

PEPA IN KANNE KIN MOUR EO AN

(Enaan: Pepa in ej kwonaan rinaninmij ak jinen im jemen/rikejbarok kanne mokta jen lolok takto. Takto ro kakwon juon kabe ilo rekoot ko an rinaninmij. Jikuul ko kakwon juon kabe ilo rekoot in jikuul an rijikuul eo ekkar nan aikuj ko iumwin Kakien eo kin Baamle Jelalokjen Maron im Kejbarok Melele (FERPA). Iumwin FERPA, rekoot in jikuul ko emaron koba rekoot in ejmour an rijikuul me rej bed iumwin kejbarok an jikuul ko.)



Jouj im scan QR code nan bok melele ko rekaal kin jiban ko ikijen mental health.

Etan: _____ Raan in lotak: _____

Kora ke Emaan: _____ Drettan: _____ Kilaaj: _____ Jikuul: _____ Ikkure (ko): _____

Uno im Men ko ej Kadoki: Jouj im laajrak aolep uno im baitamin (mar ko im nan jiban anbwini) ko takto ej kamelimi (prescription) ak uno ko kwoj wia jen mon wia ko im kwoj boki ilo torein.

Ewor ke men kwoj kadoke? Aet Jab Ne aet, jouj im kalikar men eo kwoj kadoke ilal.

Uno ko Pollen jen wut ko Mona ko Lon ko rej ikkuj

Ilowaan wiik ko ruo remootlok, jete alen am abunono kin joraan kein ilal??									
Kwalok uaak einwot 0 nan 3, kojerbal jonak in: 0 = Eje; 1 = Jet wot raan; 2 = Elonlak jen jimettan in raan ko; 3 = Eiten aolep raan									
Jidik wot limo ak monono in komman makutkut:	0	1	2	3	Inebata, buromoj, ak iejelok kejatdrikdik:	0	1	2	3

Enaan nan Takto ro: Ne koba in kureet eo ej 3 ak laplok, aikuj wor etale relaplok nan rijikuul eo kin PHQ-9 nan kakolkol ko ne ewor joraan jen buromoj (depressive disorder).

Kamelele "Aet" uaak ilal. Kadoluul kajjitok ko kwojaje uaak ko aer.

KAJJITOK KO EKKA AER KOMMAN	AET	JAB
1. Ewor ke jabdewot am inebata im kwokonaan kenaan ikaki ibben takto eo?		
2. Ewor ke takto ak bar juon rijerbal in jikin ejmour ear kamo ak kabojrak am bok kwonaan ilo ikkure kin jabdewot un ko?		
3. Ewor ke am naninmij jen jemaan ak raan kein?		
4. Ewor ke kar am naninmij jen COVID-19 im kwoj aikuj in drelon hospital?		
KAJJITOK KEIN REJ KWALOK NAN KIM KIN EJMOUR IN MENONO EO AM	AET	JAB
5. Kwonanin ke lotolok ak ebaak am lotolok ilo ak alikin am exercise?		
6. Kwonanin ke kar abunono, metak, kankan ak bwon ubom ilo am exercise?		
7. Menono eo am emokaj ke an bam, emakutkut lowaan ubom, ak ebojkrakrak ilo am exercise?		
8. Ewor ke takto ear jiron eok ke ewor am menono burablem? Ne aet, kalikar aolep kakalle kein: ___ Aibulat ___ Ettal menono ___ Lap kurijij (cholesterol) ___ Joraan menono ___ Naninmij in Kawasaki Bar juon: _____		
9. Ewoj ke an takto ortar am teej nan menono eo am? Waan jonok, electrocardiography (ECG) ak echocardiography.		
10. Kwoj ke adboluul ak kajinok jen ro mottam ilo ien ami exercise?		
11. Kwonanin ke kar dibububub?		
KAJJITOK KEIN REJ KWALOK NAN KIM KIN EJMOUR IN MENONO ILO BAAMLE EO AM. JOUJ IM UAAK JONAN WOT AM MARON.	AET	JAB
12. Ewor ke am baamle ak nukum ear mij jen naninmij in menono ak ejidimkij mokta jen 35 yio drettan (ekoba malon ak kuraj wa eo waan ilo ejelok melele)?		
13. Ewor ke ilo baamle eo am elon an burablem in menono jen ke ear lotak einwot hypertrophic cardiomyopathy (HCM), Marfan syndrome, arrhythmogenic right ventricular cardiomyopathy (AR VC), long QT syndrome (LQTS), short QT syndrome (SQTS), Brugada syndrome ak catecholaminergic polymorphic ventricular tachycardia (CPVT)?		
14. Ewor ke ilo baamle eo am ear kolaak an pacemaker ak batore ilo menono eo an mokta jen 35 yio drettan?		

