



Appendix 32: EX1 Form (Initial Examination Report)

INITIAL EXAMINATION REPORT (MEDICAL – CONFIDENTIAL)

Petrolium Development Oman
MEDICAL DEPARTMENTPLEASE COMPLETE YOUR PERSONAL
DETAILS IN BLOCK CAPITALS

Surname		Forenames		Address		Home telephone number	
Sundakara		Suresh				41253412	
Place of examination		Date					
NMC Alkh		17.02.2025					
If a dependant enter employee's name here: Surname:				Forenames:			
				Suresh Sundakara			
Birth date:		Nationality:		Country of birth:		Religion:	
		Indian					
☒ Male ☐ Female		☐ Married ☐ Single ☐ Separated/Divorced		☐ Wife ☐ Son ☐ Daughter		Relationship to employee	
						Number of children:	
Reason for examination		Pre-Employment ☐ Job:					
		Pre-Overseas ☐ Area:					
Name and address of family doctor				List your last 3 jobs			
				(1)			
				(2)			
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 heartbeat		☒	
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. Headache/migraine		☒	
13. Recurrent indigestion		☒		33. Dizziness/fainting		☒	
14. Jaundice or hepatitis		☒		34. Epilepsy		☒	
15. Gall Bladder disease		☒		35. Joint/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/arm/pit		☒					
How much tobacco each day? No				Average daily alcohol consumption No			
Have you ever taken elicited drugs? () PDO test all new/potential employees for elicited/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: 17.02.2025		Signature of Applicant:					

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Specification

The controlled version of this CMF Document resides online in Livelink6. Printed copies are UNCONTROLLED.





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
✓	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.
HEIGHT cm	WEIGHT kg
176	75
BMI	B.P.
24	165/111
PULSE	HEARING
79 mins.	L 7 R 4
VISION	DISTANT
Uncorrected	R 6/6 L 6/6
Corrected	6/6
Colour Vision	Blood Group
38	
N	A
✓	1. Urinalysis
✓	2. Hb, Bloodcount, ESR
✓	3. LFT, RFT, RBS
	4. Drug Screen
✓	5. Lipids (40 years +)
	6. Slide Cell test
LABORATORY AND OTHER SPECIAL INVESTIGATIONS	
✓	7. Audiogram
✓	8. Lung Function
	9. Chest X-Ray
✓	10. ECG
✓	11. CVS risk for 40 yrs. & above
	12. HIV, Hepatitis screening
OTHER FINDINGS (Physique, scars, disabilities, mental stability including behaviour, etc.)	
Hyperlipidaemia / Hypertension on R, fitness given by cardiologist	
ASSESSMENT:	
☒ FIT ALL AREAS ☐ FIT WITH RESTRICTION ☐ TEMPORARY UNFIT ☐ UNFIT	
Date: 19/02/2022	Name (Block Capitals): Dr. Shiva Kumar
REVIEW/CONSULTATION	
Date:	Name (Block Capitals): Dr. / Nurse
Signature:	

DR. SHIVA KUMAR SODAIH
Signature
Medical Lic. No. 204
Oman Specialty Hospital, Al Hail

FIT



DEPARTMENT OF LABORATORY MEDICINE

File No: 50133386	Report No: 0145718
Name: SURESH SUDAKARAN	Sample Date: 17/02/2025 Time: 9:07
Address:	Received By:
Gender: M Age: 53 Y Nationality: INDIAN	Received Date: Time:
GSM No.: 71253412 ID Card No.: 70540005	Report Date: 17/02/2025 Time: 14:39
Ref. By: DR MAHDI KARIMI	Bill No: 0355552 Bill Date: 17/02/2025

