PHYSICAL FORMS - COVERPAGE

We look forward to your upcoming Physical Exam at Desai Medical Center

Please complete and submit the Physical Forms before your visit.

This will help expedite your appointment and reduce physical interactions at the office.

If you do not submit your forms before your visit, we may have to reschedule your appointment.

PDF PAGE #	FORM TYPE	NOTES/INSTRUCTIONS Do not leave any blank responses – put "None" or "N/A"
1	Coverpage	• Outline and instructions for Physical Forms
2	COVID-19 Checklist	• Answer "Yes" or "No"

3	Preventive Care Recommendations	• Write your responses under the **Previous** column
		  ○ If you do not remember the exact date, put month/ year
		• Write your responses under the **Family History** sections
		  ○ Identify family member to cancer/condition

4	Physical Questionnaire	• Write your responses under the **Patient's Response** column
5	Physical Questionnaire - Diagram	• Checkmark what applies to you • Mark the diagram to indicate any problem areas
6	Patient Care Team	• Provide information about the other doctors you see • If you see a physician whose specialty is not listed, please provide their information

Forms should be filled out electronically

- Use *Adobe Reader*
  - Open the PDF in Adobe Reader
  - Go to *Tools*
  - Select *Fill & Sign*
- After you complete your forms, make sure to add your name (LAST, First) in the file name when you *Save*

If you do not have Adobe Reader, download it for free, https://acrobat.adobe.com/us/en/acrobat/pdf-reader.html

Forms should be submitted electronically

- Use *MedTunnel*
  - Log in to MedTunnel with your ID and PW
  - Click *Compose Message*
  - In the *To* field – Enter our MedTunnel ID, DesaiMedicalCenter
    - If it says "No matches found" – ignore it
  - In the *Message* field – Type any message you want to send
  - In the *Attachments* section – Drag and drop the files you want to send
  - Click *Send*

If you do not have a MedTunnel ID, sign up for free, https://server.medtunnel.com/SignUp.aspx#form1

COVID-19 Checklist

Last Name:_____ **First Name:**_____ **DOB:**_____ **Date:**_____

Write "Yes" or "No" in the appropriate column	YES	NO
1. Are you exposed to anyone with a confirmed diagnosis of COVID-19?		
2. Are you exposed to anyone who may have an unconfirmed diagnosis of COVID-19?		
3. Have you attended any gatherings or parties in the last 14-21 days where there is a group of people?		
4. Have you had any recent domestic or international travel in the last 14-21 days?		
5. Have you been in contact with anyone who came from overseas in the last 14-21 days?		
6. Has anyone arrived to your home or work from overseas in the last 14-21 days?		
7. Are you experiencing any flu-like symptoms?		
8. Any fever?		
9. Any headache?		
10. Any loss of smell?		
11. Any dry coughing?		
12. Any throat pain?		
13. Any tightness in the throat?		
14. Any increased shortness of breath with activity?		
15. Any chest pain?		
16. Any back pain, muscle pain, or leg pain?		
17. Any nausea without vomiting?		
18. Any vomiting?		
19. Any abdominal discomfort?		
20. Any eye symptoms, including redness or watering?		
21. Any skin changes or manifestations?		
22. Any repeated body chills?		
23. Are you able to hold your breath for 30 seconds to 1 minute?		
24. Have you been tested for COVID-19 in the last 6 months? (nasal swab)		
If YES – how many times and what were the results?		
25. Have you been tested for COVID-19 Antibodies in the last 6 months? (blood draw)		
If YES – how many times and what were the results?		
ADDITIONAL COMMENTS/SYMPTOMS		
PHYSICIAN'S COMMENTS		

_____ _____

Patient's Signature Physician's Signature

_____ _____

Date Date

Desai Medical Center's
Preventive Care Recommendations - Female

Last Name: _____ **First Name:** _____ **Account#:** _____

DOB: _____ **Age:** _____ **Date of Encounter:** _____

*In the **Previous** column – write down the last time you had the following services*	**PREVIOUS** ●	**2021**	**COMMENT**
Eye Exam *Every 1 Year, After 35*			☐ Refused
Gynecological Exam *Every 1 Year, After 21*			☐ Refused
Dental Exam *Every 6 Months, From young age*			☐ Refused
Shingles Vaccine *Once in lifetime, 2 Doses*			☐ Refused
Prevnar 13 Vaccine *1 Dose, After 65*			☐ Refused
Pneumovax 23 Vaccine *Every 5 Years, After 65*			☐ Refused
Flu Vaccine *Every 1 Year, In the Fall*			☐ Refused
COVID-19 Vaccine *Dose 1 and Dose 2*			☐ Refused
Digital Mammogram *Every 1 Year, After 40*			☐ Refused
Mammogram Recall			☐ Refused
Bone Density *Every 2 Years, After 65*			☐ Refused
Low Intensity CT Screening *Annual, Ages 55 – 77* *Smoking history of 30 pack-years* *No signs or symptoms of lung cancer*			☐ Refused
Hepatitis C Screening *Once in Lifetime, Born 1946-1964*			☐ Refused
Colonoscopy Screening *Frequency depends on findings, After 45*			☐ Refused

