

Chronic Concerns: Check all that pertain to you and provide information about supportive health care. **Asthma or Diabetes? Complete additional form available [insert information here].*

_____ I have no chronic health concerns.

_____ I have the following chronic health concern(s): Asthma* Headaches/Migraines Sleep problem Diabetes*
 Difficult breathing Dysmenorrhea Fainting Surgery history Seizure disorder: _____
 Back pain or injury Knee or ankle weakness Other: _____

Provide information about supportive healthcare needed for each checked item:

Immunization History: Provide the month & year for immunizations. Asterisked (*) immunizations must be current.

Immunization	Date — Month(s) & Year(s)	Immunization	Date — Month(s) & Year(s)
Tetanus Booster*	Current within 10 years:	Polio*	
Varicella* (Chicken Pox)		MMR (Mumps, Measles, Rubella)*	
Meningitis		Pneumococcal	
Pertussis Booster (Whooping Cough)	Recommended Update at 12 years:	DPT (diphtheria, tetanus, pertussis)*	
Hepatitis B		Hepatitis A	
Influenza			

Medication: Bring enough medication to last or bring your written prescription to order a refill. Prescription meds **MUST** be in pharmacy containers with appropriate labels; other remedies must be in original container. International Staff: translate information to English.

_____ I do not take medication on a routine basis.

_____ I take routine medication (include vitamins) as noted below.

Name of Medication	Reason for Taking It	Dose Given & When	Date Started?
		<input type="checkbox"/> Breakfast Dose: _____ <input type="checkbox"/> Evening Meal Dose: _____ <input type="checkbox"/> Bedtime Dose: _____ <input type="checkbox"/> Other: _____	
		<input type="checkbox"/> Breakfast Dose: _____ <input type="checkbox"/> Evening Meal Dose: _____ <input type="checkbox"/> Bedtime Dose: _____ <input type="checkbox"/> Other: _____	
		<input type="checkbox"/> Breakfast Dose: _____ <input type="checkbox"/> Evening Meal Dose: _____ <input type="checkbox"/> Bedtime Dose: _____ <input type="checkbox"/> Other: _____	

General Physical History

1. Have you ever been hospitalized? Yes No
Have you ever had surgery? Yes No
2. Have you ever passed out during or after exercise/physical exertion? Yes No
Have you ever been dizzy during or after exercise/physical exertion? Yes No
Have you ever had chest pain during or after exercise/physical exertion? Yes No
Do you tire more quickly than your friends during exercise/physical exertion? Yes No
Have you ever had high blood pressure? Yes No
Have you ever been told that you had a heart murmur? Yes No
Have you ever had racing of your heart or skipped heartbeats? Yes No
3. Do you have skin problems (itching, rashes, acne)? Yes No
4. Have you ever been knocked out, fainted, or become unconscious? Yes No
Have you ever had a seizure? Yes No
Have you ever had a stinger, burner, or pinched nerve? Yes No
5. Have you ever had heat or muscle cramps? Yes No
Have you ever been dizzy or passed out in the heat? Yes No
6. Have you ever sprained, strained, dislocated, fractured, broken, or had repeated swelling or other injuries to any of your body areas?
..... Yes No
If so, where? Head Shoulder Thigh Neck Chest Forearm Shin/calf
 Back Wrist Hand Ankle Elbow Knee Hip Foot
Can you lift and carry 30 pounds (14 kilograms) at least ten times without assistance or discomfort? Yes No
7. Have you had chicken pox or are you immunized for chicken pox? Yes No
8. Have you had mononucleosis in the past nine months? Yes No
9. Do you have an uncorrected hearing problem? Yes No
Do you have an uncorrected vision (sight) problem? Yes No
Do you wear glasses or contacts or use protective eye wear? Yes No
10. Do you smoke and/or use other tobacco products? Yes No
11. Do you have any piercings? Yes No
If so, where? Ears Eyebrow Nose Tongue Belly Button Nipple Other: _____
12. Do you have any problems with your teeth? Yes No
13. Have you been in countries other than the United States in the past nine months? Yes No
If yes, list the countries and the length of time spent in them.
Country: _____ Dates: _____
Country: _____ Dates: _____
Country: _____ Dates: _____
14. For women: Do you have a menstrual problem (pain, irregularity, etc.)? Yes
 No
Explain and/or provide more detail about the General Physical Health questions to which you responded "yes."