KAJJITOK KEIN REJ KWALOK NAN KIM KIN JABDEWOT BURABLEM IN DI MAKOJ IM EMARON ABAN MAKUTKUT.	AET	JAB
15. Enanin ke kar rub ak joraan diim, majEl, kaneek, im makoj im ear komman am jako jen ien kamelimi ak ikkure?		
16. Ewor ke joraan in di, majEl, kaneek, ak makoj im ej komman am abunono?		
KAJJITOK KEIN REJ KWALOK NAN KIM KIN BURABLEM IN EJMOUR KO AM RAAAN KEIN AK JEMAAN	AET	JAB
17. Kwoj ke bokbok, ikijelok, ak aban am emenono ilo ien/alikin exercise?		
18. Ewor ke paat ejako einwot kitni, mej, bol (emaan ro), spleen, ak jabdewot paat in anbwini?		
19. Ewor ke metak turin kwoleem ak bolum ak metak in ebboj ak mojo turin kwoleem?		
20. Ewor ke idiid ak jepa kilum me ejaje jemlok, ak ej walok im jako, kobalok bok (herpes) ak methicillin-resistant Staphylococcus aureus (MRSA)?		
21. Enanin ke wor joraan ak itaak nan boraam (concussion) im ear kabok am lemnak, aitoak an metak boram, ak emelele?		
22. Enanin ke mej, nitoltol, ak mojno beium ak neem ak kwojjab maron kamakut beium ak neem alikin am itaak ok okjak?		
23. Kwonanin ke kar naninmij ilo ien exercise ne elap bwil?		
24. Ewor ke ibbam ak juon armij ilo baamle eo am naninmij in sickle cell?		
25. Kwonanin ke kar, ak ewor ke burablem ilo mejam ak am erre?		
KAJJITOK KEIN REJ KWALOK NAN KIM ELANE KWUJ KANNE ANBWANNUM KIN KEIN KAKAJUOR NE KWUJ EXERCISE	AET	JAB
26. Kwoj inebata ke kin jonan baunum?		
27. Kwoj kajjeon in ak ewor ke ear rejan eok nan kakileplep/kaidikdik?		
28. Ejenolok ke taet ak mona ko kijum ak ewor ke kain mona emo am kani?		
29. Enanin ke kar wor am burablem ikijen am mona?		
30. Kwonanin ke jinoo mejen allon? (Ne aet, jouj im uaak kajjitok kein.)		
31. Jete am yio ien eo kwar jinoo mejen allon? _____		
32. Naat eo aliktata kwar mejen allon? _____		
33. Jete katten am mejen allon ilo allon ko 12 remootlok? _____		

Kamelele "aet" uaak ko ijin: _____

Ij kallikar ijin ke, ilo jonan wot ao maron im melele, uaak ko ao nan kajjitok kein lon rededelok im jimwe.

Jain eo an Rikkure _____ Jain eo an Jinen ak Jemen/RiKejbarok _____ Raan in Jain _____

ORS 336.479, Section 1 (3) " Juon bukun in jikuul ej aikuj kakien bwe rijikuul ro im rej bok kwonaer ilo ikkure ko an jikuul ilo kilaaj 7 nan 12 ren komman physical aolep ruo yio." Section 1(5) "Jabdewot physical im ej loor section in ej aikuj in komman jen juon (a) takto ewor an laijen in takto (medicine); (b) naturopathic takto ewor an laijen; (c) physician assistant ewor an laijen; (d) certified nurse practitioner ewor an laijen; ak (e) chiropractic takto ewor an laijen im ewor an kamelimi im kabeel ilo kakolkol naninmij im joraan ko an menono."

