes	[✓]	No
10.Do your hands tremble?	[ ]	Yes	[✓]	No	20.Do you feel you're worthless?	[ ]	Yes	[✓]	No

Date: 15/07/2021

Candidate/Employee Signature

Peace Land Clinic Mukhaizna

RESPIRATORY PROTECTION QUESTIONNAIRE

CANDIDATE / EMPLOYEE IDENTIFICATION

Civil ID / Passport #	Company ID #
84493264	1486

Nationality	Age	Sex

Patient:26436 Reg.Dt: 15/07/202
Name: BEANT SINGH HIRA SINGH
Gender: Male Nationality: INDIA
Age: 39Y Mar. Status: Marrie
Address:

Position
TYRE MECHANIC

Location
HAIMA

RESPIRATORY PROTECTION MEDICAL EVALUATION QUESTIONNAIRE - OSHA

Do you use a respirator? [X] YES [ ] NO What type: ☐ Disposible mask ☐ Cartige Mask [X] SCBA

1. Do you currently smoke tobacco, or have you smoked tobacco in the last month? [ ] YES [X] NO

2. Have you ever had any of the following conditions?

[ ] YES [ ] NO a. Seizures [ ] YES [ ] NO c. Trouble smelling odors [ ] YES [ ] NO e. Claustrophobia (fear of closed in places)
[ ] YES [ ] NO b. Diabetes (sugar disease) [ ] YES [ ] NO d. Allergic reactions that interfere with your breathing

3. Have you ever had any of the following pulmonary or lung problems?

[ ] YES [ ] NO a. Asbestosis [ ] YES [ ] NO e. Pneumonia [ ] YES [ ] NO i. Broken ribs
[ ] YES [ ] NO b. Asthma [ ] YES [ ] NO f. Tuberculosis [ ] YES [ ] NO j. Pneumothorax (collapsed lung)
[ ] YES [ ] NO c. Chronic bronchitis [ ] YES [ ] NO g. Silicosis [ ] YES [ ] NO k. Any chest injuries or surgeries
[ ] YES [ ] NO d. Emphysema [ ] YES [ ] NO h. Lung cancer [ ] YES [ ] NO l. Any other lung problem that you have been told about

4. Do you currently have any of the following symptoms of pulmonary or lung illness?

[ ] YES [ ] NO a. Shortness of breath [ ] YES [ ] NO h. Coughing that wakes you early in the morning
[ ] YES [ ] NO b. Shortness of breath when walking fast on level ground or walking up a slight hill or incline [ ] YES [ ] NO i. Coughing that occurs mostly when you are lying down
[ ] YES [ ] NO c. Shortness of breath when walking with other people at an ordinary pace on level ground [ ] YES [ ] NO j. Coughing up blood in the last month
[ ] YES [ ] NO d. Have to stop for breath when walking at your own pace on level ground [ ] YES [ ] NO k. Wheezing
[ ] YES [ ] NO e. Shortness of breath when washing or dressing yourself [ ] YES [ ] NO l. Wheezing that interferes with your job
[ ] YES [ ] NO f. Shortness of breath that interferes with your job [ ] YES [ ] NO m. Chest pain when you breathe deeply
[ ] YES [ ] NO g. Coughing that produces phlegm (thick sputum) [ ] YES [ ] NO n. Any other symptoms that you think may be related to lung problems

5. Have you ever had any of the following cardiovascular or heart problems?

[ ] YES [ ] NO a. Heart attack [ ] YES [ ] NO e. Swelling in your legs or feet (not caused by walking)
[ ] YES [ ] NO b. Stroke [ ] YES [ ] NO f. Heart arrhythmia
[ ] YES [ ] NO c. Angina [ ] YES [ ] NO g. High blood pressure
[ ] YES [ ] NO d. Heart failure [ ] YES [ ] NO h. Any other heart problems that you've been told about

6. Have you ever had any of the following cardiovascular or heart symptoms?

[ ] YES [ ] NO a. Frequent pain or tightness in your chest [ ] YES [ ] NO e. Heartburn or indigestion that is not related to eating
[ ] YES [ ] NO b. Pain or tightness in your chest during physical activity [ ] YES [ ] NO f. Any other symptoms that you think might be related to heart
[ ] YES [ ] NO c. Pain or tightness in your chest that interferes with your job
[ ] YES [ ] NO d. In the past two years, have you noticed your heart skipping or missing a beat