INVESTIGATION	RESULT	REFERENCE RANGE
PDO PACKAGE ABOVE 40 YEARS		
RANDOM BLOOD SUGAR	6.20 mmol/L	4.11 -7.9mmol/L
CREATININE	98.00 μ mol/L	Adults: MALE: 62 - 106 μ mol/L FEMALE: 44 - 80 μ mol/L
SGPT (ALT)	33.50 U/L	MALE : up to 41 U/L, FEMALE : up to 33 U/L
TOTAL WBC COUNT	$6.72 \times 10^3 / \mu$ L	4.00-11.00 $\times 10^3 / \mu$ L
DIFFERENTIAL COUNT		
NEUTROPHIL (%)	43.27 %	40-75%
LYMPHOCYTE (%)	48.60 %	20-45%
MONOCYTE (%)	4.88 %	2-8%
EOSINOPHIL (%)	1.62 %	1-6%
BASOPHIL (%)	1.63 %	0-1%
ERYTHROCYTE SEDIMENTATION RATE	09 mm/1st hr	MALE:0-15 mm/ 1st hr FEMALE:0-20 mm/ 1st hr
HAEMOGLOBIN	16.06 gm/dl	Male : 13 -18 gm/dl Female:11-15 gm /dl childrens upto 1year-11.0 - 13.0 gm /dl upto12years-11.5 - 14.5 gm /dl cord blood:13 -19.5 gm /dl
SICKLE CELL	NEGATIVE	
Method : Solubility test (If Positive , Hb Electrophoresis / HPLC to be done to confirm Sickie cell anaemia / Trait).		
URINE ROUTINE		
URINE BIOCHEMISTRY		
URINE GLUCOSE	NEGATIVE	NEGATIVE
URINE PROTEIN	NEGATIVE	NEGATIVE
URINE KETONE	NEGATIVE	NEGATIVE

Verified By:

Approved By:



10756

Lab Technologist

Specialist Pathologist

Electronically signed at: 2/17/2025 2:40:00

Printed at: 17/02/2025 2:59:35 PM

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DEPARTMENT OF LABORATORY MEDICINE

File No: 50133386	Report No: 0145718
Name: SURESH SUDAKARAN	Sample Date: 17/02/2025 Time: 9:07
Address:	Received By:
Gender: M Age: 53 Y Nationality: INDIAN	Received Date: Time:
GSM No.: 71253412 ID Card No.: 70540005	Report Date: 17/02/2025 Time: 14:39
Ref. By: DR MAHDI KARIMI	Bill No: 0355552 Bill Date: 17/02/2025

INVESTIGATION	RESULT	REFERENCE RANGE
URINE BILIRUBIN	NEGATIVE	NEGATIVE
NITRITE	NEGATIVE	NEGATIVE
URINE PH	6.5	4.6-8.0
SPECIFIC GRAVITY	1.030	1.010-1.030
BLOOD	NEGATIVE	NEGATIVE
UROBILINOGEN	NORMAL	NORMAL
URINE MACROSCOPY		
COLOUR	YELLOW	
APPEARANCE	CLEAR	
URINE MICROSCOPY		
RBC	NIL /hpf	0-3
PUSCELLS	1-2 /hpf	0-5
EPITHELIAL CELLS	0-2 /hpf	NIL
CRYSTAL	NIL /hpf	NIL
CAST	NIL /hpf	NIL
BACTERIA	NIL	
MUCOUS THREAD	NIL	
LIPID PROFILE		
TOTAL CHOLESTEROL	5.28 mmol/L	< 5.18 mmol/L
HDL	1.15 mmol/L	>1.5 mmol/L
TRIGLYCERIDES	1.99 mmol/L	Desirable : <2.083 mmol/L Boderline high : 2.83 - 5.67 mmol/L Hypertriglyceridemia >5.65 mmol/L
LDL	3.32 mmol/L	< 2.6 mmol/L
VLDL	0.9 mmol/L	0.128-0.645mmol/L

Verified By:

Approved By:



