Appendix 32: EX1 Form (Initial Examination Report)

INITIAL EXAMINATION REPORT (MEDICAL – CONFIDENTIAL)

Petroleum Development Oman
MEDICAL DEPARTMENT

PLEASE COMPLETE YOUR PERSONAL DETAILS IN BLOCK CAPITALS

Surname: Gursbachan Singh
Forenames:
Address:
Home telephone number: 9790315

Place of examination: NMC Ahmi | Date: 27.02.2025

If a dependant enter employee's name here:
Surname: | Forenames: Gursbachan Singh

Birth date: 20.04.88 | Nationality: Indian | 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)
(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		Y	N
1. Sinus trouble		✓	21. Cancer		✓	HAVE YOU EVER BEEN:-		
2. Neck swelling/glands		✓	22. Heart Disease		✓	40. Rejected for employment or insurance for medical reasons		✓
3. Difficulty in vision		✓	23. Rheumatic fever		✓			
4. Any ear discharge		✓	24. Abnormal heartbeat		✓	41. Awarded benefits for industrial injury/illness		✓
5. Asthma/bronchitis		✓	25. High blood pressure		✓			
6. Hayfever /other significant allergy		✓	26. Stroke		✓	42. Treated for a mental condition, e.g. depression		✓
7. Any skin trouble		✓	27. Serious chest pain		✓			
8. Tuberculosis		✓	28. Any blood disease		✓	43. Treated for problem drinking or drug abuse		✓
9. Shortness of breath		✓	29. Kidney disease		✓			
10. Coughed/vomited blood		✓	30. Blood in urine		✓	44. Exposed to toxic substance or noise		✓
11. Severe abdominal pain		✓	31. Diabetes		✓			
12. Stomach ulcer		✓	32. Headaches/migraine		✓	FOR WOMEN ONLY		
13. Recurrent indigestion		✓	33. Dizziness/fainting		✓	Have you ever had:-		
14. Jaundice or hepatitis		✓	34. Epilepsy		✓	45. An abnormal smear		
15. Gall Bladder disease		✓	35. Joints/spinal trouble		✓	46. Any gynaecological treatment		
16. Marked change in bowel habits		✓	36. Surgical operation		✓			
17. Blood in stools (motions)		✓	37. Serious accident/fracture		✓	47. Are you pregnant?		
18. Marked change in weight		✓	38. Tropical disease		✓	48. HAVE YOU HAD AN ILLNESS NOT MENTIONED ABOVE		
19. Varicose veins		✓	39. Fear of heights		✓			
20. Lump in breast/armpit		✓						

How much tobacco each day? Nil | Average daily alcohol consumption: [illegible] Yes / No

Have you ever taken elicited drugs? Nil 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: 27.02.2025 Signature of Applicant: Gursbachan Singh

RECEIVED

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. 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 /mins.	HEARING	VISION	Colour Vision	Blood Group
163	97	36.5	148/96	72	L nml R nml	DISTANT: R 6/6 L 6/6 Uncorrected; NEAR: R nml L nml; Corrected	✓	

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

No Remarkable Finding

ASSESSMENT:

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

FIT

24/02/2025 Dr. Shiva Kumar

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

DR. SHIVA KUMAR SIDDAIAH ... MOH ... Specialty hospital, Al Hail

REVIEW/CONSULTATION

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

DEPARTMENT OF LABORATORY MEDICINE

File No:	50062159	**Report No:**	0146659		
Name:	GURBACHAN SINGH WAZIR SINGH	**Sample Date:**	27/02/2025	**Time:**	11:40
		Received By:			
Address:		**Received Date:**		**Time:**	
Gender:	M **Age:** 39 Y **Nationality:** INDIAN	**Report Date:**	27/02/2025	**Time:**	14:09
GSM No.:	97190315 **ID Card No.:** 76103261	**Bill No:**	0357592	**Bill Date:**	27/02/2025
Ref. By:	DR MAHDI KARIMI				