7. Do you currently take medication for any of the following problems?

[ ] YES [ ] NO a. Breathing or lung problems [ ] YES [ ] NO c. Blood pressure
[ ] YES [ ] NO b. Heart trouble [ ] YES [ ] NO d. Seizures (fits)

8. If you've used a respirator, have you ever had any of the following problems?

[ ] YES [ ] NO a. Eye irritation [ ] YES [ ] NO d. General weakness or fatigue
[ ] YES [ ] NO b. Skin allergies or rashes [ ] YES [ ] NO e. Any other problem that interfere with your use of a respirator
[ ] YES [ ] NO c. Anxiety

Date: 15/07/2021

Peace Land Clinic Mukhaizna

Candidate/Employee Signature

HEARING CONSERVATION QUESTIONNAIRE

CANDIDATE / EMPLOYEE IDENTIFICATION

Civil ID / Passport #	Company ID #	Nationality	Age	Sex
8A493224	1486			

Patient:26436 Reg.Dt: 15/07/202
Name: BEANT SINGH HIRA SINGH
Gender: Male Nationality: INDIA
Age: 39Y Mar. Status: Marrie
Address:

Position	Location
TYRE FORMAN	HAMRA

HEARING CONSERVATION MEDICAL EVALUATION QUESTIONNAIRE - OSHA

Do you use hearing protection? [ ] YES [X] NO What type: ☐ Earplugs ☐ Ear Muffs ☐ Double HP

1 - Have you been out of noise for the past 14-16 hours? [X] YES [ ] NO
If NO, did you use hearing protection while in the noise? [ ] YES [ ] NO

2 - Check ALL of the following activities that you have done or do:

[ ] Hunting [ ] Car races [ ] Skeet shooting [ ] Woodwork [ ] Target shooting
[X] Power tools [ ] Mower [ ] Concerts / Band [ ] Welding [ ] Air compressor
[ ] Construction [ ] Scuba diving [ ] Tractor (open or closed cab)

Have you ALWAYS used hearing protection when participating in the above activities? [ ] YES [ ] NO

3 - Check ALL that you have experienced:

[ ] Ear Fullness [ ] Ear Infections [ ] Ear Surgery [ ] Head Injury [ ] Chemotherapy
[ ] Ringing in the ears [ ] Ear Pain [ ] Earwax buildup [ ] Intravenous Antibiotics [ ] Hole in the Eardrum
[ ] Ear Drainage [ ] Dizziness

4 - Check ALL that you have had/suffered from:

[ ] Meningitis [ ] Diabetes [ ] Measles [ ] Syphilis [ ] Chickenpox [ ] Mumps [ ] Chronic ear infections
[ ] Hypertension [ ] Renal Failure [ ] Tuberculosis [ ] Previous surgery [ ] Thyroid Problems [ ] Trauma to head/ ear canal / tympanic membrane

5 - Check ALL that you are currently suffering from:

[ ] Sinusitis [ ] Cold/Flu [ ] Ear Infection [ ] Allergic rhinitis

6 - Do you have documented Hearing Loss? [ ] YES [X] NO
If Yes: Which Ear(s)? [ ] Right Ear [ ] Left Ear [ ] Both Ear Who performed your hearing test?

7 - Have you EVER worn Hearing Aids? [ ] YES [X] NO
If Yes: Which Ear(s) [ ] Right Ear [ ] Left Ear [ ] Both Ear
What Size? [ ] Behind-the-ear [ ] In-the-ear [ ] In-the-canal [ ] Completely-in-the-canal
What Type? [ ] Analog [ ] Digital
Who fit your hearing aids? [ ] Licensed Audiologist [ ] Hearing Aid Dealer [ ] Don't Know
When did you receive your hearing aids?

8 - Have you ever served in the military? [ ] YES [X] NO
If yes, check division [ ] Arm [ ] Navy [ ] Air Force [ ] Marines [ ] National Guard Date / /
Do you have medical disability through the Veterans Administration (VA) for hearing loss or tinnitus? [ ] YES [ ] NO
If yes, how much? _____% What is your TOTAL VA disability? _____%

9 - Are you currently using any medication [ ] YES [X] NO Which one?

