California State University SAN MARCOS
School of Nursing

California State University San Marcos 333 S. Twin Oaks Valley Road San Marcos, CA 92096-0001
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Health and Physical Examination Form

History and Physical Clearance

A report, signed by a physician, physician assistant, or nurse practitioner, must be provided to the California State University, San Marcos Nursing Program. The examination shall be sufficient in detail to indicate that the employee (student) is sufficiently free of disease to perform the assigned duties and that the student does not have any health condition that would create a hazard to themselves, fellow employees (students), school personnel, clinical partners, or patients (Title 22). Health and Physical Examination must be conducted within 90 days (3 months) of the program start date and annually thereafter.

NOTE: ***Nursing students who have a condition (impairment) which could interfere with the performance of their essential duties should contact the University's Disability Support Services (DSS) Office to determine what accommodations would be reasonable in a clinical setting. DSS is located at Craven Hall 4200 and can be reached by phone at (760) 750-4905 or by email at: dss@csusm.edu.***

This form has been developed in accordance with the California Code of Regulations (CCR) Title 22.

HEALTH AND PHYSICAL EXAMINATION FORM	
Student Name:	DOB:
TO BE COMPLETED BY HEALTHCARE PROVIDER	
1. I verify that the individual I have examined is the named individual on this form. 2. Based on the "Essential Duties to Meet Clinical Requirements" listed on the next page, I find this individual ***(please check one):*** _____ is free of any medical condition and/or contagious disease that would pose a health risk to others and is free of any mental or physical impairment that would prevent the student from meeting their clinical practicum training obligation and is free of any functional limitations that would impede qualitative respiratory FIT testing (N95 FIT testing). OR _____ has the following functional limitations which could interfere with the performance essential duties and/or is not approved for qualitative respiratory FIT testing (N95 FIT testing) _____ _____ _____ _____ _____ _____	
Signature of healthcare provider: _____ Printed Name of healthcare provider: _____ Provider License Number: _____ Phone Number: _____ Date of exam: _____	**Please stamp with Office/ Facility Stamp:**

Essential Duties to Meet Clinical Requirements

Students may need to care for patients in airborne isolation, so they are expected to complete qualitative respiratory FIT testing (N95 FIT testing). If a student is unable to perform this testing, reasonable accommodations will be applied as available, such as Powered Air Purifying Respirators (PAPR).

To enter and complete the nursing program, students must meet the emotional and physical requirements of the California State University San Marcos (CSUSM), School of Nursing (SoN) and the clinical agencies where they will be placed for clinical work. Students and faculty should collaborate with Disability Support Services (DSS) to determine reasonable accommodations in the clinical setting.

Emotional Requirements

The student must have sufficient emotional stability to perform under stress from both academic study and real patient care situations, while being observed by instructors and other healthcare personnel. The student must be able to adapt to and function effectively to stressful situations in both the classroom and clinical settings, including emergency situations. Students will encounter multiple stressors while in the nursing programs. These stressors may be (but are not limited to) personal, patient care/family, faculty/peer, and or program related.

Physical Requirements

To participate in CSUSM Nursing Program, students must be able to travel to various agencies, hospitals, and homes with unpredictable environments. Students need to have the endurance to adapt to a physically and emotionally demanding program. The following physical requirements are necessary to participate in the clinical application courses in nursing:

1. **Strength**: Sufficient strength to lift, move and transfer most patients; to restrain and carry children; to move and carry equipment; and to perform CPR, which requires sufficient body weight and adequate lung expansion.
    a. Lift 25 lbs. frequent, 50 lbs. occasional
    b. Push and pull 25 lbs. frequent, 50 lbs. Occasional
    c. Stand up to 12 hours per day

2. **Mobility**: Sufficient to bend, twist, stoop/squat, climb, walk, and get down on the floor; combination of strength, dexterity, mobility and coordination to assist patients; ability to move around physically and adequately in confined spaces (patient rooms, bathrooms, treatment settings, around patient equipment, etc.). Be able to perform all physical skills required to deliver patient care such as CPR, ambulation, transport, reposition, lifting, and other nursing duties.

3. **Fine Motor Movements**: Necessary to manipulate syringes and IVs; to assist patients with feeding and hygiene; to write appropriate notations; to document in health record; to perform sterile procedures and other skilled procedures.

4. **Speech**: Ability to speak clearly in order to communicate with staff, physicians and patients; need to be understood on the telephone.

5. **Vision**: Visualize patients in order to assess and observe their health status including skin tone, color changes, dermatological conditions, non-verbal behaviors, changes in signs and symptoms of illness, health improvement or deterioration, etc.

6. **Hearing:** Monitor patient symptoms, conditions, and non-verbal behaviors; respond to alarms, patient voices, and call lights; assess signs and symptoms of illness, improvement or deterioration; use the stethoscope to discriminate sounds; effectively communicate with patients.

7. **Touch:** Ability to palpate both superficially and deeply and to discriminate tactile sensations.

Adopted from CSU Fullerton SON with Permission 2/28/18; Approved RM 4/4/18; Approved DSS 8/1/18; Updated 3/28/21; Updated DSS 11/1/2024, Updated 11/6/2024