

## National Taipei University of Nursing and Health Sciences Student Health Examination Form

| National Taipei University of Nursing and Health Sciences Student Health Examination Form  |   |                                   |                         |  |              |   |          |                  |  | Student No.   |  |
|--|---|-----------------------------------|-------------------------|--|--------------|---|----------|------------------|--|---|--|
| Basic Information  | Date of Entry   | (mm)/(yy)<br>/                    | Dept./Institute/Program |  |              |   | Name     |                  |  |   |  |
|  | Date of Birth   | (dd)/(mm)/(yy)<br>/ /             | Blood Type              |  | Gender       | <input type="checkbox"/> M <input type="checkbox"/> F | I.D. No. |                  |  |   |  |
|  | Permanent address   |                                   |                         |  |              |   |          | Cell phone       |  | Attach photo<br><br>(if the university / college wants a photo) |  |
|  | Mail address  | <input type="checkbox"/> As above |                         |  |              |   |          |                  |  |   |  |
|  | Emergency contact   | Relationship                      | Name                    |  | Phone (home) | Phone (work)  |          | Student's E-mail |  |   |  |
| Please tick of the ailments you have had (please add details for 13. to 18.):<br><input type="checkbox"/> 1. None <input type="checkbox"/> 6. Kidney disease <input type="checkbox"/> 11. Arthritis <input type="checkbox"/> 16. Major surgery: _____<br><input type="checkbox"/> 2. Tuberculosis <input type="checkbox"/> 7. Epilepsy <input type="checkbox"/> 12. Diabetes mellitus <input type="checkbox"/> 17. Allergy: _____<br><input type="checkbox"/> 3. Heart disease <input type="checkbox"/> 8. SLE (Lupus) <input type="checkbox"/> 13. Psychological or mental illness: _____ <input type="checkbox"/> 18. Other:<br><input type="checkbox"/> 4. Hepatitis <input type="checkbox"/> 9. Hemophilia <input type="checkbox"/> 14. Cancer:<br><input type="checkbox"/> 5. Asthma <input type="checkbox"/> 10. G6PD deficiency <input type="checkbox"/> 15. Thalassemia: |   |                                   |                         |  |              |   |          |                  |  |   |  |
| Health Information   | High myopia: Do you currently have myopia greater than 500 degrees (near-sightedness -5.00 diopters) in either eye?<br><input type="checkbox"/> 0. No <input type="checkbox"/> 1. Yes <input type="checkbox"/> 2. Unknown   |                                   |                         |  |              |   |          |                  |  |   |  |
|  | Holder of Catastrophic Illness (including Rare Disease) Certificate: <input type="checkbox"/> 0. No <input type="checkbox"/> 1. Yes - Category: _____   |                                   |                         |  |              |   |          |                  |  |   |  |
|  | Holder of Physical/Mental Disability Manual <input type="checkbox"/> 0. No <input type="checkbox"/> 1. Yes Category: _____<br>Level: <input type="checkbox"/> 1. Mild <input type="checkbox"/> 2. Moderate <input type="checkbox"/> 3. Severe <input type="checkbox"/> 4 Profound   |                                   |                         |  |              |   |          |                  |  |   |  |
|  | Special disease status or matters needing attention: <input type="checkbox"/> 0. No <input type="checkbox"/> 1. Yes (please describe):<br>If you are being treated for, or recovering from, any of the above or some other disease, please inform the medical personnel and also provide your medical records for the healthcare professionals' reference.  |                                   |                         |  |              |   |          |                  |  |   |  |
| Regular Lifestyle  | Family medical/disease history:<br>Relative with hereditary disorder: <input type="checkbox"/> 0. No <input type="checkbox"/> 1. Yes      Name of disease <input type="checkbox"/> 2. Unknown<br>Relatives of family members suffering from major hereditary disorder: _____ Name of disease: _____   |                                   |                         |  |              |   |          |                  |  |   |  |
|  | Tick the boxes that best describe your lifestyle:   |                                   |                         |  |              |   |          |                  |  |   |  |
|  | 1. How much did you sleep during the past 7 days (not including weekends, or days off)?<br><input type="checkbox"/> ① ≥7 hours a day <input type="checkbox"/> ② <7 hours a day <input type="checkbox"/> ③ I suffer from insomnia  |                                   |                         |  |              |   |          |                  |  |   |  |