10 - What kind of transport do you regularly use? [ ] Car [X] Bus [ ] Motocycle [ ] Walking

Peace Land Clinic Mukhaizna P.O.Box 1402, P.C. 133, Sultanate of Oman C.R.NO 2217710

Date: 15/07/2025

Candidate/Employee Signature

PHYSICAL ASSESSMENT FORM

CANDIDATE / EMPLOYEE IDENTIFICATION

Civil ID / Passport #	Company ID #		Position
841932G4 1480			TYRE MECHANIC
Nationality	**Age**	**Sex**	**Location**
			HALMA

Patient: 26436 Reg.Dt: 15/07/202
Name: BEANT SINGH HIRA SINGH
Gender: Male Nationality: INDIA
Age: 39Y Mar. Status: Marrie
Address:

VITAL SIGNS

Height: 177 cm | Weight: 97 Kg | BMI: 30.96 | Blood Pressure: 16/107 mmHg
Pulse: 68 /min | Medical Practitioner Name: DR. HASHIM ABDALLAH GENERAL PRACTITIONER MOH License No: 9087 | Signature:

VISUAL SYSTEM

	Right Uncorrected	Left Uncorrected	Right Corrected	Left Corrected	Both Uncorrected	Both Corrected
Visual Acuity Test	6/6	6/6			6/6	

Colour Vision Test: Ishihara: # of Plates passed | Inform the Plates # failed | ☑ Normal ☐ Abnormal
Visual Field Test: ☑ Normal ☐ Abnormal
Stereoscopic Vision Test: ☐ Normal ☐ Abnormal

Date of Examination: 15/07/2025 | Medical Practitioner Name: DR. HASHIM ABDALLAH GENERAL PRACTITIONER MOH License No: 9087 | Signature:

RESPIRATORY SYSTEM

[1] Spirometry Test

Smoking Status: ☑ Never ☐ Ever Used ☐ Current | Patient's Posture During Test: ☐ Standing ☑ Sitting | Nose Clips Used: ☐ Yes ☐ No

Diagnosis: ☐ Asthma ☐ COPD ☐ Other: _____

Acceptability Criteria (select all what is applicable)	
☐ Free from artifacts	☐ Satisfactory exhalation
☑ Good start	☐ NOT satisfactory

Repeatability Criteria (select all what is applicable):
☐ ≥3 acceptable curves FEV1 values AND FVC values within 0.15L (150 ml)
☐ Total of THREE to EIGHT tests performed
☐ The patient CAN NOT or SHOULD NOT continue

The Patient Demonstrated: ☑ Good Effort ☐ Difficulty following instructions ☐ Poor Effort ☐ Cooperation
Date of Examination: 15/07/2025 | Medical Practitioner Name: DR. HASHIM ABDALLAH GENERAL PRACTITIONER MOH License No: 9087 | Signature:

[2] Chest Shape and Movment

☑ Normal ☐ Abnormal ☐ Not Examined	If abnormal, describe below:	☑ Normal ☐ Abnormal ☐ Not Examined	If abnormal, describe below:

[3] Air Entry in Both Lungs

☑ Normal ☐ Abnormal ☐ Not Examined	If abnormal, describe below:	☑ Normal ☐ Abnormal ☐ Not Examined	If abnormal, describe below:

Date of Examination: 15/07/2025 | Physician Name: DR. HASHIM ABDALLAH GENERAL PRACTITIONER MOH License No: 9087 | Signature:

ENT SYSTEM

[1] Otoscopy

	Right	Left		Right	Left
Ear Canal Collapse	☐ Yes ☑ No ☐ Not Exam	☐ Yes ☑ No ☐ Not Exam	Eardrum Position	☑ Normal ☐ Retracted ☐ Bulging ☐ Not Exam	☑ Normal ☐ Retracted ☐ Bulging ☐ Not Exam
Drainage	☐ Yes ☑ No ☐ Not Exam	☐ Yes ☑ No ☐ Unknown			
Perforation	☐ Yes ☑ No ☐ Not Exam	☐ Yes ☑ No ☐ Not Exam	Eardrum Vascularity	☑ Normal ☐ Considerable ☐ Mild ☐ Not Exam	☑ Normal ☐ Considerable ☐ Mild ☐ Not Exam
Cerumen	Right: ☑ None ☐ Some / ☐ A lot ☐ Impacted / ☐ Not Exam	Left: ☑ None ☐ Some / ☐ A lot ☐ Impacted / ☐ Not Exam			

