



Bureau of Community Health Systems  
Division of School Health

## Private or School PHYSICAL EXAMINATION OF SCHOOL AGE STUDENT

### PARENT / GUARDIAN / STUDENT:

Complete page one of this form before  
student's exam. Take completed form to  
appointment.

Student's name \_\_\_\_\_ Today's date \_\_\_\_\_

Date of birth \_\_\_\_\_ Age at time of exam \_\_\_\_\_ Gender: ☐ Male ☐ Female

**Medicines and Allergies:** Please list all prescription and over-the-counter medicines and supplements (herbal/nutritional) the student is currently taking:

Does the student have any allergies? ☐ No ☐ Yes (If yes, list specific allergy and reaction.)

☐ Medicines ☐ Pollens ☐ Food ☐ Stinging Insects

**Complete the following section with a check mark in the YES or NO column; circle questions you do not know the answer to.**

| GENERAL HEALTH: <i>Has the student...</i>                                                                                                                                                                                                                                                                                     | YES | NO |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----|----|
| 1. Any ongoing medical conditions? If so, please identify:<br><input type="checkbox"/> Asthma <input type="checkbox"/> Anemia <input type="checkbox"/> Diabetes <input type="checkbox"/> Infection<br>Other _____                                                                                                             |     |    |
| 2. Ever stayed more than one night in the hospital?                                                                                                                                                                                                                                                                           |     |    |
| 3. Ever had surgery?                                                                                                                                                                                                                                                                                                          |     |    |
| 4. Ever had a seizure?                                                                                                                                                                                                                                                                                                        |     |    |
| 5. Had a history of being born without or is missing a kidney, an eye, a testicle (males), spleen, or any other organ?                                                                                                                                                                                                        |     |    |
| 6. Ever become ill while exercising in the heat?                                                                                                                                                                                                                                                                              |     |    |
| 7. Had frequent muscle cramps when exercising?                                                                                                                                                                                                                                                                                |     |    |
| HEAD/NECK/SPINE: <i>Has the student...</i>                                                                                                                                                                                                                                                                                    | YES | NO |
| 8. Had headaches with exercise?                                                                                                                                                                                                                                                                                               |     |    |
| 9. Ever had a head injury or concussion?                                                                                                                                                                                                                                                                                      |     |    |
| 10. Ever had a hit or blow to the head that caused confusion, prolonged headache, or memory problems?                                                                                                                                                                                                                         |     |    |
| 11. Ever had numbness, tingling, or weakness in his/her arms or legs after being hit or falling?                                                                                                                                                                                                                              |     |    |
| 12. Ever been unable to move arms or legs after being hit or falling?                                                                                                                                                                                                                                                         |     |    |
| 13. Noticed or been told he/she has a curved spine or scoliosis?                                                                                                                                                                                                                                                              |     |    |
| 14. Had any problem with his/her eyes (vision) or had a history of an eye injury?                                                                                                                                                                                                                                             |     |    |
| 15. Been prescribed glasses or contact lenses?                                                                                                                                                                                                                                                                                |     |    |
| HEART/LUNGS: <i>Has the student...</i>                                                                                                                                                                                                                                                                                        | YES | NO |
| 16. Ever used an inhaler or taken asthma medicine?                                                                                                                                                                                                                                                                            |     |    |
| 17. Ever had the doctor say he/she has a heart problem? If so, check all that apply:<br><input type="checkbox"/> Heart murmur or heart infection<br><input type="checkbox"/> High blood pressure <input type="checkbox"/> Kawasaki disease<br><input type="checkbox"/> High cholesterol <input type="checkbox"/> Other: _____ |     |    |
| 18. Been told by the doctor to have a heart test? (For example, ECG/EKG, echocardiogram)?                                                                                                                                                                                                                                     |     |    |
| 19. Had a cough, wheeze, difficulty breathing, shortness of breath or felt lightheaded <b>DURING</b> or <b>AFTER</b> exercise?                                                                                                                                                                                                |     |    |
| 20. Had discomfort, pain, tightness or chest pressure during exercise?                                                                                                                                                                                                                                                        |     |    |
| 21. Felt his/her heart race or skip beats during exercise?                                                                                                                                                                                                                                                                    |     |    |
| BONE/JOINT: <i>Has the student...</i>                                                                                                                                                                                                                                                                                         | YES | NO |
| 22. Had a broken or fractured bone, stress fracture, or dislocated joint?                                                                                                                                                                                                                                                     |     |    |
| 23. Had an injury to a muscle, ligament, or tendon?                                                                                                                                                                                                                                                                           |     |    |
| 24. Had an injury that required a brace, cast, crutches, or orthotics?                                                                                                                                                                                                                                                        |     |    |
| 25. Needed an x-ray, MRI, CT scan, injection, or physical therapy following an injury?                                                                                                                                                                                                                                        |     |    |
| 26. Had joints that become painful, swollen, feel warm, or look red?                                                                                                                                                                                                                                                          |     |    |
| SKIN: <i>Has the student...</i>                                                                                                                                                                                                                                                                                               | YES | NO |
| 27. Had any rashes, pressure sores, or other skin problems?                                                                                                                                                                                                                                                                   |     |    |
| 28. Ever had herpes or a MRSA skin infection?                                                                                                                                                                                                                                                                                 |     |    |