Form adapted from ©2023 American Academy of Family Physicians, American Academy of Pediatrics, American College of Sports Medicine, American Medical Society for Sports Medicine, American Orthopedic Society for Sports Medicine, and American Osteopathic Academy of Sports Medicine. OHA mental health related resources can be found on the OSAA website via the QR code above or at <https://www.osaa.org/resources>.

PEPA IN KANNE NAN ETALE ANBWIN (PHYSICAL)

(Enaan: Takto ra kakwon juon kabe ilo rekoot ko an rinaninmij. Jikuul ko kakwon juon kabe ilo rekoot in jikuul an rijiikuul eo ekkar nan aikuj ko iumwin Kakien eo kin Baamle Jelalokjen Maron im Kejbarok Melele (FERPA). Iumwin FERPA, rekoot in jikuul ko emaron koba rekoot in ejmour an rijiikuul me rej bed iumwin kejbarok an jikuul ko.)



Jouj im scan QR code nan bok melele ko rekaal kin jiban ko

Raan in Etale: _____

Etan: _____ Raan in lotak: _____

Kora ak Emaan: _____ Drettan: _____ Kilaaj: _____ Jikuul: _____ Ikkure (ko): _____

ETALE		
Aitok in:	Eddo in:	Kuriij (BMI) %:
BP: _____ / _____ (_____ / _____)	Jonan an bam menono (Pulse): _____	Kajoor in Erre R 20/ _____ L 20/ _____ Kajimwe <input type="checkbox"/> AET <input type="checkbox"/> JAB
EJMOUR IN ANBWINNIN	EJELOK JORAAN	JORAAN EMOJ AER LOI
Rokjin		
Mejen/lojlinin/botin/buruon		
Lymph node ko		
Menono •Ainikien an Botoktok Itotak (murmur) (auscultation standing, supine, ibben im ejjab ibben Valsalva)		
Jonan an bam (pulse ko)		
Arin		
Lojeen		
Kulin		
Nob ko (neurologic)		
MAJEL IM DI		
Kenwaan		
Likin		
Airan/bein		
Makoj in bein (elbow)/bein (forearm)		
Kwolele in bein (wrist)/bein/adiin bein		
Katin/neen (thigh)		
Bukien neen		
Neen (leg)/kwolele in neen (ankle)		
Neen (foot)/adiin neen		

- Kamelim nan aolep ikkure ejelok bobrae ko
- Kamelim nan aolep ikkure ejelok bobrae ko botaap rejan bwe en wor etale ak kamadmod nan:
- Ejjab melim
 - Kottar an dedelok etale ko jet
 - Nan jabdewot ikkure
 - Nan jet ikkure: _____

Unin: _____

Rejan ko: _____

Emoj ao etale rijiikuul in ebed etan ilon im kadedelok ao etale mokta jen an bok kwonaan. Rikkure eo ejelok jabdewot uwata nan e elane enaaj kamelmel ak bok kwonaan ilo ikkure (ko) einwot an lajtrak ilon. Juon kabe in etale anbwin ebed ilo rekoot ko an obiij eo im jemaron jilkinlok nan jikuul eo ne ewor kajitok jen jinen im jemen. Ne enaaj wor oktak nan e alikin kamelim an bok kwonaan, takto eo emaron ukot uaak eo an mae ien emmane burablem eo im emoj an kameleleiki nan rikkure eo (im jinen im jemen/rikejbarok eo) kin aban ko remaron walok. Pepa in ejelok oktak jen pepa in kanne eo kio im emoj an Ra eo an Jelalokjen an State kawepene im ej kajitok eja kajitok ko kin mour eo an im alikar ko jen etale in anbwin ak physical. Emoj ao bar etale "Wawein ko Rekkar nan komman Etale (Suggested Exam Protocol)".

Etan Takto (jeiki/taip): _____ Raan in Kanne: _____

Atorej: _____ Talebon: _____

Jain eo an Takto: _____

ORS 336.479, Section 1 (3) "A school district shall require students who continue to participate in extracurricular sports in grades 7 through 12 to have a physical examination once every two years." Section 1(5) "Any physical examination required by this section shall be conducted by a (a) physician possessing an unrestricted license to practice medicine; (b) licensed naturopathic physician; (c) licensed physician assistant; (d) certified nurse practitioner; or a (e) licensed chiropractic physician who has clinical training and experience in detecting cardiopulmonary diseases and defects."

