

Adult Physical Exam

Date: _____ Name: _____ DOB: _____

Height	Weight	BMI	BP	Temp	Pulse	Resp
Visual Acuity (with correction if applicable) OS _____ / _____ OD _____ / _____ Hearing Screen:				Drug Reaction		
				Allergies _____ NKA _____ _____ _____		
Reason for visit:				Current Medication: (include dose, frequency and duration) _____ _____ _____ _____		
Interval Medical/Social History						
Alcohol _____ Tobacco _____ per day Social Drugs _____ Sexual Activity _____						
Preventive Guidance (check if assessed/discussed)						
Diet (healthy, calcium, Vit. D, folic acid) _____ Tobacco _____ ETOH _____ Drugs _____ Exercise (type/frequency) _____ Self-Breast/Testes _____ Menopause _____ HRT _____ Depression _____ Sex Practice Safety (condom use) _____ HIV/STD Risk Review _____ Stress _____ Family Dysfunction _____ Solar Skin Protection _____ Injury Prevention (seat belts, helmet use, falls) _____ Health Care Proxy/Advanced Directives/Living Will discussed _____ Aspirin (for 45-79 men & 55-79 women) Dental Health _____ received _____						
Immunization Guide				Laboratory / Screening Guide		
Td booster every 10 years (substitute 1 dose with Tdap for Td) Tdap should replace a single dose of Td for adults aged <65 years who have not previously received a dose of TDAP Influenza (Annually) Pneumovax (x 1 high risk or age 65) MMR (< age 50) Varicella (2 doses – all adults w/o evidence of immunity to Varicella vaccine) Zoster Vaccine (1 dose > age 60; unless have a contradiction) PPD (as indicated) HPV (< age 26 if not previously given)				Cholesterol/HDL Pap Smear /Mammography Colo-rectal screening (starting age 50) Stool for Occult (annually) OR Flexible Sig (every 5 years) OR Colonoscopy (every 10 years) Chlamydia (sexually active adolescents; women to age 26; or based on risk) HIV (must be offered at least once: all ages 13 to 64 yr olds) STDs (based on risk) Diabetes (begin screening high risk age 30) Rubella Antibody Screening (x 1 women of child bearing age) PSA Discuss Risk/Benefits (otherwise age 65-70) Osteoporosis Screening (women @ risk > age 60) AAA (one time screening in men 65-70 who have smoked)		