| GENITOURINARY: <i>Has the student...</i>                                                                                                                                                                                                                                                                                                                                                                                                                                              | YES | NO |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----|----|
| 29. Had groin pain or a painful bulge or hernia in the groin area?                                                                                                                                                                                                                                                                                                                                                                                                                    |     |    |
| 30. Had a history of urinary tract infections or bedwetting?                                                                                                                                                                                                                                                                                                                                                                                                                          |     |    |
| 31. <b>FEMALES ONLY:</b> Had a menstrual period? <input type="checkbox"/> Yes <input type="checkbox"/> No<br>If yes: At what age was her first menstrual period? _____<br>How many periods has she had in the last 12 months? _____<br>Date of last period: _____                                                                                                                                                                                                                     |     |    |
| DENTAL:                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | YES | NO |
| 32. Has the student had any pain or problems with his/her gums or teeth?                                                                                                                                                                                                                                                                                                                                                                                                              |     |    |
| 33. Name of student's dentist: _____<br>Last dental visit: <input type="checkbox"/> less than 1 year <input type="checkbox"/> 1-2 years <input type="checkbox"/> greater than 2 years                                                                                                                                                                                                                                                                                                 |     |    |
| SOCIAL/LEARNING: <i>Has the student...</i>                                                                                                                                                                                                                                                                                                                                                                                                                                            | YES | NO |
| 34. Been told he/she has a learning disability, intellectual or developmental disability, cognitive delay, ADD/ADHD, etc.?                                                                                                                                                                                                                                                                                                                                                            |     |    |
| 35. Been bullied or experienced bullying behavior?                                                                                                                                                                                                                                                                                                                                                                                                                                    |     |    |
| 36. Experienced major grief, trauma, or other significant life event?                                                                                                                                                                                                                                                                                                                                                                                                                 |     |    |
| 37. Exhibited significant changes in behavior, social relationships, grades, eating or sleeping habits; withdrawn from family or friends?                                                                                                                                                                                                                                                                                                                                             |     |    |
| 38. Been worried, sad, upset, or angry much of the time?                                                                                                                                                                                                                                                                                                                                                                                                                              |     |    |
| 39. Shown a general loss of energy, motivation, interest or enthusiasm?                                                                                                                                                                                                                                                                                                                                                                                                               |     |    |
| 40. Had concerns about weight; been trying to gain or lose weight or received a recommendation to gain or lose weight?                                                                                                                                                                                                                                                                                                                                                                |     |    |
| 41. Used (or currently uses) tobacco, alcohol, or drugs?                                                                                                                                                                                                                                                                                                                                                                                                                              |     |    |
| FAMILY HEALTH:                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | YES | NO |
| 42. Is there a family history of the following? If so, check all that apply:<br><input type="checkbox"/> Anemia/blood disorders <input type="checkbox"/> Inherited disease/syndrome<br><input type="checkbox"/> Asthma/lung problems <input type="checkbox"/> Kidney problems<br><input type="checkbox"/> Behavioral health issue <input type="checkbox"/> Seizure disorder<br><input type="checkbox"/> Diabetes <input type="checkbox"/> Sickle cell trait or disease<br>Other _____ |     |    |
| 43. Is there a family history of any of the following heart-related problems? If so, check all that apply:<br><input type="checkbox"/> Brugada syndrome <input type="checkbox"/> QT syndrome<br><input type="checkbox"/> Cardiomyopathy <input type="checkbox"/> Marfan syndrome<br><input type="checkbox"/> High blood pressure <input type="checkbox"/> Ventricular tachycardia<br><input type="checkbox"/> High cholesterol <input type="checkbox"/> Other _____                   |     |    |
| 44. Has any family member had unexplained fainting, unexplained seizures, or experienced a near drowning?                                                                                                                                                                                                                                                                                                                                                                             |     |    |
| 45. Has any family member / relative died of heart problems before age 50 or had an unexpected / unexplained sudden death before age 50 (includes drowning, unexplained car accidents, sudden infant death syndrome)?                                                                                                                                                                                                                                                                 |     |    |
| QUESTIONS OR CONCERNS                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | YES | NO |
| 46. Are there any questions or concerns that the student, parent or guardian would like to discuss with the health care provider? (If yes, write them on page 4 of this form.)                                                                                                                                                                                                                                                                                                        |     |    |