|  | 2. How often did you eat breakfast in the past 7 days (not including weekends, or days off)?<br><input type="checkbox"/> ① Never <input type="checkbox"/> ② Some days: ___ days. <input type="checkbox"/> ③ Every day (Eat: before 9:00 <input type="checkbox"/> Yes <input type="checkbox"/> No; after 9:00 <input type="checkbox"/> Yes <input type="checkbox"/> No)  |                                   |                         |  |              |   |          |                  |  |   |  |
|  | 3. During the past 7 days, how many days did you do moderate/high intensity exercise (that is, you could talk but not sing while performing the exercise), such as sports, fitness, commuting, and recreational physical activities for at least 10 minutes each time per day? <input type="checkbox"/> ① 0 days <input type="checkbox"/> ② 1 day <input type="checkbox"/> ③ 2 days <input type="checkbox"/> ④ 3 days <input type="checkbox"/> ⑤ 4 days <input type="checkbox"/> ⑥ 5 days <input type="checkbox"/> ⑦ 6 days <input type="checkbox"/> ⑧ 7 days |                                   |                         |  |              |   |          |                  |  |   |  |
|  | 4. During the past month, did you use tobacco (cigarettes, e-cigarettes, or IQOS)? <input type="checkbox"/> ① Not at all<br><input type="checkbox"/> ② Some days - please tick: <input type="checkbox"/> a cigarettes <input type="checkbox"/> b e-cigarettes <input type="checkbox"/> c IQOS (multiple choice)<br><input type="checkbox"/> ③ Every day - please tick: <input type="checkbox"/> a cigarettes <input type="checkbox"/> b e-cigarettes <input type="checkbox"/> c IQOS (multiple choice) <input type="checkbox"/> ④ I have quit                 |                                   |                         |  |              |   |          |                  |  |   |  |
|  | 5. During the past month, did you drink alcohol? <input type="checkbox"/> ① Not at all <input type="checkbox"/> ② Some days<br><input type="checkbox"/> ③ Every day - please tick how many: <input type="checkbox"/> a 2 drinks or more <input type="checkbox"/> b 1 drink <input type="checkbox"/> c less than 1 drink <input type="checkbox"/> ④ I have quit<br>(Note: 1 'drink' means: 330 ml of beer, 120 ml of wine, 45 ml of spirits)   |                                   |                         |  |              |   |          |                  |  |   |  |
|  | 6. During the past month, did you chew betel nut? <input type="checkbox"/> ① Not at all <input type="checkbox"/> ② Some days <input type="checkbox"/> ③ Every day <input type="checkbox"/> ④ I have quit  |                                   |                         |  |              |   |          |                  |  |   |  |
|  | 7. Do you feel depressed? <input type="checkbox"/> ① Not at all <input type="checkbox"/> ② Sometimes <input type="checkbox"/> ③ Often   |                                   |                         |  |              |   |          |                  |  |   |  |
|  | 8. Do you feel worried? <input type="checkbox"/> ① Not at all <input type="checkbox"/> ② Sometimes <input type="checkbox"/> ③ Often   |                                   |                         |  |              |   |          |                  |  |   |  |
|  | 9. During the past 7 days, how often did you defecate?<br><input type="checkbox"/> ① At least once a day <input type="checkbox"/> ② Once in 2 days <input type="checkbox"/> ③ Once in 3 days <input type="checkbox"/> ④ Once in 4 or more days  |                                   |                         |  |              |   |          |                  |  |   |  |
|  | 10. During the past 7 days (not including weekends, or days off), how many hours did you use the internet everyday, apart from when doing homework or in class? <input type="checkbox"/> ① less than 2 hours <input type="checkbox"/> ② 2-4 hours <input type="checkbox"/> ③ 4 hours or more: ___ hours   |                                   |                         |  |              |   |          |                  |  |   |  |
|  | 11. How many times do you usually brush your teeth a day? <input type="checkbox"/> ① None <input type="checkbox"/> ② Once <input type="checkbox"/> ③ Twice <input type="checkbox"/> ④ 3 or more times   |                                   |                         |  |              |   |          |                  |  |   |  |
| 12. How often do you have a dental checkup even if there's no toothache or other oral discomfort?<br><input type="checkbox"/> ① Once every 6 months <input type="checkbox"/> ② Once a year <input type="checkbox"/> ③ More than one year <input type="checkbox"/> ④ Never  |   |                                   |                         |  |              |   |          |                  |  |   |  |
| 13. Menstrual cycle – female students: Do you have painful menstrual periods?<br><input type="checkbox"/> ① No <input type="checkbox"/> ② Light pain <input type="checkbox"/> ③ Severe pain <input type="checkbox"/> ④ Unknown/Declined to answer  |   |                                   |                         |  |              |   |          |                  |  |   |  |