INVESTIGATION	RESULT	REFERENCE RANGE
PDO PACKAGE BELOW 40 YEARS		
RANDOM BLOOD SUGAR	5.21 mmol/L	4.11 -7.9mmol/L
CREATININE	81.00 µ mol/L	Adults: MALE: 62 – 106 µ mol/L FEMALE: 44 - 80 µ mol/L
SGPT (ALT)	55.30 U/L	MALE : up to 41 U/L, FEMALE : up to 33 U/L
TOTAL WBC COUNT	7.03 x 10^3 / µL	4.00-11.00 x 10^3 / µL
DIFFERENTIAL COUNT		
NEUTROPHIL (%)	51.30 %	40-75%
LYMPHOCYTE (%)	37.53 %	20-45%
MONOCYTE (%)	7.53 %	2-8%
EOSINOPHIL (%)	2.06 %	1-6%
BASOPHIL (%)	1.58 %	0-1%
ERYTHROCYTE SEDIMENTATION RATE	11 mm/1st hr	MALE:0-15 mm/ 1st hr FEMALE:0-20 mm/ 1st hr
HAEMOGLOBIN	15.35 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 Sickle cell anaemia / Trait).		
URINE ROUTINE		

Verified By:

10195

Lab Technologist

MOH License No:

Electronically signed at: 2/27/2025 2:11:09

Approved By:

RECEPTION

Specialist Pathologist

nmc specialty hospital

NMC Healthcare LLC
Dubai
Post Box 234, Block 310
Building No. 612, Al Ittihad Road
Sultanate of Oman
T: (968) 2426 9222
F: (968) 2426 9208
www.nmcoman.com

Printed at: 27/02/2025 5:18:29 PM

DEPARTMENT OF LABORATORY MEDICINE

File No:	50062159	**Report No:**	0146659		
Name:	GURBACHAN SINGH WAZIR SINGH	**Sample Date:**	27/02/2025	**Time:**	11:40
		Received By:			
Address:		**Received Date:**		**Time:**	
Gender:	M **Age:** 39 Y **Nationality:** INDIAN	**Report Date:**	27/02/2025	**Time:**	14:09
GSM No.:	97190315 **ID Card No.:** 76103261	**Bill No:**	0357592	**Bill Date:**	27/02/2025
Ref. By:	DR MAHDI KARIMI				

INVESTIGATION	RESULT	REFERENCE RANGE
URINE BIOCHEMISTRY		
URINE GLUCOSE	NEGATIVE	NEGATIVE
URINE PROTEIN	NEGATIVE	NEGATIVE
URINE KETONE	NEGATIVE	NEGATIVE
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	2-3 /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	4.87 mmol/L	< 5.18 mmol/L
HDL	0.82 mmol/L	>1.5 mmol/L

Verified By:

10195

Lab Technologist

Approved By:

Specialist Pathologist

MOH License No:

Electronically signed at: 2/27/2025 2:11:03

RECEPTION

nmc specialty hospital

NMC Healthcare LLC
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Printed at: 27/02/2025 5:18:29 PM

DEPARTMENT OF LABORATORY MEDICINE

File No:	50062159	**Report No:**	0146659		
Name:	GURBACHAN SINGH WAZIR SINGH	**Sample Date:**	27/02/2025	**Time:**	11:40
		Received By:			
Address:		**Received Date:**		**Time:**	
Gender:	M **Age:** 39 Y **Nationality:** INDIAN	**Report Date:**	27/02/2025	**Time:**	14:09
GSM No.:	97190315 **ID Card No.:** 76103261	**Bill No:**	0357592	**Bill Date:**	27/02/2025
Ref. By:	DR MAHDI KARIMI				

INVESTIGATION	RESULT	REFERENCE RANGE
TRIGLYCERIDES	3.70 mmol/L	Desirable : <2.083 mmol/L Boderline high : 2.83 - 5.67 mmol/L Hypertriglyceridemia >5.65 mmol/L
LDL	2.88 mmol/L	< 2.6 mmol/L
VLDL	1.68 mmol/L	0.128-0.645mmol/L

Verified By:

10195

Lab Technologist

MOH License No:

Electronically signed at 27/2025 2.11.09

Approved By:

Specialist Pathologist

RECEPTION

nmc specialty hospital

NMC Healthcare LLC

Printed at: 27/02/2025 5:18:29 PM

Vitalograph

Pulmonary Function Report

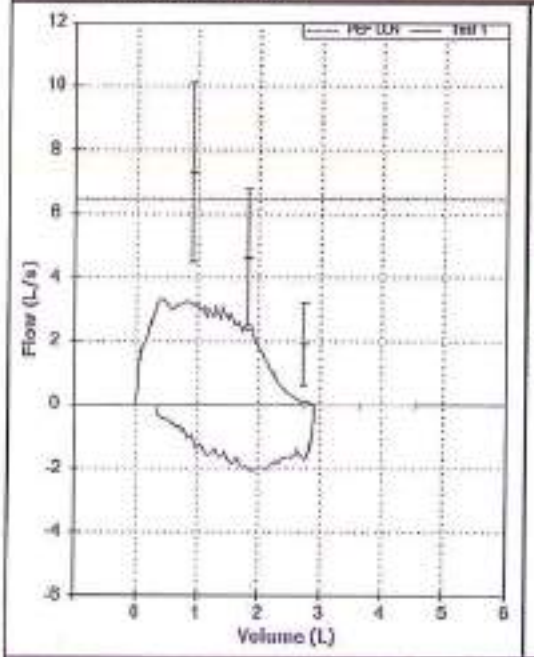
Subject Information

ID:	2025058_121133055	Alternate ID:	50052159		
Last Name:	Singh	First Name:	Gurbachan	Middle Name:	
Population:	Asian	Gender:	Male	Date of Birth:	20/04/1965
Age:	39	Height:	163 cm	Weight:	97.0 kg
BMI:	36.5	Smoking:	Non Smoker		

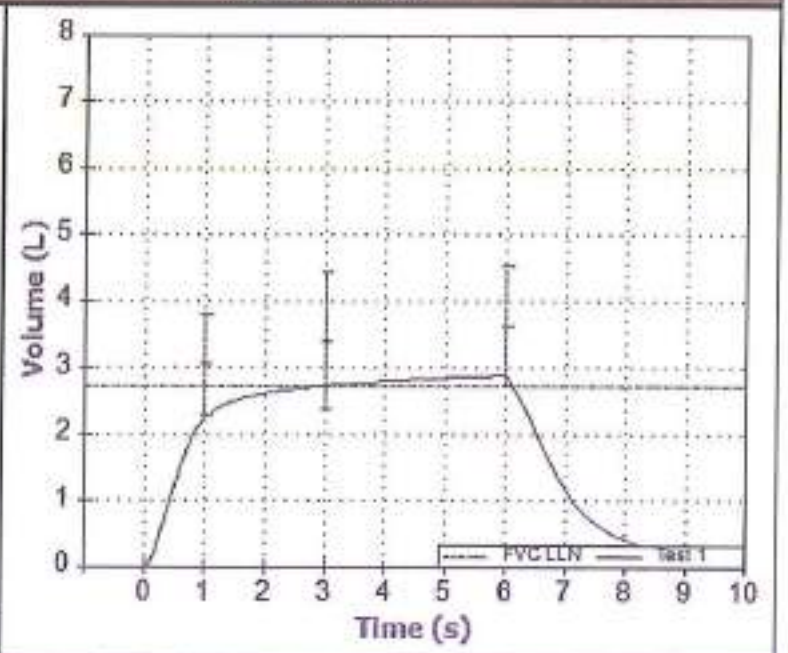
Test Session Information

Test Date:	27/02/2025 12:12	Device:	ALPHA Touch	Serial Number:	32168
No. of Tests:	2	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
FVC (L)	**3.63**	2.73	**2.89**	**80**	-1.35
FEV1 (L)	**3.05**	2.30	**2.33**	**76**	-1.57
FEV1 Ratio	**0.80**	0.68	**0.81**	**101**	0.14
FEV6 (L)	**3.63**	2.73	**2.89**	**80**	-1.35
PEF (L/min)	**509**	390	**217***	**43**	-4.03
FEF25-75 (L/s)	**4.19**	2.48	**2.45***	**58**	-1.67

