



California State University San Marcos 333 S. Twin Oaks Valley Road San Marcos, CA 92096-0001

Tel: 760.750.7550 Fax: 760.750.3646 www.csusm.edu/nursing

### Health and Physical Exam

#### History and Physical Clearance

A report, signed by the physician, physician’s assistant, or nurse practitioner, shall be provided to the nursing program. This report shall indicate that the student does not have any health condition(s) that would create a hazard to themselves, employees, or patients (Title 22). **NOTE: Nursing students who have a condition (impairment) which could interfere with the performance of their essential duties should contact the University’s Disability Support Services (DSS) Office to determine what accommodations would be reasonable in a clinical setting. DSS is located in Craven Hall 4200 and can be reached by phone at (760) 750-4905 or by email at: dss@csusm.edu.**

#### HEALTH/PHYSICAL EXAMINATION FORM

Student Name: \_\_\_\_\_

Student ID: \_\_\_\_\_

DOB: \_\_\_\_\_

#### TO BE COMPLETED BY HEALTHCARE PROVIDER

- I have verified that the individual I have examined is the named individual on this form.
- Based on the “Essential Duties to Meet Clinical Requirements” listed on the next page, I find this individual **(please check one):**

\_\_\_\_ is free of any medical condition and/or contagious disease that would pose a health risk to others **and** is free of any mental or physical impairment that would prevent the student from meeting his/her clinical practicum training obligation **and** is free of any functional limitations that would impede qualitative respirator FIT testing.

**OR**

\_\_\_\_ has the following functional limitations, which could interfere with the performance of his/her essential duties and/or is not approved for qualitative FIT testing:

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Signature of Healthcare Provider: \_\_\_\_\_

Printed name of Healthcare Provider: \_\_\_\_\_

Provider License Number: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Date of exam: \_\_\_\_\_

Please stamp with your Office/Facility Stamp:

## Essential Duties to Meet Clinical Requirements \*

Students may be required to care for patients in airborne isolation. For this reason, students are expected to complete qualitative respiratory FIT testing (N95 FIT testing). If a student is unable to perform this testing reasonable accommodations will be applied as available (i.e. Powered Air Purifying Respirators / PAPR).

To enter into and to complete the nursing program, students must be able to meet the emotional and physical requirements of the School of Nursing and the agencies in which students are placed for clinical work. Students and faculty are to work with DSS to determine what accommodations would be reasonable in a clinical setting to meet these requirements.

*\*Please review Fitness for Clinical Policy for a detailed list of all requirements. This list is a summary of requirements.*

### Emotional Requirements

The student must have sufficient emotional stability to perform under stress produced by both academic study and the necessity of performing nursing care in real patient situations while being observed by instructors and other healthcare personnel.

### Physical Requirements

In order to participate in CSU San Marcos' Nursing Program, students are required to travel to agencies and hospitals, and to homes with unpredictable environments. Students need to have the endurance to adapt to a physically and emotionally demanding program. The following physical requirements are necessary to participate in the clinical application courses in nursing:

1. **Strength:** Sufficient strength to lift, move and transfer most patients; to restrain and carry children; to move and carry equipment; and to perform CPR, which requires sufficient body weight and adequate lung expansion.
2. **Mobility:** Sufficient to bend, stoop, get down on the floor; combination of strength, dexterity, mobility and coordination to assist patients; ability to move around physically and adequately in confined spaces (patient rooms, bathrooms, treatment settings, around patient equipment, etc.). Be able to perform all physical skills required to deliver patient care such as CPR, ambulation, transport, reposition, lifting, and other nursing duties.
3. **Fine Motor Movements:** Necessary to manipulate syringes and IVs; to assist patients with feeding and hygiene; to write appropriate notations; to document in health record; to perform sterile procedures and other skilled procedures.
4. **Speech:** Ability to speak clearly in order to communicate with staff, physicians and patients; need to be understood on the telephone.
5. **Vision:** Visualize patients in order to assess and observe their health status including skin tone, color changes, dermatological conditions, non-verbal behaviors, changes in signs and symptoms of illness, health improvement or deterioration, etc.
6. **Hearing:** Monitor patient symptoms, conditions, and non-verbal behaviors; respond to alarms, patient voices, and call lights; assess signs and symptoms of illness, improvement or deterioration; use the stethoscope to discriminate sounds; effectively communicate with patients.
7. **Touch:** Ability to palpate both superficially and deeply and to discriminate tactile sensations.

Adopted from CSU Fullerton SON with Permission 2/28/18; Approved RM 4/4/18; Approved DSS 8/1/18; Updated 3/15/2022