| Health Self  | During the past month, would you say your health condition is <input type="checkbox"/> ② Excellent <input type="checkbox"/> ③ Good <input type="checkbox"/> ④ Average <input type="checkbox"/> ⑤ Fair <input type="checkbox"/> ⑥ Poor   |                                   |                         |  |              |   |          |                  |  |   |  |
|  | During the past month, would you say your mental health condition is <input type="checkbox"/> ① Excellent <input type="checkbox"/> ② Good <input type="checkbox"/> ③ Average <input type="checkbox"/> ④ Fair <input type="checkbox"/> ⑤ Poor  |                                   |                         |  |              |   |          |                  |  |   |  |
|  | ※ Do you currently have any health concerns? <input type="checkbox"/> 0. No <input type="checkbox"/> 1. Yes   |                                   |                         |  |              |   |          |                  |  |   |  |
| ※ Do you need the university/college to provide any assistance? <input type="checkbox"/> 0. No <input type="checkbox"/> 1. Yes   |   |                                   |                         |  |              |   |          |                  |  |   |  |

| Health Examination Record<br>(to be completed by medical personnel) |  | Date: Year_____ Month_____ Day_____   |            | Examiner's<br>Signature                             |                                  |                                       |                      |          |           |
|---|--|---|------------|---|----------------------------------|---------------------------------------|----------------------|----------|-----------|
| Height:_____ cm Weight:_____ kg BMI:_____                           |  | Optional <input type="checkbox"/> Waistline:_____ cm <input type="checkbox"/> Hipline:_____ cm <input type="checkbox"/> WHR_____  |            |   |                                  |                                       |                      |          |           |
| Blood Pressure:_____ / _____ mmHg                                   |  | Pulse rate: _____ /min  |            |   |                                  |                                       |                      |          |           |
| Vision: Uncorrected: Right_____ Left_____                           |  | Corrected: Right_____ Left_____   |            |   |                                  |                                       |                      |          |           |
| Eyes  | <input type="checkbox"/> Normal  | <input type="checkbox"/> Color blindness <input type="checkbox"/> Other:_____   |            |   |                                  |                                       |                      |          |           |
| ENT   | <input type="checkbox"/> Normal  | Hearing abnormality: <input type="checkbox"/> Right <input type="checkbox"/> Left <input type="checkbox"/> Suspected otitis media ( <i>further diagnosis required</i> ), such as from a perforated ear drum <input type="checkbox"/> Swollen tonsils <input type="checkbox"/> Earwax embolism <input type="checkbox"/> Other:_____  |            |   |                                  |                                       |                      |          |           |
| Head & Neck   | <input type="checkbox"/> Normal  | <input type="checkbox"/> Wry neck (torticollis) <input type="checkbox"/> Abnormal mass <input type="checkbox"/> Other:_____   |            |   |                                  |                                       |                      |          |           |
| Chest   | <input type="checkbox"/> Normal  | <input type="checkbox"/> Cardiopulmonary disease <input type="checkbox"/> Abnormal thorax <input type="checkbox"/> Other:_____  |            |   |                                  |                                       |                      |          |           |
| Abdomen   | <input type="checkbox"/> Normal  | <input type="checkbox"/> Abnormally swollen <input type="checkbox"/> Other:_____  |            |   |                                  |                                       |                      |          |           |
| Spine & limbs   | <input type="checkbox"/> Normal  | <input type="checkbox"/> Scoliosis <input type="checkbox"/> Limb deformity <input type="checkbox"/> Bowlegged (Difficulty squatting) <input type="checkbox"/> Other:_____   |            |   |                                  |                                       |                      |          |           |
| Genitourinary system  | <input type="checkbox"/> Normal<br><input type="checkbox"/> Not checked  | <input type="checkbox"/> Abnormal foreskin <input type="checkbox"/> Varicocele <input type="checkbox"/> Other:_____   |            |   |                                  |                                       |                      |          |           |
