

HEALTH STATEMENT

TO BE COMPLETED BY STUDENT:

Name of Applicant: _____ Program: _____
Last Name First Name

Do you have any medical condition or disability which may limit your ability to perform the tasks and functions of a healthcare worker? Yes No

If yes, what can be done to accommodate your disability? _____

_____.

Students admitted to the program are required to complete immunizations or titers in accordance with agency policies and CDC recommendations for healthcare personnel. Written proof must be on file.

TO BE COMPLETED BY EXAMINING PHYSICIAN/NURSE PRACTITIONER:

Please review the attached requirements for healthcare students. Complete this form and **return to the student in a sealed envelope.**

Date of complete physical examination: _____

Does the applicant have any medical condition or disability which may limit his/her ability to perform the tasks and functions of a healthcare worker? Yes No

If yes, what can be done to accommodate his/her disability? _____

_____.

Upon review of the physical exam and lab results, I certify that this student is medically able to perform all clinical activities without restrictions and that the student does not have a health condition that creates a hazard to self or others.

MD/NP Signature _____ Date _____

Print Name: _____ License #: _____

Address: _____

Phone number (____) _____

Physical Requirements for healthcare workers

The health and safety of the consumer of health care must be protected. The student must be able to perform the work required in the program without limitation. The student will refrain from attending the clinical area if any condition would interfere with patient safety.

1. **Standing / Walking** - 75% to 95% of work day spent standing/walking on carpet, tile, linoleum, asphalt and cement while providing patient care.
2. **Sitting** - 5% to 25% of work day spent sitting while operating computers, answering the telephone, writing reports, reviewing computer printout, charting, and gathering data.
3. **Lifting** - 10% to 15% of work day spent floor to knee, knee to waist, waist to waist and waist to shoulder level lifting while handling supplies, handling IV bottles, using trays, charting patient information, assisting with positioning and transferring patients.
4. **Carrying** - Up to 65% of work day spent carrying at waist level miscellaneous patient supplies.
5. **Pushing / Pulling** - Up to 40% of work day spent pushing/pulling patient care equipment.
6. **Climbing** - Up to 25% of work day spent climbing stairs going to and from other departments, clinics, office, and homes.
7. **Balancing** - Up to 25%, see climbing.
8. **Stooping / Kneeling** - Up to 10% of work day spent stooping/kneeling while retrieving medications from refrigerator, loading tray from supplies on lower shelves, using lower shelves of cart, stocking shelves, and retrieving items from bedside stands, bathrooms, storerooms, and providing patient care.
9. **Bending** - Up to 20% of work day spent bending at the waist while performing patient checks, gathering supplies, assisting with patient positioning, priming IV tubing, adjusting patient beds, adjusting exam table, tying and untying patient restraints, bathing patients, emptying tubes, and retrieving patient belongings.
10. **Crawling** - Up to 2% retrieving patient belongings.
11. **Reaching / Stretching** - Up to 35% of work day spent reaching/stretching while hanging IV bottles, checking IV solutions, gathering supplies, operating the computer, disposing of dirty needles in containers, plugging in tubing over bed, assisting with patient positioning, connecting equipment and retrieving patient files.
12. **Handling** - Up to 90% hand-wrist movement, hand-eye coordination, simple firm grasping required.
13. **Fingering** - Up to 90% fine and gross finger dexterity required.
14. **Feeling** - Up to 90% normal tactile feeling required. Sensitivity to heat, cold, pain, pressure, etc.
15. **Twisting** - Up to 15% of work day spent twisting at the waist while gathering supplies and equipment, operating equipment, and performing patient care.
16. **Talking** - Up to 95% average ability required. Fluent in English. Ability to communicate with wide variety of people and styles, ability to be easily understood.
17. **Hearing** - Up to 95% ability to hear and interpret many people and correctly interpret what is heard; i.e., physicians' orders whether verbal or over telephone, patient complaints, physical assessment, fire and equipment alarms, patient call bells, paging system, etc.
18. **Seeing** - Up to 95% acute visual skills necessary to detect signs and symptoms, coloring and body language of patients, color of wounds and drainage, infiltrated IV sites, and possible infections anywhere, interpret written work accurately, read characters and identify colors.
19. **Smelling** - Up to 95% acute olfactory skills to detect signs and symptoms of infection, bleeding, acidosis, smoke, fire, noxious chemicals, and/or gasses.

Essential Cognitive Learning Skills

1. Possess critical thinking abilities sufficient for clinical judgment: the ability to assess patient status and make appropriate clinical decisions regarding course of action within given time constraints.
2. Effectively synthesize clinical data from a variety of sources including written, verbal, and observational (assessment).
3. Prioritize nursing care for needs of multiple patients simultaneously.
4. Demonstrate independence in reasoning and decision making based on written, verbal, and observational data.
5. Solve practical problems and deal with a variety of variables in situations where only limited standardizations exist.
6. Perform mathematical calculations for medication preparation and administration.

Essential Communication Skills

1. Communicate clearly, verbally, nonverbally and in writing, demonstrating appropriate grammar, vocabulary, and word usage.
2. Interact effectively on an interpersonal levels with clients, families, and groups from a variety of social, cultural, emotional, and educational backgrounds.
3. Function effectively under stress.
4. Provide client teaching in a variety of modalities including written, oral, and demonstration.
5. Receive instruction verbally, written, and by telephone; interpret and implement.
6. Demonstrate appropriate control of affective behaviors, verbal, physical, and emotional levels to ensure the emotional, physical, mental, and behavioral safety in compliance with ethical standards of the American Nursing Association.