



**Student's Name:** \_\_\_\_\_ **Birthdate:** \_\_\_\_\_

Students must be able to perform total patient care in all areas without physical, emotional or psychological limitations. The following are brief descriptions of the type of physical activities that students will perform while working / training as a Certified Nurse Assistant (CNA) or an Emergency Medical Technician (EMT) student.

1. Moderate to heavy lifting and carrying.
2. Pushing, pulling, bending and kneeling around patients using various types of hospital equipment such as wheelchairs, gurneys, lifting devices and specialized beds.
3. Fine motor dexterity using both hands while manipulating a variety of instrument and assessment devices.
4. Rapid mental processing and simultaneous motor coordination.
5. Extensive periods of walking and standing.
6. Visual discrimination including depth perception and color vision.
7. Ability to hear the spoken word in settings where other sounds are present.
8. Frequent hand washing is required.
9. Working with various materials and substances to which some individuals may be allergic.
10. Cast, splints braces are not allowed in clinical settings.

**Mark the appropriate box below:**

( ) After reviewing the Medical Guidelines list above and based on findings from the patient's history and physical exam, I certify that the above student is physically and mentally capable of fully participating in the Healthcare Academy of California's CNA / EMT programs.

( ) The following health problem(s) should be further evaluated. Prior to participation in a clinical assignment:

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\_\_\_\_\_  
Examiner's Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Address:

\_\_\_\_\_  
Phone



Healthcare Academy  
of California

Student's Name: \_\_\_\_\_ Birthdate: \_\_\_\_\_

Condition	Yes	No	If yes, please explain
Seizures or neurological disorder(s)			
Eye, ear, nose or throat disorder(s)			
Diabetes, thyroid or other endocrine disorder(s)			
Muscle, bone or joint disorder(s)			
Asthma or respiratory disorder(s)			
Heart or circulation disorder(s)			
Skin disorder			
Gastrointestinal disorder(s)			
Psychiatric disorder(s)			

Previous Hospitalizations or Surgical History (date and reason): \_\_\_\_\_

Current Medications: \_\_\_\_\_

Allergies: \_\_\_\_\_

**Physical Examination:** This is a physical evaluation for occupational ability and is not to be interpreted as a diagnostic medical examination.

Height: \_\_\_\_\_ Weight: \_\_\_\_\_ B/P \_\_\_\_\_ P \_\_\_\_\_

Ears, nose, and throat: \_\_\_\_\_

Neck: \_\_\_\_\_ Lymph Nodes: \_\_\_\_\_

Skin: \_\_\_\_\_

Heart: \_\_\_\_\_ Lungs: \_\_\_\_\_

Abdomen: \_\_\_\_\_

Extremities: \_\_\_\_\_

Neurological: \_\_\_\_\_



## **REQUIRED ESSENTIAL FUNCTIONS**

### **MOTOR CAPABILITY:**

1. Move from room to room and maneuver in small places.
2. Transfer patients who may require physical assistance.
3. Guard and assist patients with ambulation.
4. Lift and carry up to 50 pounds and exert up to 100 pounds force for push/pull.
5. Squat, bend/stoop, reach above shoulder level, kneel, use standing balance, and climb stairs.
6. Use hands repetitively; use manual dexterity.
7. Adjust, apply, and clean therapeutic equipment.
8. Travel to and from academic and clinical sites.
9. In an average clinical or academic setting, students must be able to sit, walk or stand for extensive periods of time. Sometimes up to 12hrs at a day.

### **SENSORY CAPABILITY:**

1. Coordinate verbal and manual instruction.
2. Assess a patient 10 feet away to observe patients posture and response to treatment.
3. Respond to a timer, alarm, or cries for help.
4. Monitor vital signs.
5. Auditory, visual, and tactile ability sufficient to assess patient status and perform treatments (Example: color changes in skin, hear heart and lung sounds).

### **COMMUNICATION ABILITY:**

1. Communicate effectively in English with patients, families, and other health care providers, both verbally and in writing (Example: explain treatment procedures, teach patient and families, document in charts).
2. Effectively adapt communication for intended audience.
3. Interact and establish rapport with individuals, families, and groups from a variety of social, emotional, cultural and intellectual backgrounds.
4. Assume the role of a health care team member.
5. Function effectively under supervision.

### **PROBLEM SOLVING ABILITY:**

1. Function effectively under stress.
2. Respond effectively to emergencies.
3. Adhere to infection control procedures.
4. Demonstrate problem solving skill in patient care (measure, calculate, reason, prioritize, synthesize data).
5. Use sound judgment and safety precautions.
6. Address problems or questions to the appropriate person at the appropriate time.
7. Organize and prioritize tasks.
8. Follow policies and procedures required by clinical and academic settings.