10756

Lab Technologist

Specialist Pathologist

Electronically signed at: 2/17/2025 2:40:00

Printed at: 17/02/2025 2:59:35 PM

Page: 2 of 2



nmc specialty hospital

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Building No. 812, Al Huda North
Subsidiary of Group
T: (+966) 2425 5222
F: (+966) 2425 5200
www.nmchealthcare.com



nmc specialty hospital,al-hail

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

Fitness Certificate

Empno: 6671

Date of issue : 18/02/2025

Ref No : 0000027/FIT/NMC/2025

This is to certify that Mr. / Mrs. *SURESH SUDAKARAN* with file no *50133386* and Resident card no. *70540005* was *Examined* at *nmc specialty hospital,al-hail* on *18/02/2025* and will be *FIT TO WORK* from the medical point of view starting from *18/02/2025*

DIAGNOSIS

Remarks

TMT : NEGATIVE FOR ISCHEMIA

DR ERFAN GHOODJANI

Place: *nmc specialty hospital,al-hail*

(Hospital Seal)

Signature

DR. ERFAN GHOODJANI
Specialist - Internal Medicine
18/02/2025, 10:10 AM
NMC Specialty Hospital, Al-Hail



AUDIOMETRY REPORT

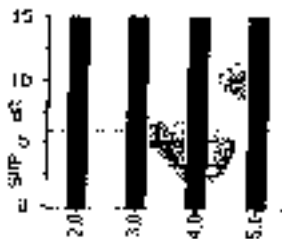
Name of the Patient Suresh Subhakaran

Age 30 Sex M MRN 50139886 Date of Test 17/2/25

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17-FEB-25 08:47
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SN: G11005649 G12014595

NAME:

Left: Pass

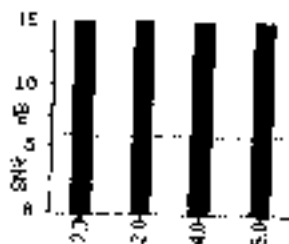


F2	L1	L2	DP	NI	SNR	
2.0	66	55	1	-15	16	P
3.0	64	54	-1	-18	17	P
4.0	64	56	7	-20	27	P
5.0	63	53	1	-20	21	P

U107.05
17-FEB-25 08:48
DP 4s 1 sec avg
SN: G11005649 G12014595

NAME:

Right: Pass



F2	L1	L2	DP	NI	SNR	
2.0	66	55	-2	-20	18	P
3.0	65	55	-3	-20	17	P
4.0	65	55	7	-20	27	P
5.0	64	54	2	-20	22	P



Signature of the Technician

NMCOMAN/DOC/MSG/75



Pulmonary Function Report

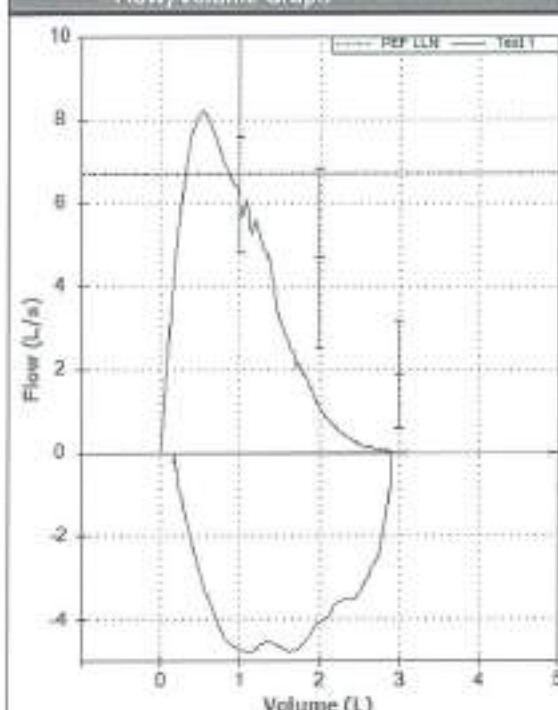
Subject Information

ID:	2025048_094044075	Alternate ID:	50133388	
Last Name:	Sudakaran	First Name:	Suresh	Middle Name:
Population:	Asian	Gender:	Male	Date of Birth:
Age:	53	Height:	176 cm	Weight:
BMI:	24.2	Smoking:	Non Smoker	30/05/1971 75.0 kg

