

COLLEGE OF THE REDWOODS  
ADULT & COMMUNITY EDUCATION  
PHYSICAL EXAMINATION

Student's Name \_\_\_\_\_ Exam Date: \_\_\_\_\_

Age \_\_\_\_\_ Weight \_\_\_\_\_ Height \_\_\_\_\_ Temp \_\_\_\_\_ Pulse \_\_\_\_\_ BP \_\_\_\_\_

Hearing: R \_\_\_\_\_/15 Vision: Uncorrected: R 20/\_\_\_\_ L 20/\_\_\_\_ Color Vision \_\_\_\_\_  
(Whisper Test) L \_\_\_\_\_/15 Corrected: R 20/\_\_\_\_ L 20/\_\_\_\_ Test Used \_\_\_\_\_

Abnormal	Normal		Please note details of abnormalities
		Skin	
		Head	
		Eyes	
		Ears	
		Nose, Throat	
		Teeth, Mouth	
		Neck, Thyroid	
		Chest	
		Breasts	
		Heart	
		Lungs	
		Abdomen	
		Hernia	
		Back	
		Extremities	
		Pelvic, if indicated	
		Rectal, if indicated	
		Glandular	
		Speech	
		Neurological	

## Recommendations:

1. Are any of the following contraindicated for this person?

Bending ☐ Yes ☐ No    Stooping ☐ Yes ☐ No    lifting ☐ Yes ☐ No

Comments: \_\_\_\_\_

2. Rate this person's health as ☐ Good ☐ Average ☐ Frail

State general impression of this person, including emotional stability, past and present (comments or correspondence regarding physical or emotional problems will be appreciated: \_\_\_\_\_

3. Can this person perform the clinical functions of the Medical Assisting program as described below? ☐ Yes ☐ No

If no, explain need for accommodations, if possible: \_\_\_\_\_

4. I recommend this person for participation in the clinical portion of the health occupations programs: ☐ Yes ☐ No

5. This examinee is sufficiently free of disease to perform assigned duties and does not have any health conditions that would create a hazard for him/herself, fellow employees, patients or visitors: ☐ Yes ☐ No

If no, explain: \_\_\_\_\_

Examinee advised of abnormal finding? <input type="checkbox"/> Yes <input type="checkbox"/> No	
	<b>Signature of MD, PA, FNP</b>
	<b>Name of MD, PA, FNP and Address (please print)</b>

### COLLEGE OF THE REDWOODS PHYSICAL REQUIREMENTS MEDICAL ASSISTING PROGRAM

- Standing/Walking** – 75-95% of workday spend standing/walking on carpet, tile, linoleum, asphalt and cement while providing and managing client care, gathering client supplies and medications, obtaining and returning equipment. Approximate distance: 3-5 miles.
- Sitting**: 5-25% of workday spent sitting while communicating with and teaching clients, operating computers, answering the telephone, writing reports, documenting, calling doctors, and scheduling appointments.
- Lifting**: 10-15% of workday spent floor to knee, knee to waist, waist to waist and waist to shoulder level lifting while handling supplies (5 lbs--20-30 times per shift), using trays (5-10 lbs), and assisting with positioning patient in bed/moving patients on and off gurneys and exam tables (average weight 200 lbs).
- Carrying**: 65% of workday spent carrying at waist level.
- Pushing/Pulling**: 40% of workday spent pushing/pulling, using carts, utilizing crash carts, opening and closing doors, pushing/pulling beds, gurneys, and wheelchairs, and moving equipment and furniture.
- Climbing**: 15-25% of workday spent climbing stairs going to and from other departments, offices, and homes.
- Balancing**: 15-25%, see climbing.
- Stooping/Kneeling**: 10% of workday spent stooping/kneeling while retrieving supplies from bedside stands, bathrooms, storerooms, etc.
- Bending**: 20% of workday spent bending at the waist while performing patient assessments and treatments, gathering supplies, assisting with patient positioning, adjusting patient beds and exam table, bathing patients, and emptying drainage apparatus.
- Crouching/Crawling**: 2% retrieving patient belongings.
- Reaching/Stretching**: 35% of workday spent reaching/stretching administering and monitoring IV therapy, gathering supplies, operating the computer, disposing of equipment and linens, assisting with patient positioning, connecting equipment. Cleaning office equipment. Retrieving patient files.
- Manipulating**: 90% hand-wrist movement, hand-eye coordination, simple firm grasping required and 90% fine and gross finger dexterity required to calibrate and use equipment, perform CPR.
- Feeling**: 90% normal tactile feeling required to complete physical assessment including palpation and notation of skin temperature.
- Twisting**: 15% of workday spent twisting at the waist while gathering supplies and equipment, administering care, and operating equipment.
- Communicating in verbal and written forms**: 95 % ability to communicate nursing actions, interpret client responses, initiate health teaching, document and understand health care activities, and interact with clients, staff and faculty.
- Hearing**: 95% ability to hear and interpret many people and correctly interpret what is heard; auscultation, physicians orders whether verbal or over telephone, client reports and cries for help, fire and equipment alarms, etc.
- Seeing**: 95% acute visual skills necessary to detect signs and symptoms, coloring and body language of patients, color of wounds and drainage, and possible infections anywhere. Interpret written word accurately, read characters and identify colors in the client record and on the computer screen.