[2] Hearing Test

Whisper Test	☑ Normal ☐ Abnormal ☐ Not Exam	Audiometry Done	☑ Yes ☐ No
Rinne Test	☑ Normal ☐ Abnormal ☐ Not Exam	Audiologist Name: Signature:	
Weber Test	☑ Normal ☐ Abnormal ☐ Not Exam	Hearing Questionnaire verified	☑ Yes ☐ No

DR. HASHIM ABDALLAH GENERAL PRACTITIONER MOH License No: 9087

Peace Land Clinic Mukhaizna

PHYSICAL ASSESSMENT FORM

atient:26436 Reg.Dt: 15/07/202
lame: BEANT SINGH HIRA SINGH
lender: Male Nationality: INDIA
ge: 39Y Mar. Status: Marrie
ddress:

ENT SYSTEM

[2] Nose Assessment

☑ Normal ☐ Abnormal ☐ Not Examined	If abnormal, describe below:

[3] Throat Assessment

☑ Normal ☐ Abnormal ☐ Not Examined	If abnormal, describe below:

CARDIOVASCULAR SYSTEM

[1] Heart Sounds

☑ Normal ☐ Abnormal ☐ Not Examined	If abnormal, describe below:

[2] Heart Murmurs

☐ Present ☑ Absent ☐ Not Examined	If present, describe below:

[3] Peripheral Pulses

☑ Normal ☐ Abnormal ☐ Not Examined	If abnormal, describe below:

[4] Peripheral Veins

☑ Normal ☐ Abnormal ☐ Not Examined	If abnormal, describe below:

NEUROLOGICAL SYSTEM

[1] Mental Status

☑ Normal ☐ Abnormal ☐ Not Examined	If abnormal, describe below:

[2] Cranial Nerves

☑ Normal ☐ Abnormal ☐ Not Examined	If abnormal, describe below:

[3] Motor System

☑ Normal ☐ Abnormal ☐ Not Examined	If abnormal, describe below:

[4] Reflexes

☑ Normal ☐ Abnormal ☐ Not Examined	If abnormal, describe below:

[5] Sensory System

☑ Normal ☐ Abnormal ☐ Not Examined	If abnormal, describe below:

[6] Coordination, Station, Gait

☑ Normal ☐ Abnormal ☐ Not Examined	If abnormal, describe below:

MUSCULOSKELETAL SYSTEM

[1] Hand and Wrist

☑ Normal ☐ Abnormal ☐ Not Examined	If abnormal, describe below:

[2] Elbow and Shoulder

☑ Normal ☐ Abnormal ☐ Not Examined	If abnormal, describe below:

[3] Hip

☑ Normal ☐ Abnormal ☐ Not Examined	If abnormal, describe below:

[4] Knees

☑ Normal ☐ Abnormal ☐ Not Examined	If abnormal, describe below:

[5] Foot and Ankle

☑ Normal ☐ Abnormal ☐ Not Examined	If abnormal, describe below:

[6] Spine and Back

☑ Normal ☐ Abnormal ☐ Not Examined	If abnormal, describe below:

OTHER

[1] Skin, Extremities

☑ Normal ☐ Abnormal ☐ Not Examined	If abnormal, describe below:

[2] Head & Neck

☑ Normal ☐ Abnormal ☐ Not Examined	If abnormal, describe below:

[3] Mouth and Teeth

☑ Normal ☐ Abnormal ☐ Not Examined	If abnormal, describe below:

[4] Hernial Orifices

☑ Normal ☐ Abnormal ☐ Not Examined	If abnormal, describe below:

[5] Abdominal Organs

☑ Normal ☐ Abnormal ☐ Not Examined	If abnormal, describe below:

[6] Lymph Nodes

☑ Normal ☐ Abnormal ☐ Not Examined	If abnormal, describe below:

Date of Examination: 15/07/2025 Physician Name: DR. HASHIM ABDALLAH GENERAL PRACTITIONER MOH License No: 9087 Signature:

