

Physical Exam - LSPD recruits

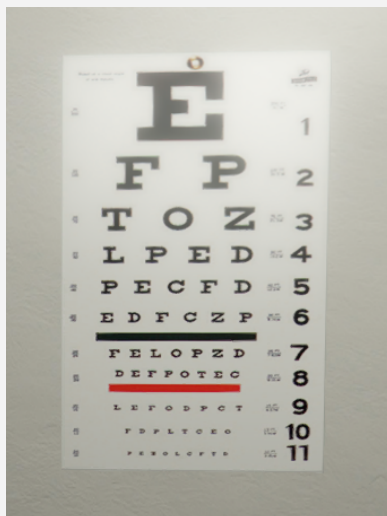
Name:

DOB:

Department (PD, Sheriff, DOC):

Eye exam:

1. Take to one of the private doctors offices upstairs
2. Have them stand by door and read lines 6,7, 8
3. If they can read line 8 they pass.
4. Can add doing it with one eye covered etc for rp flavor



Heart and lung check:

1. Listen to heart. Check for irregular beat, etc.
2. Listen to lung sounds. Take deep breaths, release.

Vitals:

1. Check BP
2. Check heart rate

3. Get weight (scale in dr office)
4. Get height (from pt)

Drug Test:

1. Urine sample - walk to bathroom

Personal Medical History:

Family Medical History:

Physical Fitness test:

1. Check resting heart rate before beginning (can do this after taking vitals above)
2. 20 jumping jacks
3. 20 situps
4. 20 pushups
5. Run 2 laps around upper garage parking lot

Note: pick 3 of 4 physical activities

6. Check PT after, heart rate, shortness of breath, etc

Note all findings in a Medical Record.

1. Format: lastname, firstname - PD physical.
2. Add tag - Physicals

If Patient passed, tell them they passed.

If Patient fails in any capacity, PD command needs to be informed of PT name, Do not break Hipaa Laws

Police Department Academy Onboarding:

Medical Information:

- In Case of Emergency (ICE) Contacts:
 - <Contact 1>
 - <Contact 2>
 - <Contact 3>
- Allergies:
 - <List>
- Personal Medical History:
 - <List>
- Family Medical History:
 - <List>

Examinations:

- Height: <Result>
- Weight: <Result>
- Drug Test: <Results>
 - <Notes?>
- Eye Exam: <Results>
 - Line 1: E : <Results>
 - Line 2: F P: <Results>
 - Line 3: T O Z: <Results>
 - Line 4: L P E D : <Results>
 - Line 5: P E C F D : <Results>
 - Line 6: E D F C Z P : <Results>
 - Line 7: F E L O P Z D : <Results>
 - Line 8: D E F P O T E C : <Results>
 - Line 9: L E F O D P C T : <Results>
 - Line 10: F D P L T C E O : <Results>
 - Line 11: P E Z O L C F T D : <Results>

- Ear Exam: <Results>
- Heart Exam: <Results>
 - <Notes?>
- Lung Exam: <Results>
 - <Notes?>
- Pre-Exertion Vitals:
 - Blood Pressure: <Results>
 - <Notes?>
 - Heart Rate: <Results>
 - <Notes?>
- Possible Physical Exertion Activities < Pick $\frac{3}{4}$ >
 - 20 jumping jacks
 - 20 situps
 - 20 pushups
 - Run 2 laps around upper garage parking lot
- Post Exertion:
 - Blood Pressure: <Results>
 - <Notes?>
 - Heart Rate: <Results>
 - <Notes?>

Other Notations:

- <Notes?>