|  |
| --- |
| 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 |  |  |  |