

**Coahoma Community College
Health Sciences Division**

**Physical Examination
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Name _____ Allergies _____

Sex _____ Age _____ Weight _____ B/P _____ Pulse _____ Respiration _____

No.	System	Normal	Abnormal	Describe Abnormality
1.	Skin			
2.	Lymphatic			
3.	Eyes/Ears			
4.	Nose /throat			
5.	Chest/ Breast/ Lungs			
6.	Heart rate/Rhythm			
7.	Abdomen/ Liver			
8.	Kidneys/ Spleen			
9.	Extremities			
10.	Back/ Spine			
11.	Joints			
12.	Neurological			
13.	Psychological			

History of emotional, psychological, or psychiatric disturbance ____Yes ____No

Pregnant ____Yes____No; _____EDC History of alcohol or abuse problem ____Yes ____No

The following abnormalities should be noted:

Signature of Physician, Nurse Practitioner, or Physician Assistant

Date

COAHOMA COMMUNITY COLLEGE
Allied Sciences Division
Program Physical Performance Standards
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In order to successfully complete the allied health program, an applicant/student must be able to do the following:

1. **Exhibit physical ability sufficient to assist clients to meet health care needs in a variety of settings, including moving from room-to-room, to maneuver in small spaces, and to negotiate stairwells when necessary.** *Examples*
 - physical mobility and strength sufficient to propel wheelchairs, stretchers, etc. through doorways and close fitting areas alone or with assistance
 - stand, walk up to 75% of 6 to 12 hour shifts
 - stoop, bend, squat, reach overhead as required to reach equipment and provide nursing care
 - lift a minimum of 20 pounds of weight
 - transfer/position up to 300 pounds with assistance while lifting, positioning, and transferring clients
 - provide for activities of daily living (bed bath, oral hygiene, dressing, etc.)
 - perform CPR satisfactorily and respond quickly in an emergency situation

2. **Demonstrate gross and fine motor abilities sufficient to provide safe and effective nursing care.** *Examples*
 - demonstrate physical dexterity and coordination in delivery of care, treatment, and medications
 - hold skin taut with one hand while inserting needle in skin or vein with other hand and perform other procedures requiring the use of 2 hands
 - pick up, grasp, and effectively manipulate small objects such as dials, syringes, switches
 - calibrate and use equipment
 - maintain sterile technique when performing sterile procedures

3. **Display auditory, visual, and tactile ability sufficient to safely assess and care for clients.** *Examples*
 - hear monitors, alarms, emergency signals, lung/heart sounds, bowel sounds, and cries for help, telephone, intercom interactions, and public address systems (codes)
 - perceive and receive verbal communications from clients, families, and health team members
 - read written words and information on paper and computer screens, small print, gauges, measuring cups, syringes, and other equipment
 - discriminate colors: changes in color, size and continuity of body parts
 - discriminate alterations in normal body activities such as breathing patterns and level of consciousness

3. Continued-

- observe hazards in environment (water spills, safety rails, restraints) and harmful situations
- perform physical assessment: palpate pulses, feel for heat or cold, tap body surfaces

PLEASE CHECK:

_____ The applicant does not require special accommodations to meet the performance standards.

_____ The applicant will need the following accommodations to meet performance standards.

In your opinion, is there any health problem or prescribed medication which would interfere with this individual's ability to pursue a program of study that requires classroom and clinical experiences, including physical activity?

NO Yes

(Explain) _____

Please list and describe the assistance needed:

Signature of Physician, Nurse Practitioner, or Physician Assistant

Date