● **Family History of <u>any</u> Medical Conditions** (*EX: hypertension, diabetes, sudden death, stroke, etc)*

● **Family History of <u>any</u> Cancer**

● **COMMENTS**

All Preventive Care Recommendation Guidelines are generalized. Guidelines may change depending on the individual's allergies, medical status, and medical conditions or changes made to the National Guidelines.

Patient's Signature: _____ **Physician's Signature:** _____

Date: _____ **Date:** _____

Desai Medical Center's
Physical Questionnaire 2021

Last Name: _____ **First Name:** _____ **Account#:** _____

DOB: _____ **Age:** _____ **Date of Encounter:** _____

*Write your responses in the **Patient's Response** column*	**Patient's Response** ●	**MD Record**
NEW Medical History		
NEW Family History		
NEW Allergy		
NEW Medications		
ER Visit		
Hospital Admission		
Surgery in Last 1 Year		
Upcoming Surgery		
Travel in Last 1 Year		
Upcoming Travel		☐ Business ☐ ☐ Pleasure
12 Lead EKG		☐ Normal ☐ Abnormal
Upper GI Endo (EGD)		
Colonoscopy		
Dental Examination		
Eye Examination		
Gynecology Consult	☐ Exam ☐ PAP ☐ STD	
Alcohol	☐ Yes Amount: ☐ No	
Smoking	☐ Yes How much: ☐ No How long:	
Substance Use	☐ Marijuana ☐ Cocaine ☐ LSD ☐ IV ☐ Heroine	
Commute to Work	Hours: New Job? Days: ☐ Yes ☐ No	
Vaccinations		
Self Breast Exam	☐ Yes ☐ No	☐ Educated
Mammogram	☐ Yes ☐ No ☐ Recall	
Bone Dexa Scan		

Patient's Signature: _____ **Physician's Signature:** _____

Date: _____ **Date:** _____

Desai Medical Center's Physical Questionnaire 2021

Last Name: _____ **First Name:** _____ **Account#:** _____

DOB: _____ **Age:** _____ **Date of Encounter:** _____

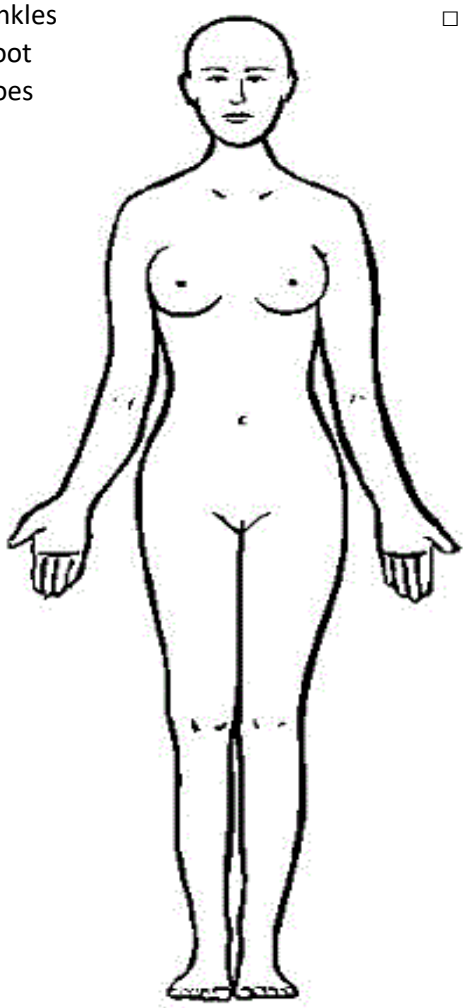
Joints
- ☐ Neck
- ☐ Shoulder
- ☐ Elbow
- ☐ Wrist
- ☐ Fingers
- ☐ Back
- ☐ Hip
- ☐ Knees
- ☐ Ankles
- ☐ Foot
- ☐ Toes

Eyes
- ☐ Glasses Present
- ☐ How long
- ☐ Contacts
- ☐ Lasik
- ☐ Dry Eye
- ☐ Cataract

