

**WALLACE STATE COMMUNITY COLLEGE  
HEALTH DIVISION  
PHYSICAL EXAMINATION FORM**

**THIS PHYSICAL FORM CONSISTS OF FIVE PAGES INCLUDING THE ESSENTIAL FUNCTIONS WHICH MUST BE PRESENTED TO THE PHYSICIAN AT THE TIME OF PHYSICAL.**

This form is to be completed in its entirety by a physician, certified nurse practitioner, or physician assistant. Physical exam results must be current within one year of any clinical experience. **STUDENT IS TO RETURN FORM - DO NOT MAIL TO WALLACE STATE.**

STUDENT NAME \_\_\_\_\_ Social Security# xxx-xx-\_\_\_\_\_ (List last four digits)

WSCC STUDENT NUMBER (Required) \_\_\_\_\_

PROGRAM OF STUDY/SEMESTER (i.e., RN/1<sup>st</sup> semester) \_\_\_\_\_

1. For each of the Essential Functions listed below, please refer to the attached explanatory document and indicate whether the student is able to perform the task by checking the appropriate box.

Essential Function	Yes	No	If no, please comment
1. Sensory a. Visual b. Auditory c. Tactile d. Olfactory			
2. Communication/Interpersonal Relationships			
3. Cognitive/ Critical Thinking			
4. Motor Function			
5. Professional Behaviour			

2. Based on findings in the examination, is the student able to participate in all activities required in the indicated health education program?     Yes     No

3. Please identify any restrictions to be placed on this student's participation in the indicated health education program: \_\_\_\_\_  
\_\_\_\_\_

4. Is this student free of infectious disease?     Yes     No

5. Tuberculin Skin Test - Mantoux Required:

**Initial Test**

**Second Test (if needed-see note below)**

Date \_\_\_\_\_  
Results:    \_\_\_\_\_ Negative \_\_\_\_\_ mm  
                  \_\_\_\_\_ Positive    \_\_\_\_\_ mm

Date \_\_\_\_\_  
Results:    \_\_\_\_\_ Negative \_\_\_\_\_ mm  
                  \_\_\_\_\_ Positive    \_\_\_\_\_ mm

(Chest x-ray and report are required if positive)

(Chest x-ray and report are required if positive)

**Note: 1 step TB skin test sufficient if student has had a TB skin test within the past year (student must provide copy of previous skin test results).**

Immunizations - Due to clinical agency requirements, immunization history must be complete. Pregnant or lactating females should postpone vaccination until completion of pregnancy/lactation. Attach a statement of the anticipated date of immunization signed by the health care provider.

**\*DOCUMENTATION AND/OR LAB VALUES INDICATING IMMUNITY FOR THE FOLLOWING IMMUNIZATIONS MUST BE ATTACHED\***

<b>Immunization</b>	<b>Note</b>
<b>Hepatitis B</b>	Must have received at least two of the initial series prior to beginning clinical or present lab data indicating adequate immunity.
<b>Measles (Rubeola)</b>	Must present documentation of immunization or lab data indicating adequate immunity.
<b>Mumps</b>	Proof should be included if available, however, it is not recommended that individuals over the age of 18 receive this vaccine.
<b>Rubella</b>	Must present documentation of immunization or lab data indicating adequate immunity.
<b>Tetanus</b>	Must be current within 10 years.
<b>Varicella (Chickenpox)</b>	Must present documentation of immunization or lab data indicating adequate immunity.

General Comments:

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To my knowledge, the information I have supplied on this health form is accurate and complete:

\_\_\_\_\_  
Signature (Physician/Nurse Practitioner/Physician Assistant)

\_\_\_\_\_  
Date

\_\_\_\_\_  
Printed Name (Physician/Nurse Practitioner/Physician Assistant)

\_\_\_\_\_  
Address

\_\_\_\_\_  
Office Phone Number

\_\_\_\_\_  
City, State, Zip

**THE ALABAMA COLLEGE SYSTEM  
NURSING PROGRAMS  
ESSENTIAL FUNCTIONS**

The Alabama College System endorses the Americans' with Disabilities Act. In accordance with College policy, when requested, reasonable accommodations may be provided for individuals with disabilities.

Physical, cognitive, psychomotor, affective and social abilities are required in unique combinations to provide safe and effective nursing care. The applicant/student must be able to meet the essential functions with or without reasonable accommodations throughout the program of learning. Admission, progression and graduation are contingent upon one's ability to demonstrate the essential functions delineated for the nursing programs with or without reasonable accommodations. The nursing programs and/or its affiliated clinical agencies may identify additional essential functions. The nursing programs reserve the right to amend the essential functions as deemed necessary.

In order to be admitted and to progress in the nursing program one must possess a functional level of ability to perform the duties required of a nurse. Admission or progression may be denied if a student is unable to demonstrate the essential functions with or without reasonable accommodations.

The essential functions delineated are those deemed necessary by the Alabama College System nursing programs. No representation regarding industrial standards is implied. Similarly, any reasonable accommodations made will be determined and applied to the respective nursing program and may vary from reasonable accommodations made by healthcare employers.