OD - Occupational Health Department

Peace Land Clinic Mukhaizna

Peaceland Medical Service LLC, Mukhaizna
CR No.:2/13627/0, P.O.Box: 1403,
Postal Code: 133,
Occidental Camp Mukhaizna, Sultanate of Oman

PATIENTDETAILS :

Patient ID	: 26436	Doc No	: 14443
Name	: BEANT SINGH HIRA SINGH	Doc Date	: 2025-07-15T11:58:00
Age	: 39Y	Bill No	: 36321
Gender	: Male	Date	: 15/07/2025 11:58 AM
Nationality	: INDIAN	Customer	: TRUCKOMAN OIL & GAS SERVICES
GSM No	: 91285357	Ref.by	: DR.HASHIM ABDALLAH

TEST RESULT : OQ-001 OQ MEDICAL CHECKUP

Test	Result	Normal Range	Detailed Description
OQ MEDICAL CHECKUP			
BLOOD GROUP & Rh TYPING	'B' Positive		
COMPLETE BLOOD COUNT			
RBC	5 Million/c	Male 4.5 - 6.0 million /cu Female 4.5 - 5.5 million/cu	
HAEMOGLOBIN	13.5 gm %	Male 13 - 18 gm % Female 11 - 15 gm %	
HCT	39 %	Male 42 -52 % Female 37 -47 %	
MCV	76 fl	76 - 96 fl	
MCH	27 pg	27 - 33 pg	
MCHC	34 %	32 36 %	
WBC COUNT	10000 cells/cumm	4000 - 11 000 cells / cu mm	
DIFFERENTIAL COUNT			
NEUTROPHIL	50 %	40-75 %	
LYMPHOCYTE	39 %	20-45 %	
EOSINOPHIL	5 %	1-6 %	
MONOCYTE	6 %	2-8%	
BASOPHIL	0 %	0-1%	
ESR	1	Male 0 - 15 mm / 1st hour Female 0 - 20 mm / 1st hour	
PLATELET	3.8 lakhs/cumm	1.5 - 4.5 lakhs / cu mm	
Sickle cells (Screen)	Negative		
LIVER FUNCTION TEST			
ALKALINE PHOSPHATASE	83 u/l	44-147 U/ L	
T. BILIRUBIN	0.4 mg / dl	up to 2.0 mg/dl	
DIRECT BILIRUBIN	0.2 mg / dl	up to 0.4 mg /dl	
INDIRECT BILIRUBIN	0.2 mg / dl	up to 1.6 mg /dl	
S.G.O.T.	21 u/l	Male 0-50 u/l Female 0-41 u/l	
S.G.P.T.	22 u/l	Male 0-45 u/l Female 0-32 u/l	
T. PROTEIN	7 g /dl	New born 5.2 - 9.1 g /dl Children 5.4 - 8.7 g /dl Adult 6.7 - 8.7 g /dl	
ALBUMIN	4 g / dl	3.6 - 5.5 g/dl	
RENAL FUNCTION TEST			
UREA	33 mg / dl	10-50 mg /dl	
S.CREATININE	0.8 mg / dl	0.7 - 1.2 mg /dl	