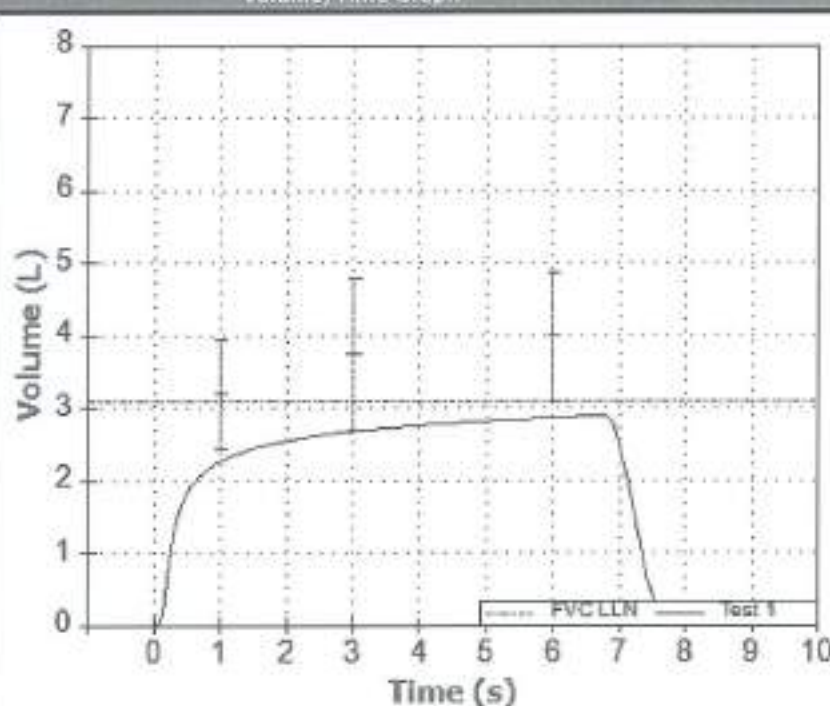
Test Session Information

Test Date:	17/02/2025 09:42	Device:	ALPHA Touch	Serial Number:	32166
No. of Tests:	3	Accuracy Chk:	30/05/2019 15:42	User:	Administrator
Pred. Values:	ERS 93	Pred. Factor:	90%	Posture:	Sitting

Flow/Volume Graph



Volume/Time Graph



Results

Parameter	Pred	LLN	Best	% Pred.	Z-Score
PVC (L)	3.98	3.08	2.90*	73	-1.97
FEV1 (L)	3.19	2.43	2.32*	73	-1.88
FEV1 Ratio	0.78	0.66	0.80	103	0.27
FEV6 (L)	3.98	3.08	2.87*	72	-2.02
PEF (L/min)	521	402	493	95	-0.38
FEF25-75 (L/s)	3.84	2.13	2.31	60	-1.47

Values at STPS. *Below lower limit of normality (LLN).

Session Quality and Repeatability Information

FVC Session Grade	FVC Rep:	FEV1 Rep:	Slow Start of test	End of test criteria not achieved	Cough detected in 1st second
C	0.24 L (8.3%)	0.20 L (8.6%)	0 blow(s)	0 blow(s)	0 blow(s)

Computer Suggested Interpretation

Computer interpretations cannot be relied upon for diagnosis. Mild restriction.

Reference Pictogram

[illegible]

SUDAKARAN, SURESH
50133386

Patient Information

2/18/2025 1:02:09 PM

Bruce

ID: 50133386

Second ID:

Admission ID:

Date of Birth:

Height: 176 cm

Gender: Male

Age: 53 Years

Weight: 75 kg

Race: Unknown

Indications
test:

Medications
NIL

Referring Physician: DR. ERFAN

Location: NMC ALHAIL

Procedure Type: TMT

Attending Phys: DR. ERFAN

Target HR: 162 bpm (85%)

Reasons for end: ACHIEVED METS, Target HR

Technician: ANEESH

Max HR(%MPPHR): 163 bpm (97%) Symptoms: NO CHEST PAIN

Diagnosis

Notes

Conclusions

The patient was tested using the Bruce protocol for a duration of 08:34 min:ss and achieved 10.3 METs. A maximum heart rate of 163 bpm with a target predicted heart rate of 114% was obtained at 08:30. A maximum systolic blood pressure of 206/99 was obtained at 02:49 and a maximum diastolic blood pressure of 196/100 was obtained at 05:26. A maximum ST depression of -1.2 mm in aVR occurred at 09:30. A maximum ST elevation of +2.8 mm in V3 occurred at 09:40. The patient reached target heart rate with appropriate heart rate and blood pressure response to exercise. No significant ST changes during exercise or recovery. No evidence of ischemia. Normal exercise stress test.

