

Sticker Here  
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## Medical Assessment

### SECTION 1: Cardiovascular System

Height: 1	Weight:	BMI:
Waist:	Hip:	WHR:
Blood Pressure	mmHg	Normal <input type="checkbox"/> Abnormal <input type="checkbox"/>
Resting Heart rate	bpm	Normal <input type="checkbox"/> Abnormal <input type="checkbox"/>
Heart Sounds	Normal <input type="checkbox"/> Abnormal <input type="checkbox"/>	BMI Classification: <input type="checkbox"/> Underweight (<18.5) <input type="checkbox"/> Normal (18.5-24.9) <input type="checkbox"/> Overweight (25.0-29.9) <input type="checkbox"/> Obese (>30)
Peripheral Vessels	Normal <input type="checkbox"/> Abnormal <input type="checkbox"/>	
Veins & other Vessels	Normal <input type="checkbox"/> Abnormal <input type="checkbox"/>	

Examiner Comments

### SECTION 2: Visual Acuity

Candidate should be tested wearing visual aids if routinely worn

	Right	Right corrected	Left	Left Corrected
Distance Vision	6/	6/	6/	6/
Near Vision	N/	N/	N/	N/
Colour Vision (Ishihara Test)	Normal <input type="checkbox"/> Abnormal <input type="checkbox"/> Score: /17			
Peripheral Vision	Normal <input type="checkbox"/> Abnormal <input type="checkbox"/>			
Visual Aids to be worn at work?	Yes <input type="checkbox"/> No <input type="checkbox"/>			

Examiner Comments

### SECTION 3: Urinalysis


Protein	<input type="checkbox"/> Nil	<input type="checkbox"/> Trace	<input type="checkbox"/> +	<input type="checkbox"/> ++	<input type="checkbox"/> +++	Blood Sugar Level  mmol/L
Glucose	<input type="checkbox"/> Nil	<input type="checkbox"/> Trace	<input type="checkbox"/> +	<input type="checkbox"/> ++	<input type="checkbox"/> +++	
Blood	<input type="checkbox"/> Nil	<input type="checkbox"/> Trace	<input type="checkbox"/> +	<input type="checkbox"/> ++	<input type="checkbox"/> +++	

Examiner Comments

## Medical Assessment

SECTION 4: Respiratory System	
Spirometry (see attached)	Normal <input type="checkbox"/> Abnormal <input type="checkbox"/>
Symmetrical Chest expansion	Normal <input type="checkbox"/> Abnormal <input type="checkbox"/>
Auscultation	Normal <input type="checkbox"/> Abnormal <input type="checkbox"/>
SECTION 5: Ear, Nose, Throat & Mouth	
Ears	Normal <input type="checkbox"/> Abnormal <input type="checkbox"/>
Hearing (Refer to Audiogram)	Normal <input type="checkbox"/> Abnormal <input type="checkbox"/>
Nose	Normal <input type="checkbox"/> Abnormal <input type="checkbox"/>
Throat	Normal <input type="checkbox"/> Abnormal <input type="checkbox"/>
Teeth and gums	Normal <input type="checkbox"/> Abnormal <input type="checkbox"/>
SECTION 6: Skin	
Evidence of Skin Disorders (Eczema/dermatitis/ sun damage / other)	Yes <input type="checkbox"/> No <input type="checkbox"/>
Evidence of drug/alcohol abuse	Yes <input type="checkbox"/> No <input type="checkbox"/>
Evidence of nail biting	Yes <input type="checkbox"/> No <input type="checkbox"/>
Evidence of Scars (Surgical or other)	Yes <input type="checkbox"/> No <input type="checkbox"/>
SECTION 7: Gastrointestinal & Urinary System	
Abdomen	Normal <input type="checkbox"/> Abnormal <input type="checkbox"/>
Hernial Orifices	Normal <input type="checkbox"/> Abnormal <input type="checkbox"/>
Liver	Normal <input type="checkbox"/> Abnormal <input type="checkbox"/>
Spleen	Normal <input type="checkbox"/> Abnormal <input type="checkbox"/>
Kidneys	Normal <input type="checkbox"/> Abnormal <input type="checkbox"/>
SECTION 8: Nervous System	
Balance & reflexes	Normal <input type="checkbox"/> Abnormal <input type="checkbox"/>
Coordination	Normal <input type="checkbox"/> Abnormal <input type="checkbox"/>
SECTION 9: Glandular	
Lymph glands	Normal <input type="checkbox"/> Abnormal <input type="checkbox"/>
Thyroid	Normal <input type="checkbox"/> Abnormal <input type="checkbox"/>
<b>Examiner Comments</b>	

## Medical Assessment

SECTION 10: Cardiovascular Risk Assessment			
<b>AGE:</b>	If 55 years or above, proceed to ECG testing		
<b>Risk Factor Checklist</b>		<b>Risk Stratification</b>	
<input type="checkbox"/> Hypertension (>150/95 mmHg) <input type="checkbox"/> Current Smoker <input type="checkbox"/> Know High Cholesterol <input type="checkbox"/> Sedentary Lifestyle <input type="checkbox"/> Family History of Heart Disease <input type="checkbox"/> History of Heart Disease <input type="checkbox"/> WHR >0.80 (Women) >0.90 (Men) AND/OR Obesity (BMI $\geq$ 30)		<input type="checkbox"/> <b>LOW</b>	$\leq$ 1 risk factors
		<input type="checkbox"/> <b>MEDIUM</b>	$\geq$ 3 risk factors
		<input type="checkbox"/> <b>HIGH</b>	Diagnosed cardiac, pulmonary or metabolic disease <b>OR</b> $\geq$ 1 sign or symptom of Coronary Artery Disease*
ECG indicated (Required for individuals who are medium or high risk, OR over 55 years old)			Yes <input type="checkbox"/> No <input type="checkbox"/>
ECG Results, if indicated			Normal <input type="checkbox"/> Abnormal <input type="checkbox"/>
GP Clearance to complete exercise testing (if required)			Yes <input type="checkbox"/> No <input type="checkbox"/>
<p>*Signs and symptoms include: pain or discomfort(or angina equivalent) in the chest, neck, jaw, arms, or other areas that may result from ischemia; dizziness or syncope; shortness of breath at rest or with exertion; ankle edema; palpitations or tachycardia; intermittent claudication; known heart mummer; unusual fatigue or shortness of breath with usual activities; orthopnoea or paroxysmal nocturnal dyspnoea.</p>			
<b>Doctor's Name</b>	Dr. Hanh Nguyen	<b>Signature</b>	
<b>Date</b>	16/12/2014	<b>Location</b>	