Patient Name:_____ DOB:_____

Wellness/Preventive Visit & Sports Physical Consent

This document is required at the time of appointment.

Please select which exam is preferred.

☐ Wellness/Preventive Visit + Sports Physical

This will be submitted to insurance as commercial insurances cover 100% of this visit **once a year**. Please check with your insurance that a preventative visit is covered.

☐ Sports Physical Only

$40.00 Fee

* Parents/guardians should check insurance eligibility prior to scheduling.

Parent/Guardian Signature:_____ Date:_____

NDHSAA Preparticipation Physical Evaluation Form

Starting with the 2010-11 school year, student athletes participating in NDHSAA sanctioned sports programs will be required to file a pre-participation health history screening and physical examination clearance form (page 4) with their school office prior to their participation on a yearly basis. As per NDHSAA Constitution and By-Laws, physical evaluations may be done by the following medical professionals: Medical Doctor, Doctor of Osteopathy, Physicians Assistant, Nurse Practitioner (MD, DO, PA, NP); the Athletic Pre-Participation Health History Screening and Physical Examination is valid for one school year; a physical examination must be completed on or after **April 15** to be valid for participation the following school year.

The NDHSAA approved form explanations appear below:

To be filled out by Parent/Athlete prior to physical evaluation The medical facility should keep this form.

Filled out ONLY if athlete has special needs. The medical facility should keep this form.

Completed by medical personnel and retained in medical facility file The medical facility should keep this form.

This is the ONLY form that should be returned to the school office.

■ NDHSAA PREPARTICIPATION PHYSICAL EVALUATION

HISTORY FORM

Note: Complete and sign this form (with your parents if younger than 18) before your appointment.

Name: _____ Date of birth: _____

Date of examination: _____ Sport(s) _____

Sex _____ Age_____ Grade _____ School_____

List past and current medical conditions. _____

_____

Have you ever had surgery? If yes, list all past surgical procedures. _____

_____

Medicines and supplements: List all current prescriptions, over-the-counter medicines, and supplements (herbal and nutritional). __

_____

_____

Do you have any allergies? If yes, please list all your allergies (ie, medicines, pollens, food, stinging insects). _____

_____

_____

Patient Health Questionnaire Version 4 (PHQ-4)

Over the last 2 weeks, how often have you been bothered by any of the following problems? (Circle response.)

	Not at all	Several days	Over half the days	Nearly every day
Feeling nervous, anxious, or on edge	0	1	2	3
Not being able to stop or control worrying	0	1	2	3
Little interest or pleasure in doing things	0	1	2	3
Feeling down, depressed, or hopeless	0	1	2	3

(A sum of ≥3 is considered positive on either subscale [questions 1 and 2, or questions 3 and 4] for screening purposes.)

GENERAL QUESTIONS (Explain "Yes" answers at the end of this form. Circle questions if you don't know the answer.)	Yes	No
1. Do you have any concerns that you would like to discuss with your provider?		
2. Has a provider ever denied or restricted your participation in sports for any reason?		
3. Do you have any ongoing medical issues or recent illness?		
HEART HEALTH QUESTIONS ABOUT YOU	**Yes**	**No**
4. Have you ever passed out or nearly passed out during or after exercise?		
5. Have you ever had discomfort, pain, tightness, or pressure in your chest during exercise?		
6. Does your heart ever race, flutter in your chest, or skip beats (irregular beats) during exercise?		
7. Has a doctor ever told you that you have any heart problems?		
8. Has a doctor ever requested a test for your heart? For example, electrocardiography (ECG) or echocardiography.		

