

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

# PHYSICAL EXAMINATION

## Physical to Be Completed by Physician

You **MUST** have a physical if your last physical was before September 1, 2018

*Please bring both your Physician Form and Vaccination Form to your doctor appointment.*

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 the Royal Servants mission trip. <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Modified:		
Physician's Name (print)		
Physician's Signature		
Address		
Phone (     ) _____ - _____		
Date ____ / ____ / _____		

**PHYSICIAN FORM**  
 Due by May 15, 2019

# PARTICIPANT MEDICAL INFORMATION

## 2019 Royal Servants Summer Mission 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 duffel 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 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 vaccinations:** The following vaccinations are strongly recommended by the US Centers for Disease Control and Prevention ([www.cdc.gov](http://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 vaccinations for their trip 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 the trip they have chosen.

Stated below are the minimum requirements for Royal Servants:

<b>All Teams*</b>	<b>Europe, Greece-Macedonia,</b> Additional Requirements	<b>China, Costa Rica**, Morocco**, Nehemiah, Nepal**, Timothy</b> Additional Requirements	<b>Uganda**^</b> Additional Requirements
<ul style="list-style-type: none"><li>• Tetanus-diphtheria-pertussis (Tdap)</li><li>• Measles-mumps-rubella (MMR)</li><li>• Polio</li><li>• Varicella (chickenpox)</li></ul>	<ul style="list-style-type: none"><li>• Hepatitis A</li></ul>	<ul style="list-style-type: none"><li>• Hepatitis A</li><li>• Typhoid</li></ul>	<ul style="list-style-type: none"><li>• Hepatitis A</li><li>• Typhoid</li><li>• Yellow Fever</li></ul>

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

\*\*We require Costa Rica, Morocco, Nepal, and Uganda participants to bring a prescription of Cipro (or similar physician recommended medication) in case of bacterial diarrhea.

^We require Uganda participants to bring anti-Malaria meds for the entirety of their trip. 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,



Tom Ives  
Reign Ministries President  
Royal Servants Director