Peace Land Clinic Mukhaizna

Reported By:
Lab Technician

Sr. Lab Technologist

Verified By:
Lab Technician

Sr. Lab Technologist

Approved By:
Lab Technician

Sr. Lab Technologist

Signed at: 15/07/2025 11:58:37

Test	Result	Normal Range	Detailed Description
S.URIC ACID	5.9 mg / dl	3.4 - 7.2 mg /dl	
LIPID PROFILE			
Total Cholesterol	193 mg/dl	Normal < 200 mg/dl Border line : 200 -239 mg / dl High > 240 mg / dl	
Triglyceride	140 mg/dl	Normal 0.0 - 150 mg/dl	
HDL - CHOL	67 mg/dl	35.0 - 79.0 mg /dl	
LDL - CHOL	110 mg/dl	< 130 mg/dl	
VLDL	28 mg/dl	2-30 mg/dl	
NON HDL CHOLESTEROL	126 mg/dl	Less than 130mg/dl	
FASTING BLOOD SUGAR	94 mg/dl	70 - 110 mg/dl	
URINE ROUTINE ANALYSIS			
PHYSICAL			
Quantity	5 ml		
Colour	Pale yellow		
Sp. Gravity	1.020		
pH	Acidic		
Appearance	Clear		
CHEMICAL	0		
Nitrite	Negative		
Protein	Negative		
Glucose	Negative		
Ketones	Negative		
Urobilinogen	Normal		
Bilirubin	Negative		
Blood	Negative		
MICROSCOPIC.			
PUS_CELLS	1-2		
EPITHELIAL CELLS	1-2		
RBCS	1-2		
CASTS	NIL		
CRYSTALS	NIL		
BACTERIA	NIL		
URINE DRUG SCREEN			
OPIATE (URINE)	Negative		
MORPHINE (URINE)	Negative		
COCCAINE (URINE)	Negative		
AMPHETAMINE (URINE)	Negative		
BENZODIAZEPINES (URINE)	Negative		
PHENCYCLIDINE (URINE)	Negative		
METHAMPHETAMINE (URINE)	Negative		
TRAMADOL (URINE)	Negative		
BARBITURATES (URINE)	Negative		
TRICYCLIC ANTIDEPRESSANTS (URINE)	Negative		
METHADONE (URINE)	Negative		
ALCOHOL TEST	Negative		

'atient:26436 Reg.Dt: 15/07/202
lame: BEANT SINGH HIRA SINGH
lender: Male Nationality: INDIA
ge: 39Y Mar. Status: Marrie
ddress:

Remarks:

Peace Land Clinic Mukhaizna

12 Channel + 1 Rhythm Report

Hosp:

Prescribed by:

Patient:26436 Reg.Dt: 15/07/202
Name: BEANT SINGH HIRA SINGH
Gender: Male Nationality: INDIA
Age: 99Y Mar. Status: Marrie
Address:

Heart Rate: 65 bpm
PR/RR Int.:150/923 ms
QRS Dur: 104 ms
QT/QTc: 428/445 ms
P-R-T axes: 6 37 26
SV1/RV5/R+S:0.43/1.19/1.62mV

** Analysis Result ** (To be finally confirmed by physician)
Normal Sinus Rhythm
[Normal ECG]

Peace Land Clinic Mukhiana

I
II
III
aVR
aVL
aVF
V1
V2
V3
V4
V5
V6
II

Base:0.2Hz LPF:100Hz AC:50Hz EMG:On 10.0mm/mV 25.0mm/sec EKG2000 6.00/3.24 Bionet Co., Ltd.

بلاد السلام للخدمات الطبية ش.م.م
Peace Land Medical Services L.L.C

PATIENT ID: 26436

Estimated 10-year Global CVD Risk

2.80%

Risk Category

Low Risk

Estimated Vascular Age

36 Years

Treatment Guidelines

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)

