

AGE 60 EVALUATION (FIRE PERSONNEL)

Name: _____
 Employee #: _____ DOB: _____ Date: _____
 Contractor: _____

COMMENTS: Triage all to "OHP Review." Exams may include Firefighters and Fire Pilots. For Firefighters, review your clinic's records and/or contact OHP to determine if a treadmill was done in the prior 12 months, and if so, whether VO2 was ≥ 33.5 ml/O2. Without documentation of ≥ 33.5 ml/O2 in the prior 12 months, a treadmill is now required. Those currently testing < 33.5 will be allowed to continue working past age 60, but reported to the Fire Department for fitness training.

PACKAGE: (record results on Employee Examination Data form) E26

- _____ Ht/Wt
- _____ Neck Circumference
- _____ Dipstick urinalysis for glucose, protein, and blood
- _____ Blood pressure, pulse rate, rhythm
- _____ Far acuity: Corrected OU, OS, OD (Titmus) -- if $> 20/20$ either eye, see below
- _____ Audiogram
- _____ EKG
- _____ Physical Examination, Complete plus neck circumference
- _____ Review of Age 60 (Fire Personnel) Questionnaire

REFLEXIVE TESTING:

Clinical Findings:

Testing Required:

Dipstick (+) for blood unless menses	▶ _____	Urinalysis, Complete	A63
Dipstick (+) for glucose	▶ _____	Hemoglobin A1c	A29
Dipstick (+) for protein	▶ _____	Urinalysis, Complete	A63
Vision/Far, Corrected $> 20/40$ either eye	▶ _____	B.L. or ETDRS wall chart	A68
Vision/Far, Corrected $> 20/20$ either eye if pilot	▶ _____	B.L. or ETDRS wall chart	A68
VO2 < 33.5 ml/O2 measured in last 12 months	▶ _____	CST if Firefighter	A09
VO2 not measured in last 12 months	▶ _____	CST if Firefighter	A09

Internal Medicine Concerns:

Testing Required:

Alcohol Abuse, such as DUI within last 2 years	▶ _____	Blood Chemistry Panel	A03
	▶ _____	CBC with differential	A04
	▶ _____	HDL	A27
Diabetes	▶ _____	Hemoglobin A1c	A29
Thyroid, Rx or disease in last 2 years	▶ _____	TSH	A62

[See next page]

Medication Concerns:**Testing Required:**

Butalbital (Fioricet) use in last 6 months, but denies use in last month	▶	_____ Butalbital (urine)	A91
Carbamazepine, current use for seizures	▶	_____ Carbamazepine (serum)	A08
Depakote, current use for seizures	▶	_____ Depakote (serum)	A20
Carisoprodol (Soma), use in last 6 months, but denies use in last month	▶	_____ Carisoprodol (urine)	A92
Hydrocodone (Vicodin) use in last 6 months, but denies use in last month	▶	_____ Hydrocodone (urine)	A87
Cyclobenzaprine (Flexeril), use in last 6 months, but denies use in last month	▶	_____ Cyclobenzaprine (urine)	A93
Lithium, current use	▶	_____ Lithium (serum)	A36
Oxycodone (Percocet) use in last 6 months, but denies use in last month	▶	_____ Oxycodone (urine)	A89
Phenytoin (Dilantin), current use for seizures	▶	_____ Phenytoin (serum)	A42
Propoxyphene (Darvocet) use in last 6 months, but denies use in last month	▶	_____ Propoxyphene (urine)	A88
Tramadol (Ultram) use in last 6 months, but denies use in last month		_____ Tramadol (urine)	A90
Valproic Acid, current use for control of seizures	▶	_____ Valproic Acid (serum)	A66