Form adapted from ©2023 American Academy of Family Physicians, American Academy of Pediatrics, American College of Sports Medicine, American Medical Society for Sports Medicine, American Orthopedic Society for Sports Medicine, and American Osteopathic Academy of Sports Medicine. OHA mental health related resources can be found on the OSAA website via the QR code above or at <https://www.osaa.org/resources>.

MAJEL IM DI (MUSCULOSKELETAL)

RiNanimij eo en:

1. Jutak im kalimjek rietale eo
2. Lale ceiling, floor, ioon airan, lojlilnin en jibwe airan
3. Kotak airan (uun lallak)
4. Erloke im kotak beium im airam ilo 90 tikiri, kakankan
5. Erloke nabojlok im karoolool beium
6. Kakankan im kabellek makoj in beium (elbow)
7. Katoto beium, erlore makoj in beium ilo 90 tikiri, kabedo/kajedelan beium
8. Kamelo adiin beium, nukuj beium
9. Kakankan majel in neem (quadricep), erloke quadricep
10. "Etetal in dak" 4 jorjor jen rietale eo
11. Jutak jitlok jen rietale eo
12. Kajimwe neem, jibwe adiin neem
13. Jutak kin jimun neem (heel), innem adiin neem

Lale:

- AC makoj ko (joints), anbwiniin
- Makutkut in dilepin
- Kajoor in Trapezius
- Kajoor in Deltoid
- Makutkut in Airan
- Makutkut in Makoj in Bein
- Makutkut in Makoj (elbow) im Kwolele in Bein
- Makutkut in bein im adiin bein, joraan ko
- Jokwun wot juon im ebboj (effusion) in bukien/kwolele in neem
- Makutkut in katin, bukien im kwolele in neem
- Jokwun wot juon airan, eib dilepin (scoliosis)
- Scoliosis, makutkut in katin, ajaj in neem
- Jokwun wot juon ajaaj in neem, kajoor in neem

ETALE AINIKIEN AN BOTOKTOK ITOTAK – Ronjak emenono (auscultation) ej aikuj komman ilo an jijet, jedelan, jijet jibilele (squat) ilo juon ruum ejelok keroro ie kojerbale majel in diaphragm im bell in kein ronjake (stethoscope).

Auscultation ej kwalok:

1. Bidodo ronjake S1; ejelok ainikien (holosystolic) emera, etta ainikien
2. Emman S2
3. Ejjab uteej ainikien (ejection ak mid-systolic click)
4. Wonmaanlok in diastolic murmur ejako
5. Ejelok kakalle in early diastolic murmur
6. Emman an bam eke killep ilo neem (femoral)
(Jonan wot ibben an bam eke ilo beium (brachial) ilo kajoor im makutkut)

Ej kwalok ke ejelok:

- VSD im ettal (mitral regurgitation)
- Joraan ilo eke in menono (tetralogy), ASD im pulmonary hypertension
- Aidik majel eo bam botoktok (aortic stenosis im pulmonary stenosis)
- Patent ductus arteriosus
- Aortic insufficiency ak mojno
- Coarctation

ITAAK BORAN (CONCUSSION) – Naat rikkure eo emaron jinoo ikkure alikin an concussion?

Alikin an wor concussion, ejelok juon rikkure ej aikuj rool im ikkure ak kamemel ilo raan eo ej walok menin. Moktalok, rikkure remaron rool im ikkure ne ejelok kakalle alikin 15 minit jen ien joraan eo. Katok ko rej kwalok ke kamelij ko rejjab ritto (an ajiri ro) ejjab mokaj aer mo, innem Jikin Kwelok eo Elap an Oregon (Oregon Legislature) emoj an kaweppen juon kakien ke ejelok juon rikkure emaron rool im ikkure alikin an wor concussion ilo raan eo wot im riikkure ej aikuj in bok melim jen jikin takto mokta jen aer maron rool in ikkure ak kamemel.

Kadiwojlok, Juon Ne Maanlok-Nan Rool-im Bok Kwonaan: Diwojlok in pepa in takto ej aikuj jen **ORS 336.485, ORS 417.875** mokta jen rool in bok kwon.

