







**Saddleback College Health Science and Human Services  
Physical Evaluation and Recommendation**

**Applicant Name:** \_\_\_\_\_

**Date of Birth:** \_\_\_\_\_

**To the Applicant - Complete the Medical History below BEFORE your appointment:**

Have you ever had or do you currently have?	NO	Yes (explain)
Impaired hearing		
Impaired vision		
Shortness of breath on exertion		
Pain, pressure or tightness in the chest		
Fainting spells, dizziness or blackouts		
Excessive weakness or fatigue		
Epilepsy or seizures		
Severe depression and/or anxiety		
Addiction to narcotics, alcohol or other illegal drugs		
Low back pain or a "slipped disc"		
Joint pain		

**Medical Documentation: To Be Completed by Medical Provider ONLY**

**Vision:** OD 20/\_\_\_\_ OS 20/\_\_\_\_ **Check one:**     Corrected                       Uncorrected

Areas evaluated	Normal	Abnormal/Findings
Eyes		
Ears, Nose, Throat		
Heart, Lungs		
Spine		
Range of Motion: Back/Extremities		
Neurological Status		
Emotional Status		

**Check one:**

- I certify this student meets the physical standards described in the attached Advisory Statement and Instructions for the Physician or other Licensed Healthcare Provider and is qualified for participation in the Saddleback College Health Science and Human Services Programs.
- Conditionally qualified for program placement: Student must obtain written medical clearance from a private physician or other specialist for the following reasons:

\_\_\_\_\_

\_\_\_\_\_

- Not qualified for program placement for the following reasons:

\_\_\_\_\_

**\*\* Provider's Signature and Date\*\***

\_\_\_\_\_

**I hereby authorize release of all records of my examination to  
the Health & Wellness Center at Saddleback College**

\_\_\_\_\_

**Applicant's Signature**

<p><b>Provider's Office Stamp</b></p>          
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## Saddleback College

### Advisory Statement to the Licensed Health Care Provider

In the best interest of our students, please be aware that certain physical, emotional and learning abilities are necessary in order to protect the individual student's wellbeing and provide for the safety of each patient/client placed in his/her care. The following are basic physical and emotional abilities required of the student for success in the Health Sciences Programs:

<b>Activity</b>	<b>Time frame bases off a 12-hour clinical day</b>	<b>Description</b>	<b>Examples of Activity/Equipment</b>
<b>Standing &amp; Walking</b>	Less than 75% or 3-5 miles	<ul style="list-style-type: none"> <li>● on carpet, tile, linoleum, or cement</li> </ul>	<ul style="list-style-type: none"> <li>● providing care</li> <li>● obtaining supplies &amp; specimens</li> <li>● monitoring / charting patient response</li> <li>● managing / coordinating patient care.</li> </ul>
<b>Lifting</b>	Up to 30 times a day:	<ul style="list-style-type: none"> <li>● equipment up to 35 lbs               <ul style="list-style-type: none"> <li>○ floor to knee</li> <li>○ knee to waist</li> <li>○ waist to shoulder</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>● trays</li> <li>● continuous passive motion machines</li> <li>● pulse oximeters</li> <li>● patient controlled analgesia pumps</li> </ul>
<b>Lifting</b>	Up to 75%	<ul style="list-style-type: none"> <li>● assisting patient movement:</li> <li>● average patient weight:               <ul style="list-style-type: none"> <li>● 150-200 lbs.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>● transferring or turning patients</li> </ul>
<b>Carrying</b>	Less than 50%	<ul style="list-style-type: none"> <li>● carrying less than 10 lbs.</li> </ul>	<ul style="list-style-type: none"> <li>● charts</li> <li>● trays</li> <li>● supplies</li> </ul>