HEART HEALTH QUESTIONS ABOUT YOU (*CONTINUED*)	Yes	No
9. Do you get light-headed or feel shorter of breath than your friends during exercise?		
10. Have you ever had a seizure?		
HEART HEALTH QUESTIONS ABOUT YOUR FAMILY	**Yes**	**No**
11. Has any family member or relative died of heart problems or had an unexpected or unexplained sudden death before age 35 years (including drowning or unexplained car crash)?		
12. Does anyone in your family have a genetic heart problem such as hypertrophic cardiomyopathy (HCM), Marfan syndrome, arrhythmogenic right ventricular cardiomyopathy (ARVC), long QT syndrome (LQTS), short QT syndrome (SQTS), Brugada syndrome, or catecholaminergic poly- morphic ventricular tachycardia (CPVT)?		
13. Has anyone in your family had a pacemaker or an implanted defibrillator before age 35?		

NDHSAA Board Approval: September 2019

NDHSAA PREPARTICIPATION PHYSICAL EVALUATION

BONE AND JOINT QUESTIONS	Yes	No
14. Have you ever had a stress fracture or an injury to a bone, muscle, ligament, joint, or tendon that caused you to miss a practice or game?		
15. Do you have a bone, muscle, ligament, or joint injury that bothers you?		
MEDICAL QUESTIONS	**Yes**	**No**
16. Do you cough, wheeze, or have difficulty breathing during or after exercise?		
17. Are you missing a kidney, an eye, a testicle (males), your spleen, or any other organ?		
18. Do you have groin or testicle pain or a painful bulge or hernia in the groin area?		
19. Do you have any recurring skin rashes or rashes that come and go, including herpes or methicillin-resistant *Staphylococcus aureus* (MRSA)?		
20. Have you had a concussion or head injury that caused confusion, a prolonged headache, or memory problems?		
21. Have you ever had numbness, had tingling, had weakness in your arms or legs, or been unable to move your arms or legs after being hit or falling?		
22. Have you ever become ill while exercising in the heat?		
23. Do you or does someone in your family have sickle cell trait or disease?		
24. Have you ever had, or do you have any problems with your eyes or vision?		

MEDICAL QUESTIONS (*CONTINUED*)	Yes	No
25. Do you worry about your weight?		
26. Are you trying to or has anyone recommended that you gain or lose weight?		
27. Are you on a special diet or do you avoid certain types of foods or food groups?		
28. Have you ever had an eating disorder?		
FEMALES ONLY	**Yes**	**No**
29. Have you ever had a menstrual period?		
30. How old were you when you had your first menstrual period?		
31. When was your most recent menstrual period?		
32. How many periods have you had in the past 12 months?		

Explain "Yes" answers here.

I hereby state that, to the best of my knowledge, my answers to the questions on this form are complete and correct.

Signature of athlete: _____

Signature of parent or guardian: _____

Date: _____

NDHSAA Board Approval: September 2019

■ NDHSAA PREPARTICIPATION PHYSICAL EVALUATION

ATHLETES WITH DISABILITIES FORM: SUPPLEMENT TO THE ATHLETE HISTORY

Note: Complete and sign this form (with your parents if younger than 18) before your appointment.

Name: _____ Date of Birth_____

1. Date of disability:
2. Classification (if available):
3. Cause of disability (birth, disease, injury or other):
4. List the sports you are playing:

	Yes	No
6. Do you regularly use a brace, an assistive device, or a prosthetic device for daily activities?		
7. Do you use any special brace or assistive device for sports?		
8. Do you have any rashes, pressure sores, or other skin problems?		
9. Do you have a hearing loss? Do you use a hearing aid?		
10. Do you have a visual impairment?		
11. Do you use any special devices for bowel or bladder function?		
12. Do you have burning or discomfort when urinating?		
13. Have you had autonomic dysreflexia?		
14. Have you ever been diagnosed as having a heat-related (hyperthermia) or cold-related (hypothermia) illness?		
15. Do you have muscle spasticity?		
16. Do you have frequent seizures that cannot be controlled by medication?		

Explain "Yes" answers here.