**I hereby certify that to the best of my knowledge all of the information is true and complete. I give my consent for an exchange of health information between the school nurse and health care providers.**

Signature of parent / guardian / emancipated student \_\_\_\_\_ Date \_\_\_\_\_

Adapted in part from the **Pre-participation Physical Evaluation History Form**; ©2010 American Academy of Family Physicians, American Academy of Pediatrics, American College of Sports Medicine, American Medical Society for Sports Medicine, American Orthopaedic Society for Sports Medicine, and American Osteopathic Academy of Sports Medicine.

**STUDENT'S HEALTH HISTORY (page 1 of this form) REVIEWED PRIOR TO PERFORMING EXAMINATION:** Yes ☐ No ☐

| Physical exam for grade:<br>K/1 <input type="checkbox"/> 6 <input type="checkbox"/> 11 <input type="checkbox"/> Other <input type="checkbox"/> | CHECK ONE |           |       | *ABNORMAL FINDINGS / RECOMMENDATIONS / REFERRALS |
|------------------------------------------------------------------------------------------------------------------------------------------------|-----------|-----------|-------|--------------------------------------------------|
|                                                                                                                                                | NORMAL    | *ABNORMAL | DEFER |                                                  |
| Height: ( ) inches                                                                                                                             |           |           |       |                                                  |
| Weight: ( ) pounds                                                                                                                             |           |           |       |                                                  |
| BMI: ( )                                                                                                                                       |           |           |       |                                                  |
| BMI-for-Age Percentile: ( ) %                                                                                                                  |           |           |       |                                                  |
| Pulse: ( )                                                                                                                                     |           |           |       |                                                  |
| Blood Pressure: ( / )                                                                                                                          |           |           |       |                                                  |
| Hair/Scalp                                                                                                                                     |           |           |       |                                                  |
| Skin                                                                                                                                           |           |           |       |                                                  |
| Eyes/Vision Corrected <input type="checkbox"/>                                                                                                 |           |           |       |                                                  |
| Ears/Hearing                                                                                                                                   |           |           |       |                                                  |
| Nose and Throat                                                                                                                                |           |           |       |                                                  |
| Teeth and Gingiva                                                                                                                              |           |           |       |                                                  |
| Lymph Glands                                                                                                                                   |           |           |       |                                                  |
| Heart                                                                                                                                          |           |           |       |                                                  |
| Lungs                                                                                                                                          |           |           |       |                                                  |
| Abdomen                                                                                                                                        |           |           |       |                                                  |
| Genitourinary                                                                                                                                  |           |           |       |                                                  |
| Neuromuscular System                                                                                                                           |           |           |       |                                                  |
| Extremities                                                                                                                                    |           |           |       |                                                  |
| Spine (Scoliosis)                                                                                                                              |           |           |       |                                                  |
| Other                                                                                                                                          |           |           |       |                                                  |

| TUBERCULIN TEST | DATE APPLIED | DATE READ | RESULT/FOLLOW-UP |
|-----------------|--------------|-----------|------------------|
|                 |              |           |                  |
|                 |              |           |                  |

