■ PREPARTICIPATION PHYSICAL EVALUATION

HISTORY FORM

Note: Complete and sign this form (with your parents if younger than 18) before your appointment.

Name: NAOMI HOLMES Date of birth: 10/18/2010

Date of examination: 07/05/2022 Sport(s): cheerleading

Sex assigned at birth (F, M, or intersex): F How do you identify your gender? (F) M, or other): _____

List past and current medical conditions. n/a

Have you ever had surgery? If yes, list all past surgical procedures. n/a

Medicines and supplements: List all current prescriptions, over-the-counter medicines, and supplements (herbal and nutritional).

n/a

Do you have any allergies? If yes, please list all your allergies (ie, medicines, pollens, food, stinging insects).

No active medication allergies or reactions n/a

Patient Health Questionnaire Version 4 (PHQ-4)

*Over the last 2 weeks, how often have you been bothered by any of the following problems? (**check box next to appropriate number**)*

	Not at all	Several days	Over half the days	Nearly every day
Feeling nervous, anxious, or on edge	☒ 0	☐ 1	☐ 2	☐ 3
Not being able to stop or control worrying	☒ 0	☐ 1	☐ 2	☐ 3
Little interest or pleasure in doing things	☒ 0	☐ 1	☐ 2	☐ 3
Feeling down, depressed, or hopeless	☒ 0	☐ 1	☐ 2	☐ 3

(A sum of ≥3 is considered positive on either subscale [questions 1 and 2, or questions 3 and 4] for screening purposes.)

GENERAL QUESTIONS (Explain "Yes" answers at the end of this form. Circle questions if you don't know the answer.)	Yes	No
1. Do you have any concerns that you would like to discuss with your provider?	☐	☒
2. Has a provider ever denied or restricted your participation in sports for any reason?	☐	☒
3. Do you have any ongoing medical issues or recent illness?	☐	☒
HEART HEALTH QUESTIONS ABOUT YOU	**Yes**	**No**
4. Have you ever passed out or nearly passed out during or after exercise?	☐	☒
5. Have you ever had discomfort, pain, tightness, or pressure in your chest during exercise?	☐	☒
6. Does your heart ever race, flutter in your chest, or skip beats (irregular beats) during exercise?	☐	☒
7. Has a doctor ever told you that you have any heart problems?	☐	☒
8. Has a doctor ever requested a test for your heart? For example, electrocardiography (ECG) or echocardiography.	☐	☒

HEART HEALTH QUESTIONS ABOUT YOU (*CONTINUED*)	Yes	No
9. Do you get light-headed or feel shorter of breath than your friends during exercise?	☐	☒
10. Have you ever had a seizure?	☐	☒
HEART HEALTH QUESTIONS ABOUT YOUR FAMILY	**Yes**	**No**
11. Has any family member or relative died of heart problems or had an unexpected or unexplained sudden death before age 35 years (including drowning or unexplained car crash)?	☐	☒
12. Does anyone in your family have a genetic heart problem such as hypertrophic cardiomyopathy (HCM), Marfan syndrome, arrhythmogenic right ventricular cardiomyopathy (ARVC), long QT syndrome (LQTS), short QT syndrome (SQTS), Brugada syndrome, or catecholaminergic polymorphic ventricular tachycardia (CPVT)?	☐	☒
13. Has anyone in your family had a pacemaker or an implanted defibrillator before age 35?	☐	☒

NAOMI HOLMES

BONE AND JOINT QUESTIONS	Yes	No
14. Have you ever had a stress fracture or an injury to a bone, muscle, ligament, joint, or tendon that caused you to miss a practice or game?		X
15. Do you have a bone, muscle, ligament, or joint injury that bothers you?		X
MEDICAL QUESTIONS	**Yes**	**No**
16. Do you cough, wheeze, or have difficulty breathing during or after exercise?		X
17. Are you missing a kidney, an eye, a testicle (males), your spleen, or any other organ?		X
18. Do you have groin or testicle pain or a painful bulge or hernia in the groin area?		X
19. Do you have any recurring skin rashes or rashes that come and go, including herpes or methicillin-resistant *Staphylococcus aureus* (MRSA)?		X
20. Have you had a concussion or head injury that caused confusion, a prolonged headache, or memory problems?		X
21. Have you ever had numbness, had tingling, had weakness in your arms or legs, or been unable to move your arms or legs after being hit or falling?		X
22. Have you ever become ill while exercising in the heat?		X
23. Do you or does someone in your family have sickle cell trait or disease?		X
24. Have you ever had or do you have any problems with your eyes or vision?		X

MEDICAL QUESTIONS (*CONTINUED*)	Yes	No
25. Do you worry about your weight?		X
26. Are you trying to or has anyone recommended that you gain or lose weight?		X
27. Are you on a special diet or do you avoid certain types of foods or food groups?		X
28. Have you ever had an eating disorder?		X
FEMALES ONLY	**Yes**	**No**
29. Have you ever had a menstrual period?	X	
30. How old were you when you had your first menstrual period?	11	
31. When was your most recent menstrual period?	last week of may	
32. How many periods have you had in the past 12 months?	10	

Explain "Yes" answers here.