_____

_____

Please indicate whether you have ever had any of the following conditions:

	Yes	No
Atlantoaxial instability		
Radiographic (x-ray) evaluation for atlantoaxial instability		
Dislocated joints (more than one)		
Easy bleeding		
Enlarged spleen		
Hepatitis		
Osteopenia or osteoporosis		
Difficulty controlling bowel		
Difficulty controlling bladder		
Numbness or tingling in arms or hands		
Numbness or tingling in legs or feet		
Weakness in arms or hands		
Weakness in legs or feet		
Recent change in coordination		
Recent change in ability to walk		
Spina bifida		
Latex allergy		

Explain "Yes" answers here.

_____

_____

_____

I hereby state that, to the best of my knowledge, my answers to the questions on this form are complete and correct.

Signature of athlete: _____

Signature of parent or guardian: _____ Date: _____

NDHSAA Board Approval: September 2019

■ NDHSAA PREPARTICIPATION PHYSICAL EVALUATION

PHYSICAL EXAMINATION FORM

Name: _____ Date of birth: _____

PHYSICIAN REMINDERS

1. Consider additional questions on more-sensitive issues.
   - Do you feel stressed out or under a lot of pressure?
   - Do you ever feel sad, hopeless, depressed, or anxious?
   - Do you feel safe at your home or residence?
   - Have you ever tried cigarettes, e-cigarettes, chewing tobacco, snuff, or dip?
   - During the past 30 days, did you use chewing tobacco, snuff, or dip?
   - Do you drink alcohol or use any other drugs?
   - Have you ever taken anabolic steroids or used any other performance-enhancing supplement?
   - Have you ever taken any supplements to help you gain or lose weight or improve your performance?
   - Do you wear a seat belt, use a helmet, and use condoms?
2. Consider reviewing questions on cardiovascular symptoms (Q4–Q13 of History

EXAMINATION		
Height: Weight:		
BP: / (/) Pulse: Vision: R 20/ L 20/ Corrected: □ Y □ N		
MEDICAL	**NORMAL**	**ABNORMAL FINDINGS**
Appearance • Marfan stigmata (kyphoscoliosis, high-arched palate, pectus excavatum, arachnodactyly, hyperlaxity, myopia, mitral valve prolapse [MVP], and aortic insufficiency)		
Eyes, ears, nose, and throat • Pupils equal • Hearing		
Lymph nodes		
Heart[a] • Murmurs (auscultation standing, auscultation supine, and ± Valsalva maneuver)		
Lungs		
Abdomen		
Skin • Herpes simplex virus (HSV), lesions suggestive of methicillin-resistant *Staphylococcus aureus* (MRSA), or tinea corporis		
Neurological		
MUSCULOSKELETAL	**NORMAL**	**ABNORMAL FINDINGS**
Neck		
Back		
Shoulder and arm		
Elbow and forearm		
Wrist, hand, and fingers		
Hip and thigh		
Knee		
Leg and ankle		
Foot and toes		
Functional • Double-leg squat test, single-leg squat test, and box drop or step drop test		

[a] Consider electrocardiography (ECG), echocardiography, referral to a cardiologist for abnormal cardiac history or examination findings, or a combination of those.

Name of health care professional (print or type):_____Date: _____

Address:_____Phone: _____

Signature of health care professional:_____, MD, DO, NP, or PA

NDHSAA Board Approval: September 2019

NDHSAA PREPARTICIPATION PHYSICAL EVALUATION

MEDICAL ELIGIBILITY FORM

Name: _____ Date of birth: _____

- ☐ Medically eligible for all sports without restriction
- ☐ Medically eligible for all sports without restriction with recommendations for further evaluation or treatment of

_____

_____

- ☐ Medically eligible for certain sports

_____

_____

- ☐ Not medically eligible pending further evaluation
- ☐ Not medically eligible for any sports

Recommendations: _____

_____

_____

I have examined the student named on this form and completed the preparticipation physical evaluation. The athlete does not have apparent clinical contraindications to practice and can participate in the sport(s) as outlined on this form. A copy of the physical examination findings are on record in my office and can be made available to the school at the request of the parents. If conditions arise after the athlete has been cleared for participation, the physician may rescind the medical eligibility until the problem is resolved and the potential consequences are completely explained to the athlete (and parents or guardians).

