



PHYSICAL EXAMINATION
Physical to Be Completed by Physician
You MUST have a physical if your last physical was before September 1, 2011

Name _____
 (Last, First)
 Acct # _____ Team _____

Patient Name:					
Height:	Weight:	B/P:	Last Tetanus Shot:		
Medications:			Special Equipment:		
Dietary:			Other:		
	(Normal)	Comments/Follow-up		(Normal)	Comments/Follow-up
Skin			Genito-Urinary		
Ears			Neurological		
Eyes			Musculoskeletal		
Nose			Spinal Examination		
Throat			Nutritional Status		
Mouth/Dental			Mental Health		
Cardiovascular			Additional Comments:		
Gastrointestinal					
<p>On the basis of the examination on this day, I approve this patient's participation in the Royal Servants mission trip. <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Modified:</p>					
Physician's Name (print)			Physician's Signature		
Address			Phone () _____ - _____ Date ____ / ____ / ____		

PHYSICIAN FORM
 Due by May 23, 2012

UPDATED MEDICAL INSURANCE COVERAGE

Fill out the form below ONLY if your insurance coverage has changed since filling out the Health Form

We have included all medical insurance information below and recognize that medical insurance is required.

Parent/Legal Guardian Signature: _____ Date: ____ / ____ / ____
(required if participant is under 18 years old)

Participant Signature: _____ Date: ____ / ____ / ____

MEDICAL INSURANCE AND DENTAL INSURANCE INFORMATION
medical insurance is required, dental insurance is not required

Medical Insurance Company: _____

Policy #: _____ Co-Pay? _____

Name of insured: _____ Birth Date: ____ / ____ / ____

Dental Insurance Company: _____

Policy #: _____ Co-Pay? _____

Name of insured: _____ Birth Date: ____ / ____ / ____

PARTICIPANT MEDICAL INFORMATION
2012 Royal Servants Summer Missions Trip

Dear Physician,

You will find a Physical Examination form on the back to be filled out and signed by you, thus signifying that your patient is physically fit and able to participate on the Royal Servants mission trip.

Please note that our program is NOT the normal summer camp atmosphere. It is rigorous and fast-paced. During Training Camp we begin our mornings with an obstacle course. It is safe, although the course requires healthy individuals to complete it. (If ankle, knee, or other problems exist the student will not be required to complete the obstacle course.) The weather is often hot and humid at Training Camp.

Throughout the summer we normally provide 7-8 hours of sleep per night and three balanced meals a day. Occasionally meals are late and sleep is interrupted or cut short. Depending on the location fresh milk and fresh fruit are not as readily available as in the States. The weather in several countries can be extremely hot. All teams will require a moderate amount of walking on a daily basis and some teams (i.e. Nepal) will involve hiking on uneven and steep terrain. Some teams will spend several weeks camping in tents and traveling in buses or trains. They will be carrying a 20lb day pack daily and a 50lb duffle on occasion.

If any of these circumstances could present a potential health problem for your patient or prevent them from participating please indicate so on the health form.

Regarding recurring health problems: In some of the foreign countries a physician is not always readily accessible. We desire to provide prompt and efficient medical care for your patient. If your patient has any recurring health problems such as otitis media, strep throat, bronchitis or UTI, we would appreciate it if you would send a prescription of antibiotics along to be used only if indicated and under the supervision of our trained staff who will be traveling with your patient.

Regarding asthma: we require all students with asthma to bring two inhalers.

Regarding immunizations: The following immunizations are strongly recommended by the US Centers for Disease Control and Prevention (www.cdc.gov) based on the areas the teams will be traveling in. If your patient is not able to receive any of the following recommended immunizations for their team because of health reasons or any other reason, please note these on a separate sheet of paper so we can discuss with them whether it is reasonably safe for them to travel with the team they have chosen.

Stated below are the minimum requirements for Royal Servants:

All Teams	Nepal* and India*	Sierra Leone* ** and Ethiopia* **	China
<ul style="list-style-type: none"> • Tetanus shot within the past ten years • Hepatitis A 	<ul style="list-style-type: none"> • Tetanus shot within the past ten years • Hepatitis A • Hepatitis B • Typhoid 	<ul style="list-style-type: none"> • Tetanus shot within the past ten years • Yellow Fever • Hepatitis A • Hepatitis B • Typhoid 	<ul style="list-style-type: none"> • Tetanus shot within the past ten years • Hepatitis A • Hepatitis B

***We require Nepal, India, Sierra Leone, and Ethiopia participants to bring a prescription of Cipro in case of bacterial diarrhea.**

****We require Sierra Leone participants to bring Malaria meds for the entirety of their trip. We suggest Malarone (due to drug resistance and likely side effects do not take mefloquine (Lariam) or chloroquine).**

Thank you for your time and attention to this. If you have any questions please feel free to contact us at 763-535-9555.

Sincerely,



Tom Ives
 Director
 Royal Servants