|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Yearly Physical | | | | | | | | | | | | | | | | | | | | | | | | |
| Name | |  | | | | | | | | | | | Date | |  | | | | | | | | | |
| Allergies | |  | | | | | | | | | | | DOB | |  | | | | | | Age | |  | |
| Height | |  | | | Weight |  | | | Blood pressure | |  | | | | Pulse | | |  | | LMP |  | | | |
|  | | | | | | | | | | | | | | | | | | | | | | | | |
| Problems Addressed | | | | | | | | | Medications | | | | | | | | Rxs Written | | | | | | | |
|  | | | | | | | | |  | | | | | | | |  | | | | | | | |
|  | | | | | | | | |  | | | | | | | |  | | | | | | | |
|  | | | | | | | | |  | | | | | | | |  | | | | | | | |
|  | | | | | | | | |  | | | | | | | |  | | | | | | | |
|  | | | | | | | | |  | | | | | | | |  | | | | | | | |
|  | | | | | | | | |  | | | | | | | |  | | | | | | | |
|  | | | | | | | | |  | | | | | | | |  | | | | | | | |
|  | | | | | | | | | | | | | | | | | | | | | | | | |
| Risk factors reviewed | | | | | | | | | | | | | | | | | | | | | | | | |
| 1. | Diet | | | | | | | | | | | | | | | | | | | | | | |  |
| 2. | Exercise | | | | | | | | | | | | | | | | | | | | | | |  |
| 3. | Safety (seat belts, smoke detectors, firearms, violence) | | | | | | | | | | | | | | | | | | | | | | |  |
| 4. | Smoking | | | | | | | | | | | | | | | | | | | | | | |  |
| 5. | Alcohol and other drugs | | | | | | | | | | | | | | | | | | | | | | |  |
| 6. | STDs/Contraception | | | | | | | | | | | | | | | | | | | | | | |  |
| 7. | Advanced directive | | | | | | | | | | | | | | | | | | | | | | |  |
|  | | | | | | | | | | | | | | | | | | | | | | | | |
| Disease prevention and recommendations | | | | | | | | | | | | | | | | | | | | | | | | |
| 1. | Stroke and coronary disease (BP, cholesterol, weight, stress, aspirin - 81 mg./day) | | | | | | | | | | | | | | | | | | | | | | |  |
| 2. | Cancer (diet, vitamin C - 500 mg., E - 400 units) | | | | | | | | | | | | | | | | | | | | | | |  |
| 3. | Osteoporosis (exercise, calcium 1500 mg., vitamin D - 400 units, estrogen) | | | | | | | | | | | | | | | | | | | | | | |  |
| 4. | Viruses and colds (wash hands, vitamin C – 500-1000 mg., Echinacea, fluids, zinc) | | | | | | | | | | | | | | | | | | | | | | |  |
| 5. | Other | | | | | | | | | | | | | | | | | | | | | | |  |
|  | | | | | | | | | | | | | | | | | | | | | | | | |
| Health maintenance (enter date, or 🗸 if done today, or WS for “will schedule”) | | | | | | | | | | | | | | | | | | | | | | | | |
| Immunizations | | | | Td | | | Flu | | | Pneumovax | | | | Hep.B | | | | | Hep.C | | | Varicella | | |
| Lab | | | | CBC | | | Chem | | | TSH | | | | PSA | | | | | Lipid profile | | | | | |
|  | | | | U/A | | | | Hemoccults | | | | | | Other | | | | | | | | | | |
| Pap | | | | | | | | GC/CT | | | | | | | | | | | | | | | | |
| Mammogram | | | | | | | | Bone density | | | | | | | | | | | | | | | | |
| Flex. sig. | | | | | | | | Treadmill | | | | | | Ophthalmology | | | | | | | | | | |
|  | | | | | | | | | | | | | | | | | | | | | | | | |
| Other Recommendations/Referrals | | | | | | | | | | | | | | | | | | | | | | | | |
|  | | | | | | | | | | | | | | | | | | | | | | | | |
|  | | | | | | | | | | | | | | | | | | | | | | | | |
|  | | | | | | | | | | | | | | | | | | | | | | | | |
|  | | | | | | | | | | | | | | | | | | | | | | | | |
|  | | | | | | | | | | | | | | | | | | | | | | | | |
| Follow- up | | |  | | | | | | | | | Next physical | | | |  | | | | | | | | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Name | |  | | | | Date | |  | | | | |
|  | | | | | | DOB | |  | | | Age |  |
|  | | | | | | | | | | | | |
| Additional History Discussed | | | | | | | | | | | | |
|  | | | | | | | | | | | | |
|  | | | | | | | | | | | | |
|  | | | | | | | | | | | | |
|  | | | | | | | | | | | | |
|  | | | | | | | | | | | | |
|  | | | | | | | | | | | | |
|  | | | | | | | | | | | | |
|  | | | | | | | | | | | | |
|  | | | | | | | | | | | | |
| 🞎 Update family history | | | | 🞎 Update surgeries | | | | | | | | |
| ROS | 🞎 HEENT | | | 🞎 Gastrointestinal | | | 🞎 General | | | | | |
|  | 🞎 Cardiovascular | | | 🞎 Genitourinary | | | 🞎 Psychiatric | | | | | |
|  | 🞎 Respiratory | | | 🞎 Neuromuscular | | | 🞎 Derm. | | | | | |
|  | | | | | | | | | | | | |
| Physical Exam | | | | | | | | | | | | |
| Head | | |  | Heart |  | | | | Extremities |  | | |
| Eyes | | |  | Lungs |  | | | | Scrotum |  | | |
| Ears | | |  | Breasts |  | | | | Penis |  | | |
| Nose | | |  | Abdomen |  | | | | Hernia |  | | |
| Throat | | |  | Vulva |  | | | | Prostate |  | | |
| Thyroid | | |  | Vagina |  | | | | Rectal |  | | |
| Nodes | | |  | Cervix |  | | | |  |  | | |
| Carotids | | |  | Uterus |  | | | |  |  | | |
| Skin | | |  | Adnexae |  | | | |  |  | | |