Name of your physician: _____ Office Phone: (_____) _____

Name of your dentist/orthodontist: _____ Office Phone: (_____) _____

Mental & Emotional Health Information

- A. Have you been diagnosed with attention deficit disorder (ADD) or AD/HD. Yes No
- B. Do you have a psychiatric diagnosis such as depression, OCD, panic/anxiety, bipolar disorder that will impact your work? . . . Yes No
- C. Do you have an eating disorder that will impact your work? Type: _____ Yes No
- D. Do you have a learning disability that will impact your work? Type: _____ Yes No
- E. Do you have an emotional health concern that will impact your work? Yes No
- F. During the past year, have you seen a professional about mental/emotional concerns that will impact your work?

If "yes" to any question in this section, attach a statement that:

- (a) Describes the concern and your management plan for addressing it while working at camp; and
- (b) Describes the support needed from your work supervisor to compliment your plan. Refer to the Essential Functions of your job, available [insert location], if there are questions.

Paying for Health Care:

- There is usually no charge for health care provided by the camp's Health Center staff.
- Staff are financially responsible for health care provided by out-of-camp providers.
- If you will be using personal insurance while working at camp, it is your responsibility to know how to access that insurance. Bring your insurance card and know how to use it. Consider obtaining pre-authorization if your insurance requires this.

Emergency Contact: Whom do you want us to contact in an emergency?

First Contact: _____ Phone: (_____) _____

Relationship to You: _____

Alternate Contact: _____ Phone: (_____) _____

Relationship to You: _____

Authorization for Health Care: Parental signature required for staff less than 18 years of age.

This health history is correct insofar as I know. I am capable of performing the essential functions of my job and participating in assigned work duties as noted on this form. I understand my health information will be used by the camp Health Center staff in providing care to me and may be reviewed by work supervisor.

Signature of Staff Person: _____ Date: _____

Signature of Parent (if needed): _____ Date: _____

MEDICAL RECOMMENDATION for CAMP EMPLOYEE

Bishopswood

143 State St.
 Portland, ME 04101
 207.772.1953 x 27
 FAX: 207.773.0095
After June 15, return to:
 98 Bishopswood Rd.,
 Hope, ME 04847
 207.763.3148
 FAX: 207.763.4488

These medications are stocked in our camp's Health Center and will be used to manage illness and/or injury of this employee.

CROSS OUT those that are contraindicated for this person.

[insert Camp's list of medications such as those that follow]

- Acetaminophen
- Aloe
- Bismuth Chew Tabs
- Calamine Lotion
- Chlorpheniramine maleate
- Diphenhydramine
- Epinephrine
- Guiafenesisin DM
- Hydrocortisone Cream
- Ibuprofen
- Kaopectate
- Cough Drops
- Ivy Dry
- Nix
- Tolnaftate
- Topical Antibiotic Cream
- Pseudoephedrine
- Silver Sulfadiazine

To Physicians and Their Staff:

This person is an employee at [insert camp name & location]. The job includes physical activity such as [insert most rigorous job duty] and requires the individual to be outside in a variety of weather conditions. Our healthcare staff and the employee's work supervisor use the information provided on this form to guide their interface with the employee. The employee can provide their job's description and list of essential functions to you. If you question the person's suitability for their job, please talk with them about your concerns and develop a plan to address that concern. You can also speak to one of our camp professionals by calling [insert phone number]. Thank you!

Name of Staff Member: _____ Date of Birth: _____

1. List the chronic health problems of this employee: None

- Asthma Diabetes
- Allergies Other: _____

2. List the prescription medication(s) this person will take while at camp; provide a medical order for administration.

- None needed while at camp.
- a. _____
- b. _____
- c. _____

3. List the allergies (food, medication, etc) of this person No known allergies

- a. _____ Intolerance Anaphylaxis
- b. _____ Intolerance Anaphylaxis
- c. _____ Intolerance Anaphylaxis

Note: Our expectation is that the employee will have an EpiPen and know how to use it if anaphylaxis is part of the individual's health profile.

4. Describe other treatments needed by this person to do their job None needed

5. Describe any significant physical findings regarding this person and/or describe any limitations that may impact the employee's job performance.

- No significant findings.
- _____
- _____
- _____

6. We may have neglected to ask about something you feel is needed to adequately address this person's health needs. If so, please add your comments below.

- No additional comments needed.
- _____
- _____
- _____

Your Signature: _____ Date: _____

By signing this form, you are telling us that, in your opinion, this person is both physically and emotionally ready to participate as an employee at our camp except as noted in your comments.