Values at BTPS ,*Below lower limit of normality (LLN)

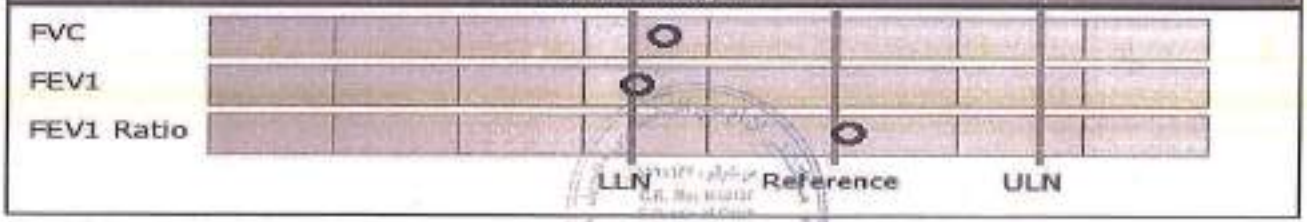
Session Quality and Repeatability Information

FVC Session Grade	FVC Rep:	FEV1 Rep:	Slow Start of test	End of test criteria not achieved	Cough detected in 1st second
C	0.48 L (16.6%)	0.42 L (18.0%)	0 blow(s)	1 blow(s)	0 blow(s)

Computer Suggested Interpretation

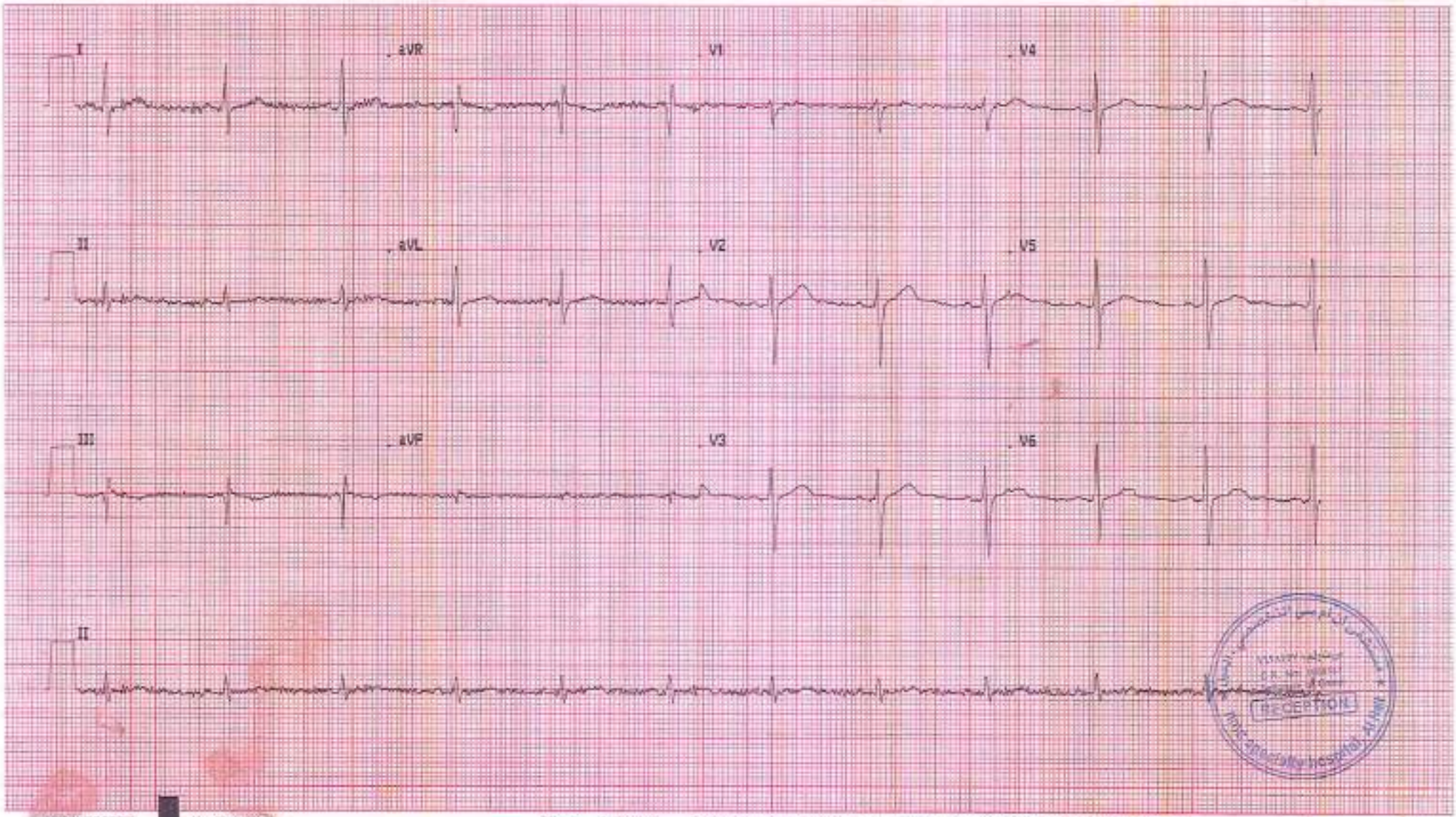
Computer interpretations cannot be relied upon for diagnosis. Mild restriction.

