

Program _____

TRINITY VALLEY COMMUNITY COLLEGE
HEALTH OCCUPATIONS DIVISION
PHYSICAL EXAM FORM

TO BE COMPLETED BY STUDENT

STUDENT'S NAME (Print): _____

STUDENT'S DOB (Print): _____

Are you currently taking any medications? (Include name, dosage, and frequency):

Do you have any conditions (including mental health) that would affect your ability to perform nursing duties?

Do you have a history of hospitalization in the past five years? If yes, please explain:

Do you have any assistive devices (e.g., hearing aid, corrective lenses, orthopedic supports)?

Have you ever been diagnosed with a condition that requires ongoing medical management (including mental health)? If yes, please specify:

TO BE COMPLETED BY HEALTHCARE PROVIDER (PHYSICIAN/APRN/PA):

Physical Exam

Blood pressure _____ Heart rate _____ Respiratory rate _____ O2 sat _____

Medical	Normal	Abnormal Findings
Eyes/Ears/Nose/Throat		
Gross vision		
Gross hearing		
Heart		
Lungs		
Abdomen		
Musculoskeletal		
Medical	Normal	Abnormal Findings
Spine		
Muscle strength		
Extremity range of motion		

*****Is this student physically capable of performing the clinical activities of their selected health occupations program by meeting the essential standards listed on this form?**

Yes _____ No _____

If no, list physical limitations: _____

*****Does this student show evidence of good mental health?**

Yes _____ No _____

SIGNATURE (MD, DO, PA, NP)

DATE: _____

PRINTED NAME: _____

PHONE: _____

ADDRESS: _____

CITY: _____

Essential Clinical Performance Standards

The Health Occupations Division Student must have sufficient:

1. **Visual acuity** with corrective lenses to:
 - a. accurately read small print on medication containers, syringes, discriminate color changes, read type at 8 font, and hand-writing on college ruled paper
 - b. see objects up to 20 inches away
 - c. accurately read monitors and equipment calibrations
 - d. identify call lights and unusual occurrences on a unit at a distance of 100 feet.

2. **Auditory perception with corrective devices** to:
 - a. hear monitor alarms, emergency signals, client's call bells, pagers, and telephone conversation
 - b. hear client's heart sounds, bowel sounds, and lung sounds with a stethoscope
 - c. receive and understand verbal communication from others
 - d. distinguish sounds with background noise ranging from conversation levels to high pitched sounding alarms.

3. **Physical ability and stamina** to:
 - a. perform client care for an entire length of clinical experience, 8-12 hours.
 - b. stand for prolonged periods of time, 8-12 hours.
 - c. transfer/position/lift up to 300 lbs with assistance
 - d. lift and carry objects (up to 30 lbs) without assistance (50 lbs for EMS)
 - e. push/pull equipment requiring force on linoleum and carpeted floor
 - f. stoop, bend, squat, reach overhead while maintaining balance as required to reach equipment, supplies, and perform client care, including cardiopulmonary resuscitation (CPR)
 - g. manipulate equipment through doorways and into close fitting areas.

4. **Manual dexterity including sufficient gross motor and fine motor coordination** to:
 - a. pick up, grasp, and manipulate small objects with control
 - b. perform electronic documentation and keyboarding.