Skin
- ☐ Dry
- ☐ Scar
- ☐ Hyperpigmentation
- ☐ Hypopigmentation
- ☐ Acne
- ☐ Skin Tag
- ☐ Mole
- ☐ Hair
- ☐ Tattoo

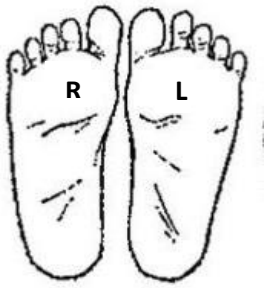
Teeth
- ☐ Stain
- ☐ Filling
- ☐ Crowding
- ☐ Cavities
- ☐ Crown
- ☐ Gums
- ☐ Manuel Dentures
- ☐ Fixed Dentures
- ☐ Full Dentures
- ☐ Partial Dentures
- ☐ Root Canal

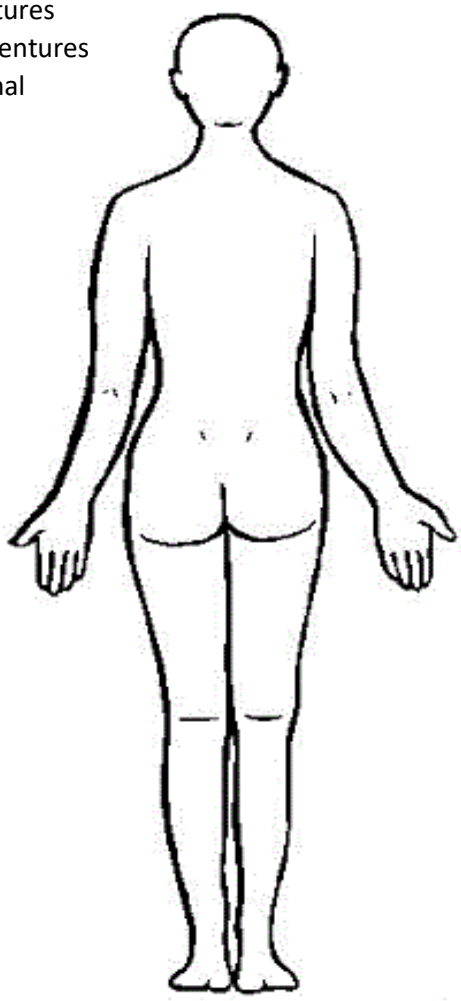
Nail
- ☐ Fungus Nail
- ☐ Nail Infection
- ☐ Overgrown Nail: Hand or Feet
- ☐ Brittle Nail: Hand or Feet



Abdomen
- ☐ Scar:
- ☐ Hernia:
- ☐ Distention

Feet
- ☐ Dry
- ☐ Callosities
- ☐ Discoloration
- ☐ Bunion
- ☐ Flat Feet





Vaccine
- ☐ COVID-19, Dose 1
- ☐ COVID-19, Dose 2
- ☐ Hepatitis B
- ☐ Herpes Zoster
- ☐ Influenza
- ☐ MMR
- ☐ Pneumovax 23
- ☐ Prevnar 13
- ☐ TB Gold
- ☐ Td/Tdap
- ☐ Zostavax

Radiology/Procedures
- ☐ Bone Density
- ☐ CT
- ☐ Mammogram
- ☐ MRI
- ☐ PET Scan
- ☐ Ultrasound
- ☐ X-Ray
- ☐ Colonoscopy
- ☐ Echocardiogram
- ☐ EGD
- ☐ Nuclear Stress Test

Consultation
- ☐ Bariatric
- ☐ Cardiology
- ☐ Dentist
- ☐ Dermatology
- ☐ Endocrinology
- ☐ Gastroenterology
- ☐ Gynecology
- ☐ Nephrology
- ☐ Ophthalmology
- ☐ Orthopaedic
- ☐ Podiatry
- ☐ Rheumatology
- ☐ Urology

ADDITIONAL COMMENTS:

PATIENT CARE TEAM

Last Name:_____ First Name:_____ DOB:_____ Date:_____

Please tell us about the other doctors, therapists, and healthcare workers involved in your care so we can better manage and coordinate your health.

Specialty/Role	First & Last Name	Practice/Organization	Address	Phone	Last Visit
Cardiologist					
Dentist					
Dermatologist					
Endocrinologist					
Gastroenterologist					
Gynecologist					
Nephrologist					
Ophthalmologist					
Orthopaedic					
Podiatrist					
Pulmonologist					
Rheumatologist					
Urologist					

_____ _____

Signature Date