Reference Pictogram



ID: [illegible]
DOB:
39yr, Male

Vent rate:	67 BPM	SINUS RHYTHM
PR int:	145 ms	INDETERMINATE AXIS
QRS dur:	101 ms	ATYPICAL ECG
QT/QTc:	391/407 ms	UNCONFIRMED REPORT
P-R-T axes:	47 -20 -3	



I9210000836 [redacted] No Site Name Site # 0 Cart # 0 Version 2.1.0.5 Sequence #02244 25mm/s 10mm/mV 0.05-40 Hz W

Outlook

PDO FTW - GURBACHAN SINGH#6773

From Muatasim Al Mandhari <Muatasim@truckomangroup.com>
Date Thu 2/27/2025 10:41 AM
To Customercare Hail [NMC Oman] <customercare.hail@nmcoman.com>
Cc Rahul Bhalerao [NMC Oman] <Rahul.Bhalerao@nmcoman.com>; Davis George <davis@truckomangroup.com>; Sampuran Sanndhu <sampuran@truckomangroup.com>; Jeyasingh <jeyasingh@truckomangroup.com>; Sudheesh Krishnan <sudheesh.krishnan@truckomangroup.com>; Sahaya Jayaraj <Sahaya@truckomangroup.com>

Dear NMC Team,

Please arrange for the PDO FTW for GURBACHAN SINGH#6773 for today, 27th February 2025. Kindly share the report once it is completed. Thank you.

Regards,

Muatasim AL-Mandhari |HSE Advisor
TER HSE Dept
M: +968 96968848
E: muatasim@truckomangroup.com

TRUCKOMAN
EQUIPMENT RENTAL LLC


SULTANATE OF OMAN
RESIDENT CARD
بطاقة مقيم
76103261
25/01/2027
20/04/1985
GURBACHAN SINGH WAZIR SINGH


VEHICLE DRIVING LICENCE
CLASS
LMV
HMV
NOTE
GURBACHAN SINGH WAZIR SINGH
NATIONALITY
INDIAN
IDOMN76103261<4<<<<<<<<<<<<<<<
8504205M2701253IND<<<<<<<<<<<4
GURBACHAN<SINGH<WAZIR<SINGH<<<


DR. MAHDI MAHMOUD KARAM
RECEPTION

Calculator | About | References

Framingham Risk Score (2008)

Questions

1.	Gender?	Male
2.	Age?	35-39
3.	Total Cholesterol?	4.14-5.15 mmol/L
4.	HDL?	<0.9 mmol/L
5.	Systolic Blood Pressure?	140-149 mmHg
6.	On Medication for Hypertension?	No
7.	Smoker?	No
8.	Diabetic?	No
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 Hx 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.

Ian 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.

Default Units

Results

Copy Results

Estimated 10-year Global CVD Risk

5.8%

Risk Category

Low Risk

Estimated Vascular Age

45 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)

Created by QxMD