Reviewed by:

Signed by:

UNCONFIRMED REPORT

Date:

DR. ERFAN GHODOUSI MD
Physician, Cardiology
NMC ALHAIL
www.nmc-hospital.com



SUDAKARAN, SURESH
50133386

Exam Summary

2/18/2025 1:02:09 PM

Bruce

Summary

Exercise Time: 08:34
Leads with 100uV ST, II, III, aVR, aVF, V3, V4, V5
PVCs: 0
Duke Treadmill Score: 0

Max ST

ST elevation: 2.8 mm in V3 at 09:40
ST depression: -1.2 mm in aVR at 09:30

Max Values

Speed: 3.4 MPH
Grade: 14 %
METs: 10.3
HR: 163 BPM
SBP: 206/99 mmHg
DBP: 196/100 mmHg
ST/HR Index: 0.61 uV/bpm in III at 07:50

Max ST Changes

ST elevation change: 1.5 mm in V3 at 09:40
ST depression change: -1 mm in III at 07:50

STAGE SUMMARY

ST measurement based on J+50ms

	Speed (MPH)	Grade (%)	HR (BPM)	BP (mmHg)	METs	HR*BP	I	II	III	aVR	aVL	aVF	V1	V2	V3	V4	V5	V6
--	-------------	-----------	----------	-----------	------	-------	---	----	-----	-----	-----	-----	----	----	----	----	----	----

BP	PRE-X	0.0	0.0	84	170/105	-	14280	0.1	0.8	0.6	-0.6	-0.3	0.7	-0.1	0.4	1.2	0.9	0.7	0.3
START EXE	EXE 00:00	0.0	0.0	82	-	1.3	-	0.1	0.8	0.6	-0.6	-0.3	0.7	-0.1	0.4	1.2	0.9	0.7	0.3
BP	EXE 02:48	1.7	10.0	114	206/99	4.7	23494	0	0.4	0.3	-0.3	-0.2	0.4	0.1	0.3	1.2	0.7	0.3	0.1
STAGE 1	EXE 03:00	1.7	10.0	114	-	4.7	-	0	0.3	0.2	-0.3	-0.1	0.3	0.1	0.4	1.3	0.8	0.3	0.1
BP	EXE 06:26	2.5	12.0	138	196/100	7.1	27048	0.1	0.1	-0.1	-0.2	0.1	0	0.1	0.5	1.1	0.5	0	-0.1
STAGE 2	EXE 06:00	2.5	12.0	142	-	7.1	-	0.1	0.1	-0.1	-0.2	0	0	0.1	0.4	1.1	0.5	0	-0.1
BP	EXE 08:27	3.4	14.0	163	206/97	10.3	33578	0.3	0.1	-0.2	-0.3	0.2	-0.1	0	0.6	1.4	0.7	0	0
Treadmill Stopped	EXE 08:26	0.0	0.0	163	-	10.3	-	0.3	0.1	-0.2	-0.3	0.2	-0.1	0	0.6	1.4	0.7	0	0
Peak	EXE 08:34	0.0	0.0	163	-	10.0	-	0.2	-0.1	-0.3	-0.2	0.2	-0.2	0.1	0.5	1.6	0.7	-0	-0.2
BP	REC 01:35	0.0	0.0	127	193/75	7.3	24511	0.4	1.7	1.2	-1.2	-0.4	1.5	-0.5	0.6	2.6	2	1.3	0.9
BP	REC 02:34	0.0	0.0	121	189/75	5.5	22869	0.4	1.5	1	-1	-0.4	1.3	-0.4	0.4	2.1	1.6	1.1	0.7
BP	REC 03:35	0.0	0.0	109	165/79	3.7	17985	0.2	1	0.7	-0.7	-0.2	0.8	-0.2	0.4	1.7	1.2	0.7	0.4
BP	REC 04:29	0.0	0.0	115	165/80	1.9	18975	0.1	0.4	0.2	-0.3	-0.1	0.3	-0.1	0.3	1.2	0.6	0.2	0
END REC	REC 04:38	0.0	0.0	111	-	1.6	-	0.1	0.4	0.2	-0.4	-0.1	0.3	0	0.3	1.3	0.6	0.2	0.1