Name of health care professional (print or type):_____Date: _____

Address:_____Phone: _____

Signature of health care professional:_____, MD, DO, NP, or PA

SHARED EMERGENCY INFORMATION

Allergies: _____

_____

Medications: _____

_____

Other Information: _____

_____

Emergency Contacts: _____

_____

PERMISSION FOR MEDICAL TREATMENT

In the event of an emergency requiring medical attention, I hereby grant permission for emergency treatment for my daughter/son. I expect an effort will be made to contact me if an emergency occurs. I understand the cost for any medical attention may not be covered or paid by any high school or the North Dakota High School Activities Association. I hereby approve participation in athletic activities.

Grade of Athlete_____ School_____ Sport(s)_____

Parent/Guardian Signature _____ Date _____

NDHSAA Board Approval: September 2019

Screening Checklist for Contraindications to Vaccines for Children and Teens

PATIENT NAME _____

DATE OF BIRTH ____/____/____
month day year

Do you have insurance at the time of this visit? Yes___ No___
*If yes, name of insurance _____

For parents/guardians: The following questions will help us determine which vaccines your child may be given today. If you answer "yes" to any question, it does not necessarily mean your child should not be vaccinated. It just means additional questions must be asked. If a question is not clear, please ask your healthcare provider to explain it.

	yes	no	don't know
1. Is the child sick today?	☐	☐	☐
2. Does the child have allergies to medicine, food, a vaccine component, or latex?	☐	☐	☐
3. Has the child had a serious reaction to a vaccine in the past?	☐	☐	☐
4. Does the child have a long-term health problem with heart, lung (including asthma), kidney, liver, nervous system, or metabolic disease (e.g., diabetes), a blood disorder, no spleen, a cochlear implant, or a spinal fluid leak? Are they taking regular aspirin or salicylate medication?	☐	☐	☐
5. For children age 2 through 4 years: Has a healthcare provider told you that the child had wheezing or asthma in the past 12 months?	☐	☐	☐
6. For babies: Have you ever been told the child had intussusception?	☐	☐	☐
7. Has the child, a sibling, or a parent had a seizure; has the child had a brain or other nervous system problem?	☐	☐	☐
8. Has the child ever been diagnosed with a heart condition (myocarditis or pericarditis) or have they had Multisystem Inflammatory Syndrome (MIS-C) after an infection with the virus that causes COVID-19?	☐	☐	☐
9. Does the child have an immune-system problem such as cancer, leukemia, HIV/AIDS?	☐	☐	☐
10. In the past 6 months, has the child taken medications that affect the immune system such as prednisone, other steroids, or anticancer drugs; drugs to treat rheumatoid arthritis, Crohn's disease, or psoriasis; or had radiation treatments?	☐	☐	☐
11. Does the child's parent or sibling have an immune system problem?	☐	☐	☐
12. In the past year, has the child received immune (gamma) globulin, blood/blood products, or an antiviral drug?	☐	☐	☐
13. Is the child/teen pregnant?	☐	☐	☐
14. Has the child received vaccinations in the past 4 weeks?	☐	☐	☐
15. Has the child ever felt dizzy or faint before, during, or after a shot?	☐	☐	☐
16. Is the child anxious about getting a shot today?	☐	☐	☐

FORM COMPLETED BY _____ DATE _____

FORM REVIEWED BY _____ DATE _____

Did you bring your immunization record card with you? yes ☐ no ☐

It is important to have a personal record of your child's vaccinations. If you don't have one, ask the child's healthcare provider to give you one with all your child's vaccinations on it. Keep it in a safe place and bring it with you every time you seek medical care for your child. Your child will need this document to enter day care or school, for employment, or for international travel.

