

### **Health/Physical Exam Requirements**

*Students must have an annual health/physical exam while participating in all CSUF Nursing Programs. If you are not current with this requirement, you will not be allowed to attend your clinical course until you are in compliance. This may result in needing to take the course at another time and not progressing in your program of study.*

### **History and Physical Clearance**

A report, signed by the physician, physician's assistant, or nurse practitioner, shall be provided to the nursing program. This report shall indicate that the student does not have any health condition(s) that would create a hazard to themselves, employees, or patients (Title 22).

***NOTE: Nursing students who have a condition (impairment) which could interfere with the performance of their essential duties, should connect with their university Disability Services to determine what accommodations would be reasonable in a clinical setting.***

### **Procedure**

- Make an appointment with your healthcare provider for a health/physical exam.
- Give a copy of the Essential Duties to Meet Clinical Requirements form to your healthcare provider to use as the basis for the health/physical exam.
- Give a copy of the Health/Physical Examination Form to your healthcare provider to complete. *Be sure your healthcare provider stamps the bottom of the form with his/her office stamp.*
- Upload the completed Health/Physical Examination Form to your Castle Branch Account.
- Make an appointment with Student Disability Services *if* there are any conditions that may interfere with performance of essential duties and to determine what accommodations would be reasonable in a clinical setting.
- Save a copy of all documents for your personal files.

### **Essential Duties to Meet Clinical Requirements**

To enter into and to complete the nursing program, students must be able to meet the emotional and physical requirements of the School of Nursing and the agencies in which students are placed for clinical. Students and faculty are to work with Student Disability Services determine what accommodations would be reasonable in a clinical setting to meet these requirements.

#### **Emotional Requirements**

The student must have sufficient emotional stability to perform under stress produced by both academic study and the necessity of performing nursing care in real patient situations while being observed by the instructors and other health care personnel.

#### **Physical Requirements**

In order to participate in CSU, Fullerton's Nursing Program, students are required to travel to agencies and hospitals, and to 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.

2. **Mobility:** Sufficient to bend, stoop, 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; skin tone, color changes, dermatological conditions, non-verbal behaviors, changes in signs and symptoms of illness, health improvement or deterioration, etc.
6. **Hearing:** Hear and see patients, monitor signs and symptoms, hear alarms, patient voices, call lights, and assess patient conditions, non-verbal behaviors, changes in signs and symptoms of illness, health improvement or deterioration, hear through the stethoscope to discriminate sounds, and accurately hear on the telephone.
7. **Touch:** Ability to palpate both superficially and deeply and to discriminate tactile sensations.