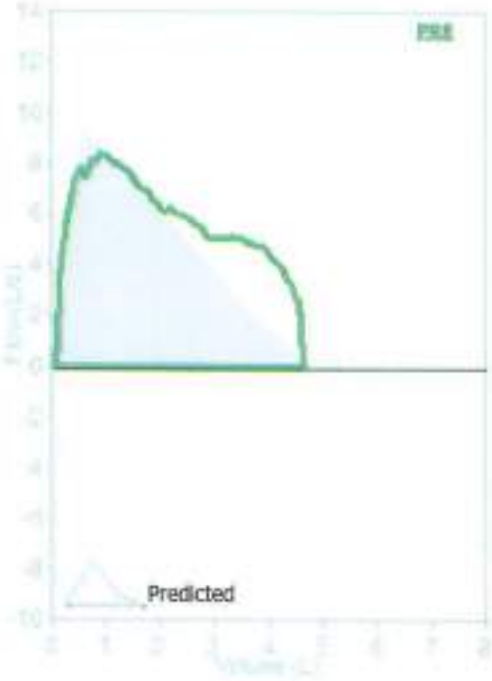
Peace Land Clinic Mukhaizna

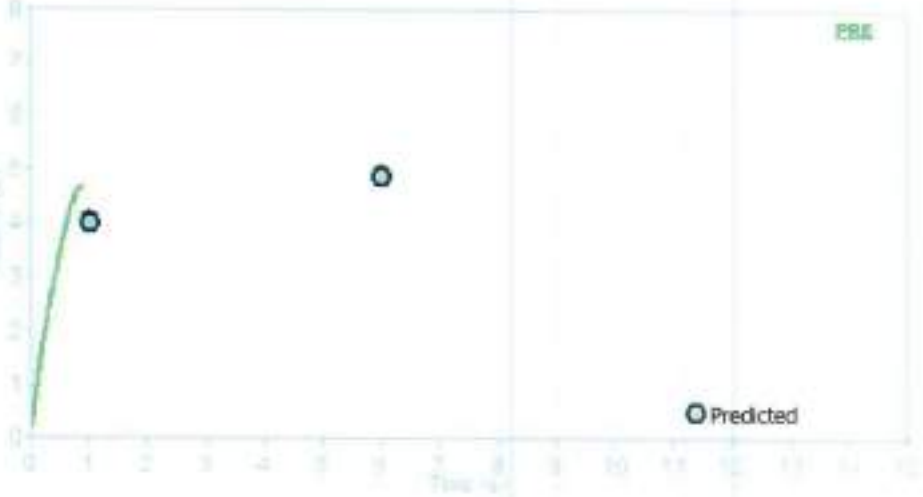
Pulmonary Function Test Results

Visit date 15/07/2025

Patient code	84493264	Age	39
Surname	SINGH	Gender	Male
Name	BEANT	Height, cm	177
Date of birth	15/02/1986	Weight, kg	97
Ethnic group	Caucasian	BMI	30.96
Smoke	No smoker	Pack-Year	
Patient group			

FVC FEV1 FEV1%





Quality Control Grade: F
0 Acceptable trials

Interpretation

Normal Spirometry

PRE Trial date 15/07/2025 09:02:08

Parameters		LLN	Pred	Best	%Pred	Z-score	PRE # 1	PRE # 2	PRE # 3	POST	%Pred	%Chg
FVC	L	3.84	4.84	4.66*	96	-0.30	4.66			*		
FEV1	L	3.15	3.99	4.66*	117	1.32	4.66			*		
FEV1/FVC	%	68.4	80.2	100.0*	125	2.76	100.0			*		
PEF	L/s	7.35	9.34	8.39*	90	-0.78	8.39			*		
ELA	Years		39	39	100		39					
FEF2575	L/s	2.75	4.46	6.03	135	1.51	6.03					
FET	s		6.00	0.88	15		0.88					
FIVC	L	3.84	4.84									
FEV1/VC	%	68.4	80.2									

*Best values from all loops - BTPS 1.068 30 °C (86 °F) - Predicted ERS (ECCS) / Zapletal

