

Name \_\_\_\_\_  
 (Last, First)  
 Acct # P00 \_\_\_\_\_ Trip \_\_\_\_\_

# PHYSICAL EXAMINATION

## Physical to Be Completed by Physician

**\*\*Please include a complete and detailed copy of your immunization records.**

Patient Name:		
Height:	Weight:	B/P:
Medications:		
Dietary:		
Last Tetanus Shot:		
Special Equipment:		
Other:		

	(Normal)	Comments/Follow-up
Skin		
Ears		
Eyes		
Nose		
Throat		
Mouth/Dental		
Cardiovascular		
Gastrointestinal		
Genito-Urinary		
Neurological		
Musculoskeletal		
Spinal Examination		
Nutritional Status		
Mental Health		

Additional Comments:

On the basis of the examination on this day, I approve this patient's participation in Kairos Discipleship School.     Yes     No     Modified:

Physician's Name (print):

Physician's Signature:

Address:

Phone: (    ) \_\_\_\_\_ - \_\_\_\_\_

Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

**PHYSICIAN FORM**  
 Due by August 15th

---

# PARTICIPANT MEDICAL INFORMATION

## Kairos Discipleship School

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 in Kairos Discipleship School which includes a field assignment.

Please note that our program is NOT the normal school atmosphere. It can be rigorous and fast-paced. During the school year, we will participate in activities which require healthy individuals to complete. These activities may include: high/low ropes course, running a 5k, biking, backpacking, hiking, and canoeing.

A key part of our training will be a 2.5 week field assignment in another country. Throughout the field assignment, 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 produce are not as readily available as in the United States. All the students will be required to do a moderate amount of walking on a daily basis, and occasionally, they may be hiking on uneven and steep terrain. At times they will be required to travel long distances by bus or train. They will be carrying a 20 pound day pack daily and a 50 pound duffle bag 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 this form.

**Regarding recurring health problems:** In some foreign countries we visit, 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 allergies:** We require all students who have allergic reactions to insect stings/bites to have 2 emergency treatment kits.

**Regarding vaccinations:** Your patient will most likely need additional immunizations according to what area of the world they travel to for their field assignment. We will provide the list of vaccinations that are strongly recommended by the US Centers of Disease Control and Prevention ([www.cdc.gov](http://www.cdc.gov)) based on this area once their trip has been solidified. If your patient is not able to receive one or more of the vaccinations listed because of health or any other reason, please note that on a separate sheet of paper, so we can discuss with them whether it is reasonably safe for them to travel on their trip and/or attend Kairos Discipleship School.

Stated below are the minimum requirements for Kairos Discipleship School:

### MINIMUM REQUIREMENTS FOR KAIROS DISCIPLESHIP SCHOOL:

- Tetanus-diphtheria-pertussis (Tdap) within the past 10 years
- Measles-mumps-rubella (MMR)
- Polio
- Varicella (chickenpox)
- Hepatitis A or immunoglobulin (IG)

\*For a list of CDC recommended vaccinations go to <http://www.cdc.gov/vaccines/schedules/hcp/imz/child-adolescent.html>

\*\*Depending on the country or countries chosen for the field assignment, we reserve the right to require students to bring a prescription of Cipro (or similar physician recommended medication) in case of bacterial diarrhea.

\*\*\*If a field assignment requires anti-Malaria meds, we suggest Malarone or Atovaquone/Proguanil (Due to drug resistance, and in our experience, severe side effects, do not take mefloquine (Lariam) or chloroquine). Always consult a physician when making medical decisions.

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,

Erika Zimmerman  
Director of Kairos Discipleship School