Framingham Risk Score (2008)

Questions

- | | |
|--|------------------|
| 1. Gender? | Male |
| 2. Age? | 55-59 |
| 3. Total Cholesterol? | 5.16-6.19 mmol/L |
| 4. HDL? | 0.9-1.16 mmol/L |
| 5. Systolic Blood Pressure? | ≥160 mmHg |
| 6. On Medication for Hypertension? | Yes |
| 7. Smoker? | No |
| 8. Diabetic? | Yes |
| 9. Known Vascular Disease (CAD, PVD, S...) | No |

About

The FRS estimates the 10 year risk of manifesting clinical CVD (CAD, Stroke, PVD, CHF, cardiac death). Although not examined in the 2008 model, it is common practice to double the FRS if there is a FHx of premature CAD in a 1st degree relative (men <55y, women <65y).

*The risk stratification tool for the ESC is the SCORE system which estimates 10y risk of CVD death. Patients with a 10y risk of CVD death ≥5% are considered high risk. The lipid guidelines recognize risk equivalents as a distinct category that warrant immediate treatment. For patients with an ESC SCORE ≥5% a 3 month trial of lifestyle measures is a reasonable starting point. If after 3 months the lipids remain above moderate risk targets and the SCORE remains ≥5% then intensive therapy to reach high risk targets is recommended.

References

Ralph B. D'Agostino, Sr, Ramachandran S. Vasan, Michael J. Pencina, Philip A. Wolf, Mark Cobain, Joseph M. Massaro and William B. Kannel.
General cardiovascular risk profile for use in primary care: the Framingham Heart Study.
Circulation 2008 February 12, 117 (6): 743-53

McPherson R et al.
Canadian Cardiovascular Society position statement—recommendations for the diagnosis and treatment of dyslipidemia and prevention of cardiovascular disease.
Canadian Journal of Cardiology 2006, 22 (11): 913-27

Management of Blood Cholesterol in Adults: Systematic Evidence Review from the Cholesterol Expert Panel

Ion Graham et al.
European guidelines on cardiovascular disease prevention in clinical practice: executive summary: Fourth Joint Task Force of the European Society of Cardiology and Other Societies on Cardiovascular Disease Prevention in Clinical Practice (Constituted by representatives of nine societies and by invited experts).
European Heart Journal, Volume 28, Issue 19, October 2007, Pages 2375-2414

The Framingham Risk Score (2008) calculator is created by QxMD.

Results

Estimated 10-year Global CVD Risk

>30%*

Risk Category

High Risk*

Estimated vascular Age

>80 Years*

*Due to this patient being diabetic, they are placed in the High Risk Category and should be treated based on the following guidelines.

Treatment Guidelines

ATP-III (2004)

Treatment Targets

LDL <100 mg/dL (<2.59 mmol/L)

Non-HDL <130 mg/dL (<3.37 mmol/L)

CCS (2009)

Treatment Targets

LDL <2 mmol/L (<77 mg/dL) or ≥50 % decrease in LDL-C

apoB <0.8 g/L (80 mg/dL)

ESC (2007, see info for more)

Treatment Targets

LDL <2.5 mmol/L (<80-100 mg/dL)

TChol <4-4.5 mmol/L (<155-175 mg/dL)

Created by QxMD