**MEDICAL CONDITIONS OR CHRONIC DISEASES WHICH REQUIRE MEDICATION, RESTRICTION OF ACTIVITY, OR WHICH MAY AFFECT EDUCATION**

(Additional space on page 4)

Parent/guardian present during exam: Yes ☐ No ☐Physical exam performed at: Personal Health Care Provider's Office ☐ School ☐ Date of exam \_\_\_\_\_ 20\_\_\_\_

Print name of examiner \_\_\_\_\_

Print examiner's office address \_\_\_\_\_ Phone \_\_\_\_\_

Signature of examiner \_\_\_\_\_ MD ☐ DO ☐ PAC ☐ CRNP ☐

**HEALTH CARE PROVIDERS:** *Please photocopy immunization history from student's record – OR – insert information below.*

**IMMUNIZATION EXEMPTION(S):**

Medical ☐ Date Issued: \_\_\_\_\_ Reason: \_\_\_\_\_ Date Rescinded: \_\_\_\_\_

Medical ☐ Date Issued: \_\_\_\_\_ Reason: \_\_\_\_\_ Date Rescinded: \_\_\_\_\_

Medical ☐ Date Issued: \_\_\_\_\_ Reason: \_\_\_\_\_ Date Rescinded: \_\_\_\_\_

**NOTE:** The parent/guardian must provide a written request to the school for a religious or philosophical exemption.

| VACCINE                                                                                 | DOCUMENT: (1) Type of vaccine; (2) Date (month/day/year) for each immunization |    |    |    |    |
|-----------------------------------------------------------------------------------------|--------------------------------------------------------------------------------|----|----|----|----|
| Diphtheria/Tetanus/Pertussis (child)<br>Type: DTaP, DTP or DT                           | 1                                                                              | 2  | 3  | 4  | 5  |
| Diphtheria/Tetanus/Pertussis<br>(adolescent/adult)<br>Type: Tdap or Td                  | 1                                                                              | 2  | 3  | 4  | 5  |
| Polio<br>Type: OPV or IPV                                                               | 1                                                                              | 2  | 3  | 4  | 5  |
| Hepatitis B (HepB)                                                                      | 1                                                                              | 2  | 3  | 4  | 5  |
| Measles/Mumps/Rubella (MMR)                                                             | 1                                                                              | 2  | 3  | 4  | 5  |
| Mumps disease diagnosed by physician <input type="checkbox"/>                           | Date: _____                                                                    |    |    |    |    |
| Varicella: Vaccine <input type="checkbox"/> Disease <input type="checkbox"/>            | 1                                                                              | 2  | 3  | 4  | 5  |
| Serology: (Identify Antigen/Date/POS or NEG)<br>i.e. Hep B, Measles, Rubella, Varicella | 1                                                                              | 2  | 3  | 4  | 5  |
| Meningococcal Conjugate Vaccine (MCV4)                                                  | 1                                                                              | 2  | 3  | 4  | 5  |
| Human Papilloma Virus (HPV)<br>Type: HPV2 or HPV4                                       | 1                                                                              | 2  | 3  | 4  | 5  |
| Influenza<br>Type: TIV (injected)<br>LAIV (nasal)                                       | 1                                                                              | 2  | 3  | 4  | 5  |
|                                                                                         | 6                                                                              | 7  | 8  | 9  | 10 |
|                                                                                         | 11                                                                             | 12 | 13 | 14 | 15 |
| Haemophilus Influenzae Type b (Hib)                                                     | 1                                                                              | 2  | 3  | 4  | 5  |
| Pneumococcal Conjugate Vaccine (PCV)<br>Type: 7 or 13                                   | 1                                                                              | 2  | 3  | 4  | 5  |
| Hepatitis A (HepA)                                                                      | 1                                                                              | 2  | 3  | 4  | 5  |
| Rotavirus                                                                               | 1                                                                              | 2  | 3  | 4  | 5  |
| <b>Other Vaccines: (Type and Date)</b>                                                  |                                                                                |    |    |    |    |
|                                                                                         |                                                                                |    |    |    |    |
|                                                                                         |                                                                                |    |    |    |    |
|                                                                                         |                                                                                |    |    |    |    |
|                                                                                         |                                                                                |    |    |    |    |