The essential functions delineated below are necessary for nursing program admission, progression and graduation and for the provision of safe and effective nursing care. The essential functions include but are not limited to the ability to:

- 1) Sensory Perception
  - a) Visual
    - i) Observe and discern subtle changes in physical conditions and the environment
    - ii) Visualize different color spectrums and color changes
    - iii) Read fine print in varying levels of light
    - iv) Read for prolonged periods of time
    - v) Read cursive writing
    - vi) Read at varying distances
    - vii) Read data/information displayed on monitors/equipment
  - b) Auditory
    - i) Interpret monitoring devices
    - ii) Distinguish muffled sounds heard through a stethoscope
    - iii) Hear and discriminate high and low frequency sounds produced by the body and the environment
    - iv) Effectively hear to communicate with others
  - c) Tactile
    - i) Discern tremors, vibrations, pulses, textures, temperature, shapes, size, location and other physical characteristics
  - d) Olfactory
    - i) Detect body odors and odors in the environment

- 2) Communication/ Interpersonal Relationships
  - a) Verbally and in writing, engage in a two-way communication and interact effectively with others, from a variety of social, emotional, cultural and intellectual backgrounds
  - b) Work effectively in groups
  - c) Work effectively independently
  - d) Discern and interpret nonverbal communication
  - e) Express one's ideas and feelings clearly
  - f) Communicate with others accurately in a timely manner
  - g) Obtain communications from a computer
- 3) Cognitive/Critical Thinking
  - a) Effectively read, write and comprehend the English language
  - b) Consistently and dependably engage in the process of critical thinking in order to formulate and implement safe and ethical nursing decisions in a variety of health care settings
  - c) Demonstrate satisfactory performance on written examinations including mathematical computations without a calculator
  - d) Satisfactorily achieve the program objectives
- 4) Motor Function
  - a) Handle small delicate equipment/objects without extraneous movement, contamination or destruction
  - b) Move, position, turn, transfer, assist with lifting or lift and carry clients without injury to clients, self or others
  - c) Maintain balance from any position
  - d) Stand on both legs
  - e) Coordinate hand/eye movements
  - f) Push/pull heavy objects without injury to client, self or others
  - g) Stand, bend, walk and/or sit for 6-12 hours in a clinical setting performing physical activities requiring energy without jeopardizing the safety of the client, self or others
  - h) Walk without a cane, walker or crutches
  - i) Function with hands free for nursing care and transporting items
  - j) Transport self and client without the use of electrical devices
  - k) Flex, abduct and rotate all joints freely
  - l) Respond rapidly to emergency situations
  - m) Maneuver in small areas
  - n) Perform daily care functions for the client
  - o) Coordinate fine and gross motor hand movements to provide safe effective nursing care
  - p) Calibrate/use equipment
  - q) Execute movement required to provide nursing care in all health care settings
  - r) Perform CPR and physical assessment
  - s) Operate a computer

## 5) Professional Behavior

- a) Convey caring, respect, sensitivity, tact, compassion, empathy, tolerance and a healthy attitude toward others
- b) Demonstrate a mentally healthy attitude that is age appropriate in relationship to the client
- c) Handle multiple tasks concurrently
- d) Perform safe, effective nursing care for clients in a caring context
- e) Understand and follow the policies and procedures of the College and clinical agencies
- f) Understand the consequences of violating the student code of conduct
- g) Understand that posing a direct threat to others is unacceptable and subjects one to discipline
- h) Meet qualifications for licensure by examination as stipulated by the Alabama Board of Nursing
- i) Not to pose a threat to self or others
- j) Function effectively in situations of uncertainty and stress inherent in providing nursing care
- k) Adapt to changing environments and situations
- l) Remain free of chemical dependency
- m) Report promptly to clinicals and remain for 6-12 hours on the clinical unit
- n) Provide nursing care in an appropriate time frame
- o) Accepts responsibility, accountability, and ownership of one's actions
- p) Seek supervision/consultation in a timely manner
- q) Examine and modify one's own behavior when it interferes with nursing care or learning

Upon admission, an individual who discloses a disability can request reasonable accommodations. Individuals will be asked to provide documentation of the disability in order to assist with the provision of appropriate reasonable accommodations. The respective College will provide reasonable accommodations but is not required to substantially alter the requirements or nature of the program or provide accommodations that inflict an undue burden on the respective College. In order to be admitted one must be able to perform all of the essential functions with or without reasonable accommodations. If an individual's health changes during the program of learning, so that the essential functions cannot be met with or without reasonable accommodations, the student will be withdrawn from the nursing program. The nursing faculty reserves the right at any time to require an additional medical examination at the student's expense in order to assist with the evaluation of the student's ability to perform the essential functions.

Requests for reasonable accommodations should be directed to: Lisa Harris, Wallace State Community College, [lisa.harris@wallacestate.edu](mailto:lisa.harris@wallacestate.edu) or 256.352.8052.