I hereby state that, to the best of my knowledge, my answers to the questions on this form are complete and correct.

Signature of athlete: Naomi Holmes

Signature of parent or guardian: mary K. H

Date: 7/5/2022

PREPARTICIPATION PHYSICAL EVALUATION

PHYSICAL EXAMINATION FORM

Name: NAOMI HOLMES Date of birth: 10/18/2010

PHYSICIAN REMINDERS

1. Consider additional questions on more-sensitive issues.
   - Do you feel stressed out or under a lot of pressure?
   - Do you ever feel sad, hopeless, depressed, or anxious?
   - Do you feel safe at your home or residence?
   - Have you ever tried cigarettes, e-cigarettes, chewing tobacco, snuff, or dip?
   - During the past 30 days, did you use chewing tobacco, snuff, or dip?
   - Do you drink alcohol or use any other drugs?
   - Have you ever taken anabolic steroids or used any other performance-enhancing supplement?
   - Have you ever taken any supplements to help you gain or lose weight or improve your performance?
   - Do you wear a seat belt, use a helmet, and use condoms?
2. Consider reviewing questions on cardiovascular symptoms (Q4–Q13 of History Form).

EXAMINATION			
Height: 59.45 in	Weight: 95 lbs 7 ozs		
BP: 106/70	Pulse: 82	Vision: R 20/ 70	L 20/ 70 Corrected: ☐ Y ☒ N
MEDICAL		**NORMAL**	**ABNORMAL FINDINGS**
Appearance • Marfan stigmata (kyphoscoliosis, high-arched palate, pectus excavatum, arachnodactyly, hyperlaxity, myopia, mitral valve prolapse [MVP], and aortic insufficiency)		☑	
Eyes, ears, nose, and throat • Pupils equal • Hearing		☑	
Lymph nodes		☑	
Heart[a] • Murmurs (auscultation standing, auscultation supine, and ± Valsalva maneuver)		☑	
Lungs		☑	
Abdomen		☑	
Skin • Herpes simplex virus (HSV), lesions suggestive of methicillin-resistant *Staphylococcus aureus* (MRSA), or tinea corporis		☑	
Neurological		☑	
MUSCULOSKELETAL		**NORMAL**	**ABNORMAL FINDINGS**
Neck		☑	
Back		☑	
Shoulder and arm		☑	
Elbow and forearm		☑	
Wrist, hand, and fingers		☑	
Hip and thigh		☑	
Knee		☑	
Leg and ankle		☑	
Foot and toes		☑	
Functional • Double-leg squat test, single-leg squat test, and box drop or step drop test		☑	

[a] Consider electrocardiography (ECG), echocardiography, referral to a cardiologist for abnormal cardiac history or examination findings, or a combination of those.

Name of health care professional (print or type): Barbara J. Washington, CPNP Date: 07/05/2022

Address: 297 Cooper Rd, Loganville, GA 30052 Phone: 678-381-2630

Signature of health care professional: BWashington CPNP, MD, DO, NP, or PA

Grayson Pediatrics
297 Cooper Road
Loganville, GA 30052
P: 678-381-2630 F: 678-381-2627

PREPARTICIPATION PHYSICAL EVALUATION

MEDICAL ELIGIBILITY FORM

Name: NAOMI HOLMES Date of birth: 10/18/2010

☒ Medically eligible for all sports without restriction

☐ Medically eligible for all sports without restriction with recommendations for further evaluation or treatment of

_____

_____

☐ Medically eligible for certain sports

_____

_____

☐ Not medically eligible pending further evaluation

☐ Not medically eligible for any sports

Recommendations: _____

_____

_____

I have examined the student named on this form and completed the preparticipation physical evaluation. The athlete does not have apparent clinical contraindications to practice and can participate in the sport(s) as outlined on this form. A copy of the physical examination findings are on record in my office and can be made available to the school at the request of the parents. If conditions arise after the athlete has been cleared for participation, the physician may rescind the medical eligibility until the problem is resolved and the potential consequences are completely explained to the athlete (and parents or guardians).

Name of health care professional (print or type): Barbara J. Washington, CPNP Date: 07/05/2022

Address: 297 Cooper Rd, Loganville, GA 30052 Phone: 678-381-2630

Signature of health care professional: BWashington CPNP, MD, DO, NP, or PA

SHARED EMERGENCY INFORMATION

Allergies: No active medication allergies or reactions

_____

_____

Medications: _____

_____

_____

Other information: _____

_____

_____

Emergency contacts: _____

_____

_____

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