1. Kakalle-Jidik Wot Makutkut: Kakije tarin 48-72 awa. Emman makutkut ko redrik im emman jonan nan kamelij. Emaron koba bed wot mweo mom ak kadrik awa in jikuul im/ak homework. Jinoo kake makutkut jiddik aolep raan ilo am kadriklok kakalle ko.
2. Exercise im Makutkut Jiddik ko: Etetal ak bajikol lowaan em ilo jonan en emman; ejelok exercise ak ikkure ko ibben ro jet, kakankan anbwiniin ak ekotak baun ko.
3. Exercise ko an Juon Kain Ikkure: Aikwijj, tiribol basketball ak soccer; ejelok helmet ak kein ikkure ko, ejelok makutkut ko im rej jelet baran armij.
4. Training ko Ejelok Kapaak Armij: Komman kamemel ilo an kojerbal aolep kein jermal ko (equipment). Emaron jinoo kamemel ko einwot ekotak baun ak kankan anbwiniin.

****Mokta jen jinoo bar juon bunton, rikkure eo ej aikuj in mour jen joraan eo an, bok melim jen takto, im bed ilo jikuul ilo ejelok oktak ak jiban ko nan e.**

5. Kamemel ibben Ro Jet: Jinoo bok kwonaam ilo makutkut ko an training.
6. Ejelok Bobrae Rool-im-Bok Kwonaan/ Jiei ilo Aolep Ikkure: Ikkure ibben kumi eo am ilo ien jie ko.

Rikkure eo ej aikuj bed en jab drik jen juon raan ilo kajojo bunton ne. Ne kakalle ko rebar walok, rikkure ei aikuj bojrak makutkut eo im kirluk ritjemlok ro ilo training ak takto ro. Ekkar nan kakalle ko an im jonan aer kautata, rikkure eo emaron in kakije 24 awa innem jinoo juon makutkut lal in lebol eo ien eo ear jinoo walok kakalle ko. Kadiwojlok ekkar nan aolep makutkut koba ikkure im kilaa in PE ko.

581-021-0041 Pepa in Kanne im Bunton ko nan Etale ak Physical nan Ikkure ko

1. Ra eo an Jelalokjen an State emoj an kaweppen pepa in kanne etan in "Etale Mokta jen Bok Kwonaan ilo Ikkure ko an Jikuul " komman ilo Ebrol 2023 ej pepa eo im ej aikuj in jermal nan komman physical ko im ej kalajarak bunton ko nan komani physical kein. Pepa in emaron jermal ilo juon pepa kabe ak electronic kabe. Takto ro remaron kojerbal wawein aer kakwon melele ilo electronic ko aer nan komman electronic kabe. Takto ro rej komman etale kein nan rijikuul ro rej bok kwonaer ilo makutkut ko an jikuul ilo kilaa 7 nan 12 rej aikuj kojerbal pepa in.
2. Ne pepa in ej komman jen electronic rekoot ko an takto, ej aikuj likit naan kein lon in jain eo an takto eo:
Pepa in ejelok oktak jen pepa in kanne eo kio im emoj an Ra eo an Jelalokjen an State kawepene im ej kajitok eja kajitok ko kin mour eo an im alikar ko jen etale in anbwiniin ak physical. Emoj ao bar etale "Wawein ko Rekkar nan komman Etale (Suggested Exam Protocol)".
3. Takto ro rej komman etale ko ilo ak alikin Mei 1, 2018 im mokta jen Mei 1, 2023 rej aikuj kojerbal pepa eo komman ilo Mei 2017.
4. Takto ro rej komman etale ko ilo ak alikin Mei 1, 2023 im mokta jen Mei 1, 2024 remaron kojerbal pepa eo komman ilo Mei 2017 ak pepa ear oktak ilo Ebrol 2023.
5. Takto ro rej komman etale ko ilo ak alikin Mei 1, 2024 rej aikuj kojerbal pepa eo komman ilo Ebrol 2023.

ENAA: Pepa in ebed ilo Oregon School Activities Association (OSAA) website ilo <https://www.osaa.org/health-safety>.
Maron eo an State/Bar juon: ORS 326.051
Statutes/Other Implemented: ORS 336.479