Immunize.org

FOR PROFESSIONALS www.immunize.org / **FOR THE PUBLIC** www.vaccineinformation.org

www.immunize.org/catg.d/p4060.pdf
Item #P4060 (12/15/2023)

Scan for PDF

Lista de verificación de contradicciones de las vacunas para niños y adolescentes

NOMBRE DEL PACIENTE _____

FECHA DE NACIMIENTO ___ / ___ / ___
mes día año

Para padres/tutores: las siguientes preguntas nos ayudarán a determinar qué vacunas se le pueden administrar hoy a su hijo. Si responde "sí" a alguna pregunta, no significa necesariamente que su hijo no deba vacunarse. Solo significa que se deben hacer otras preguntas. Si una pregunta no está clara, pídale a su proveedor de atención médica que se la explique.

	sí	no	no sé
1. ¿El niño está enfermo hoy?	☐	☐	☐
2. ¿El niño tiene alergias a medicamentos, alimentos, un componente de la vacuna o látex?	☐	☐	☐
3. ¿El niño ha tenido una reacción grave a una vacuna en el pasado?	☐	☐	☐
4. ¿El niño tiene un problema de salud a largo plazo con enfermedades cardíacas, pulmonares (incluida asma), renales, hepáticas, del sistema nervioso o metabólicas (p. ej., diabetes), un trastorno de la sangre, ausencia de bazo, implante coclear o una fuga de líquido cefalorraquídeo? ¿Está tomando regularmente aspirina o medicamento con salicilato?	☐	☐	☐
5. Para niños de 2 a 4 años: ¿Le ha dicho un proveedor de atención médica que el niño ha tenido sibilancias o asma en los últimos 12 meses?	☐	☐	☐
6. Para bebés: ¿Le han dicho alguna vez que el niño tuvo intususcepción?	☐	☐	☐
7. ¿El niño, un hermano o un padre ha tenido una convulsión? ¿El niño ha tenido un problema cerebral u otro problema del sistema nervioso?	☐	☐	☐
8. ¿Se le ha diagnosticado alguna vez al niño una condición cardiaca (miocarditis o pericarditis) o ha tenido síndrome inflamatorio multisistémico (SIM-C) después de una infección con el virus que causa el COVID-19?	☐	☐	☐
9. ¿El niño tiene algún problema con el sistema inmunitario, como cáncer, leucemia, VIH/SIDA?	☐	☐	☐
10. En los últimos 6 meses, ¿el niño ha tomado medicamentos que afectan al sistema inmunitario, como prednisona, otros esteroides o fármacos contra el cáncer; fármacos para tratar la artritis reumatoide, la enfermedad de Crohn o la psoriasis; o ha recibido radioterapia?	☐	☐	☐
11. ¿Tienen los padres o los hermanos del niño algún problema con el sistema inmunitario?	☐	☐	☐
12. Durante el año pasado, ¿el niño ha recibido globulina inmunitaria (gamma), hemoderivados o un fármaco antiviral?	☐	☐	☐
13. ¿La niña/adolescente está embarazada?	☐	☐	☐
14. ¿El niño ha recibido vacunas en las últimas 4 semanas?	☐	☐	☐
15. ¿El niño se ha mareado o desmayado alguna vez antes, durante o después de una inyección?	☐	☐	☐
16. ¿El niño está ansioso por ponerse una inyección hoy?	☐	☐	☐

FORMULARIO COMPLETADO POR _____ FECHA _____

FORMULARIO REVISADO POR _____ FECHA _____

¿Trajo la tarjeta de registro de inmunización? sí ☐ no ☐

Es importante tener un registro personal de las vacunas de su hijo. Si no tiene uno, pida al proveedor de atención médica del niño que le proporcione uno con todas las vacunas de su hijo. Guárdelo en un lugar seguro y llévelo consigo cada vez que busque atención médica para su hijo. Su hijo necesitará este documento para acceder a la guardería o a la escuela, para trabajar o para viajes internacionales.

Immunize.org

FOR PROFESSIONALS www.immunize.org / **FOR THE PUBLIC** www.vaccineinformation.org

www.immunize.org/wp-content/uploads/catg.d/p4060-01.pdf
"Screening Checklist for Contraindications to Vaccines for Children and Teens"
Item #P4060-01 Spanish (12/15/2023)

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