

MiraCosta College (MCC)
Certified Nursing Assistant (CNA) Program
Physical Evaluation Form (Within 90 days prior to the course start date)

Student's/Patient's name: _____ Date of Birth: _____

Date of this physical examination: _____ (It must be within 90 days from the course start date)

Medical History

Do you have or have had in the past:

Condition	Yes	No	If yes, please explain
Seizures or neurological disorder(s)			
Eye, ear, nose or throat disorder(s)			
Diabetes, thyroid or other endocrine disorder(s)			
Muscle, bone or joint disorder(s)			
Asthma or respiratory disorder(s)			
Heart or circulation disorder(s)			
Skin disorder(s)			
Gastrointestinal disorder(s)			
Psychiatric disorder(s)			

Previous Hospitalization(s) or Surgical History (date and reason):

Current Medications:

Negative T.B. is required. Please submit lab results.

Is patient currently pregnant? Yes ___ No ___

Allergies: _____

Physical Examination:

This is a physical evaluation for occupational ability and is not to be interpreted as a diagnostic medical examination. The Essential Functions Required of Nursing Students (next page) must accompany this form.

Height: _____ Weight: _____ B/P: _____ Resp. rate: _____ HR: _____ Temp: _____

Ears, nose, and throat: _____

Neck: _____ Lymph nodes: _____

Skin: _____

Heart: _____ Lungs: _____

Abdomen: _____

Extremities: _____

Neurological: _____

Can this student perform the essential motor and sensory functions (see reverse side of form) required of nursing students? Yes ___ No ___ If no, please explain ___

Physician's name: _____

Physician's signature: _____

Address: _____

ESSENTIAL FUNCTIONS REQUIRED OF NURSING STUDENTS

MOTOR CAPABILITY:

1. Move from room to room and maneuver in small places.
2. Transfer patients who may require physical assistance.
3. Guard and assist patients with ambulation.
4. Lift and carry up to 35 pounds.
5. Squat, bend/stoop, reach above shoulder level, kneel, use standing balance, and climb stairs.
6. Use hands repetitively; use manual dexterity.
7. Adjust, apply, and clean therapeutic equipment.
8. Perform CPR
9. Travel to and from academic and clinical sites.
10. In the average clinical day, students sit 1-2 hours; stand 6-7 hours, travel 1-2 hours.

SENSORY CAPABILITY:

1. Coordinate verbal and manual instruction.
2. Assess a patient 10 feet away to observe patients posture and response to treatment.
3. Respond to a timer, alarm, or cries for help.
4. Monitor vital signs.
5. Auditory, visual, and tactile ability sufficient to assess patient status and perform treatments (Example: color changes in skin, hear heart and lung sounds).

COMMUNICATION ABILITY:

1. Communicate effectively in English with patients, families, and other health care providers, both verbally and in writing (Example: explain treatment procedures, teach patient and families, document in charts).
2. Effectively adapt communication for intended audience.
3. Interact and establish rapport with individuals, families, and groups from a variety of social, emotional, cultural and intellectual backgrounds.
4. Assume the role of a health care team member.
5. Function effectively under supervision.

PROBLEM SOLVING ABILITY:

1. Function effectively under stress.
2. Respond effectively to emergencies.
3. Adhere to infection control procedures.
4. Demonstrate problem-solving skill in patient care (measure, calculate, reason, prioritize, synthesize data).
5. Use sound judgment and safety precautions.
6. Address problems or questions to the appropriate person at the appropriate time.
7. Organize and prioritize tasks.
8. Follow policies and procedures required by clinical and academic settings.