Conclusion / Medical report

Signature

Peace Land Clinic Mukhaizna

DR. HASHIM ABDALLAH
GENERAL PRACTITIONER
MOH License No: 9087

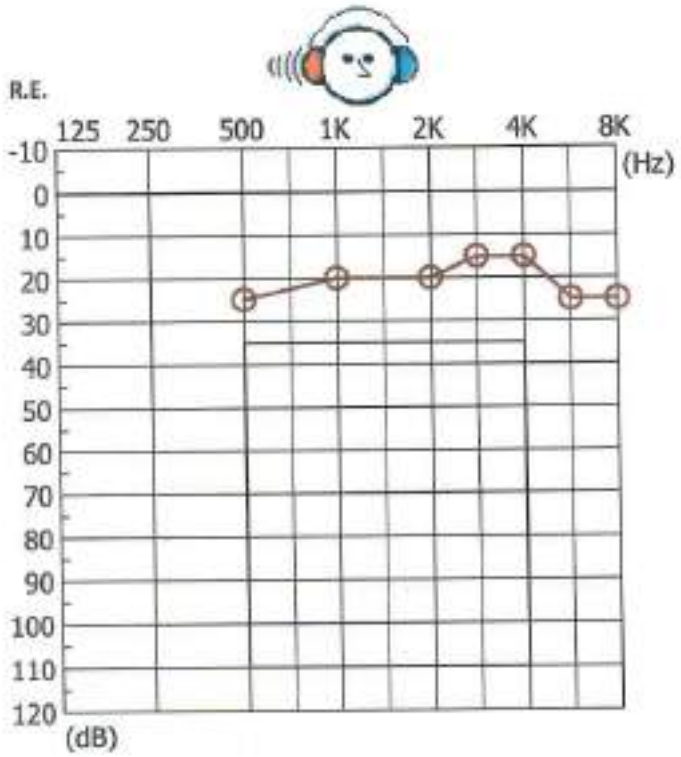
Instrument used
Minispir S S/N C16043

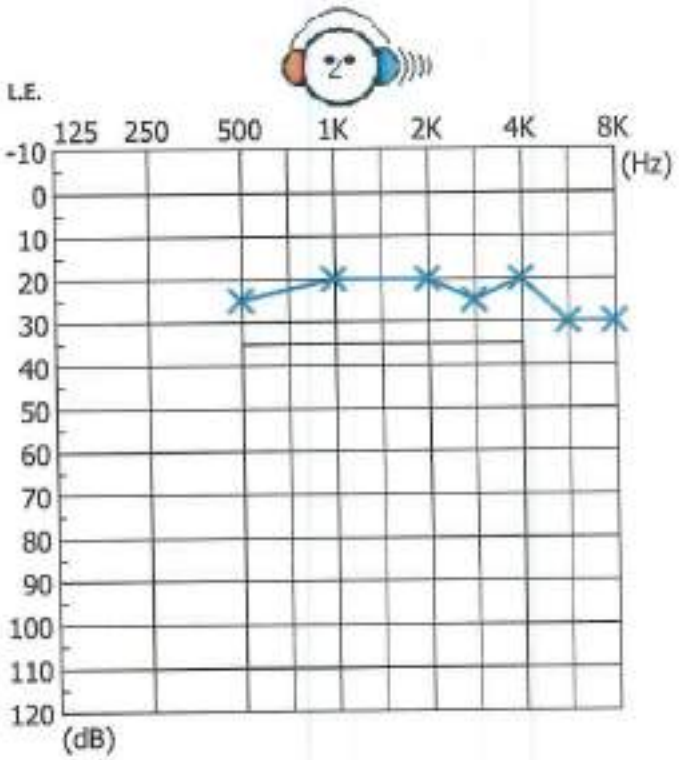
AUDIOMETRY REPORT

SIBELMED W50

Patient: 26436	Reg.Dt: 15/07/202
Name: BEANT SINGH HIRA SINGH	
Gender: Male	Nationality: INDIA
Age: 39Y	Mar. Status: Marrie
Address:	

Test date: 16/07/2025
Reference: 8449324
Technician:
Reason:
Origin:
Equipment:
Device serial numb.:
Flash Version:





No Masking	R.E.	L.E.	With Masking	R.E.	L.E.
Air	O	X	Air	△	□
Bone	<	>	Bone	[	]
F.Field	⌀	※			
No response					

MINISTRY OF LABOUR AND SOCIAL AFFAIRS

	R.E.	L.E.
Hearing Loss (%)	0.0	0.0
Average dBs	20.0	22.5
Bilateral Loss (%)	0.0	

Right ear Normal
Left ear Normal

COMMENTS:

Peace Land Clinic Mukhaizna

DR. HASHIM ABDALLAH
GENERAL PRACTITIONER
MOH License No: 9087

Sibelmed

Patient Id	Patient Name	Age/Sex	Procedure Date	Referring Dr
26436	BEANT SINGH HIRA SINGH	39Y/M	21-07-2025	

DIGITAL X-RAY CHEST PA VIEW

FINDINGS:

Trachea and mediastinum in midline.

Both lung fields show normal bronchovascular markings.

Cardiothoracic ratio is within normal limits.

Both cardiophrenic and costophrenic angles are free.

Both domes of diaphragm are normally placed.

Bony ribcage and soft tissue structures appear normal.

IMPRESSION:

- **NO ABNORMALITIES DETECTED**
-

LUMBOSACRAL SPINE AP / LATERAL

Normal bone density.

Vertebral bodies, pedicles, posterior elements appears normal.

Intervertebral disc space is normal.

Sacroiliac joints appear normal.

Pre and paravertebral soft tissue appears normal.

OPINION;

- NORMAL STUDY.
-

Peace Land Clinic Mukhaizna

Dr. K. VIJAYAKUMAR
MBBS, DMRD
Radiologist
MOH Lic No.: 7560

Dr. Kumaresan Vijayakumar
MBBS, DMRD
Radiologist
MOH Lic No.: 7560