Activity	Time frame bases off a 12-hour clinical day	Description	Examples of Activity/Equipment
Sitting	Up to 50%	<ul style="list-style-type: none"> <li>communication / documentation</li> </ul>	<ul style="list-style-type: none"> <li>working on computers</li> <li>answering phones</li> <li>reviewing charts</li> </ul>
Pushing & Pulling	Up to 75%	<ul style="list-style-type: none"> <li>moving / adjusting equipment</li> </ul>	<ul style="list-style-type: none"> <li>beds</li> <li>wheelchairs</li> <li>IV pumps</li> <li>Furniture</li> </ul>
Balancing & Climbing	Less than 75%	<ul style="list-style-type: none"> <li>activities requiring good body mechanics</li> </ul>	<ul style="list-style-type: none"> <li>climbing stairs</li> <li>physically supporting patients</li> </ul>
Stooping & Kneeling	Up to 50%		<ul style="list-style-type: none"> <li>retrieving/stocking supplies/medications</li> <li>assessing equipment attached to patients</li> <li>using lower shelves of carts</li> </ul>
Bending	Up to 75%	<ul style="list-style-type: none"> <li>at the waist to get supplies, monitor patients, administering medications</li> </ul>	<ul style="list-style-type: none"> <li>monitoring patients</li> <li>gathering supplies</li> <li>patient positioning</li> <li>administering IVs</li> <li>adjusting patient beds</li> <li>assisting with bathing</li> </ul>
Crouching & crawling	Less than 25%	<ul style="list-style-type: none"> <li>retrieving or adjusting equipment on the floor</li> </ul>	

Activity	Time frame bases off a 12-hour clinical day	Description	Examples of Activity/Equipment
<b>Reaching &amp; Stretching</b>	Up to 75%		<ul style="list-style-type: none"> <li>• hanging &amp; removing IV bottles/bags</li> <li>• gathering supplies</li> <li>• connecting equipment</li> <li>• assisting with patient care</li> <li>• performing transfers &amp; positioning.</li> </ul>
<b>Twisting &amp; Turning</b>	Up to 50%	<ul style="list-style-type: none"> <li>• twisting at waist</li> <li>• turning neck</li> </ul>	<ul style="list-style-type: none"> <li>• while gathering supplies</li> <li>• operating equipment</li> <li>• checking IV lines</li> <li>• bathing patients</li> <li>• assisting patients to walk</li> </ul>
<b>Talking</b>	Up to 90%	<ul style="list-style-type: none"> <li>• ability to speak in English</li> </ul>	<ul style="list-style-type: none"> <li>• ability to communicate with a wide variety of people and easily understood.</li> </ul>
<b>Hearing</b>	Up to 90%	<ul style="list-style-type: none"> <li>• hear and correctly interpret what is heard with patient assessment</li> </ul>	<p>Includes but not limited to:</p> <ul style="list-style-type: none"> <li>• taking verbal or telephone orders</li> <li>• communicating with patients, visitors &amp; other members of the health care team</li> <li>• physical assessment of cardiovascular, pulmonary &amp; gastrointestinal sounds</li> <li>• analysis of patient monitor alarms</li> </ul>
<b>Manual Dexterity</b>		<ul style="list-style-type: none"> <li>• Fine &amp; gross dexterity of the hand and fingers</li> </ul>	<ul style="list-style-type: none"> <li>• grasping equipment</li> <li>• opening medication packages</li> </ul>

Activity	Time frame bases off a 12-hour clinical day	Description	Examples of Activity/Equipment
<b>General Extremity Motion:</b>		<ul style="list-style-type: none"> <li>• Motor ability</li> </ul>	<ul style="list-style-type: none"> <li>• upper extremity: shoulder, elbow, wrist, hand, fingers and thumb</li> <li>• lower extremity: hip, knee, ankle, foot and toes</li> <li>• neck: turn, flex and extend</li> </ul>
<b>Feeling</b>		<ul style="list-style-type: none"> <li>• Sensory ability</li> </ul>	<ul style="list-style-type: none"> <li>• sensation to heat &amp; cold when assessing patients/clients</li> <li>• capacity to feel heat, cold, pain &amp; pressure to the self, protecting from personal injury</li> </ul>
<b>Vision</b>		<ul style="list-style-type: none"> <li>• Visual Acuity</li> </ul>	<p>Read &amp; interpret charts, reports, monitor equipment. Detect patients' signs and symptoms (color of skin, wounds, drainage and other body fluids, infusion sites). Detect a change in patient/client status.</p>
<b>Olfaction</b>		<ul style="list-style-type: none"> <li>• Unusual Odor Detection</li> </ul>	<ul style="list-style-type: none"> <li>• identify abnormal scents associated with numerous body fluids, wounds and patients/clients with casts or other appliances</li> </ul>
<b>Emotional</b>		<ul style="list-style-type: none"> <li>• Emotional Stability</li> </ul>	<p>emotionally stable under normal and stressful circumstance encountered in the health care setting.</p>