| Skin  | <input type="checkbox"/> Normal  | <input type="checkbox"/> Ringworm <input type="checkbox"/> Scabies <input type="checkbox"/> Wart <input type="checkbox"/> Atopic dermatitis <input type="checkbox"/> Eczema <input type="checkbox"/> Other:_____  |            |   |                                  |                                       |                      |          |           |
| Oral  | <input type="checkbox"/> Normal  | Untreated caries: <input type="checkbox"/> 0.No <input type="checkbox"/> 1.Yes<br>Missing tooth (been extracted due to caries): <input type="checkbox"/> 0.No <input type="checkbox"/> 1.Yes<br>Filled tooth : <input type="checkbox"/> 0. No <input type="checkbox"/> 1. Yes<br>Gingivitis※: <input type="checkbox"/> 0. No <input type="checkbox"/> 1. Yes<br>Dental calculus or tartar※: <input type="checkbox"/> 0.No <input type="checkbox"/> 1.Yes<br><input type="checkbox"/> Poor oral hygiene <input type="checkbox"/> Malocclusion <input type="checkbox"/> Other |            |   |                                  |                                       |                      |          |           |
| Summary   | <input type="checkbox"/> Normal<br><input type="checkbox"/> Requires a consultation with a: _____<br><input type="checkbox"/> Other: _____ |   |            | Stamp of hospital/clinic where examination was done |                                  |                                       |                      |          |           |
| Laboratory Tests  |  | 1 <sup>st</sup> test  | Result     |   | Laboratory Tests                 |                                       | 1 <sup>st</sup> test | Result   |           |
|   |  |   | Abnormal   | Follow up   |                                  |                                       |                      | Abnormal | Follow up |
| Urinalysis  | Protein (+) (-)  |   |            |   | Blood lipid                      | Total cholesterol (mg/dl)             |                      |          |           |
|   | Sugar (+) (-)  |   |            |   |                                  | TG                                    |                      |          |           |
|   | O.B. (+) (-)   |   |            |   |                                  | HDL                                   |                      |          |           |
|   | pH   |   |            |   |                                  | LDL                                   |                      |          |           |
| Blood test  | Hb (g/dl)  |   |            |   | Renal function                   | Creatinine (mg/dl)                    |                      |          |           |
|   | WBC (10 <sup>3</sup> /μL)  |   |            |   |                                  | UA (mg/dl)                            |                      |          |           |
|   | RBC (10 <sup>6</sup> /μL)  |   |            |   |                                  | BUN (mg/dl) ※                         |                      |          |           |
|   | Platelet count (10 <sup>3</sup> /μL)   |   |            |   | Liver function                   | SGOT (U/L)                            |                      |          |           |
|   | MCV (fl)   |   |            |   |                                  | SGPT (U/L)                            |                      |          |           |
|   | MCH(pg)  |   |            |   | Hepatitis B                      | HBsAg                                 |                      |          |           |
|   | MCHC   |   |            |   |                                  | Anti-HBs                              |                      |          |           |
|   | Hct (%)※   |   |            |   |                                  | Anti-HCV                              |                      |          |           |
|   | AC suger(mg/dl)  |   |            |   |                                  |                                       |                      |          |           |
| Chest X-ray   | Date of X-ray  | Result:<br><input type="checkbox"/> No obvious abnormality <input type="checkbox"/> R/O TB <input type="checkbox"/> TB-related Calcification<br><input type="checkbox"/> Abnormal thorax <input type="checkbox"/> Pleura cavity edema <input type="checkbox"/> Scoliosis <input type="checkbox"/><br>Cardiomegaly <input type="checkbox"/> Bronchiectasis <input type="checkbox"/> Pulmonary infiltrates<br><input type="checkbox"/> Solitary pulmonary nodule <input type="checkbox"/> Other:_____   |            |   |                                  | Further treatment, date, and comment: |                      |          |           |
| Other tests   | Item   | Date  | Checked by | Result  | Referred for follow-up, comment: |                                       |                      |          |           |
| Summary   | Summary of health examination results, for follow-up or treatment, and case management outline   |   |            |   |                                  |                                       |                      |          |           |