※menstrual☐Yes☐No

National Kaohsiung University of Science and Technology

(□Jiangong□Yanchao□First□Nanzih□Cijin)

Student Health Information Card (English version)

Student No.	

Basic Information

Enrollment Date	(yy)/(mm)	Dept./Institute/Program					Name	
Date of Birth	(yy)/(mm)/(dd)	Blood Type		Gender	☐ M ☐ F	I.D. No.		
Permanent address							Cell phone	
Mail address	☐As above							
Emergency contact	Relationship	Name	Phone (home)	Phone (work)				
							Student's E-mail	

Health Information

Please tick of the ailments you have had (please add details for 13. to 18.):

☐ 1. None ☐ 6. Kidney disease ☐ 11. Arthritis ☐ 16. Major surgery:_____

☐ 2. Tuberculosis ☐ 7. Epilepsy ☐ 12. Diabetes mellitus ☐ 17. Allergy:_____

☐ 3. Heart disease ☐ 8. SLE (Lupus) ☐ 13. Psychological or mental illness:_____ ☐ 18. Other: _____

☐ 4. Hepatitis ☐ 9. Hemophilia ☐ 14. Cancer: _____

☐ 5. Asthma ☐10. G6PD deficiency ☐ 15. Thalassemia:_____

High myopia: Do you currently have myopia greater than 500 degrees (near-sightedness -5.00 diopters) in either eye?☐0. No ☐1. Yes ☐2.Unknown

Holder of Catastrophic Illness (including Rare Disease) Certificate: ☐0. No ☐1. Yes - Category: _____

Holder of Physical/Mental Disability Manual ☐0. No ☐1. Yes Category: _____

Level: ☐1.Mild ☐2. Moderate ☐3. Severe ☐4 Profound

Special disease status or matters needing attention: ☐0. No ☐1. Yes (please describe):

If you are being treated for, or recovering from, any of the above or some other disease, please inform the medical personnel and also provide your medical records for the healthcare professionals' reference.

Family medical/disease history:

Relative with hereditary disorder: ☐0. No ☐1. Yes, Name of disease _____ ☐2.Unknown

Relatives of family members suffering from major hereditary disorder:_____ Name of disease_____

Regular Lifestyle

Tick the boxes that best describe your lifestyle:

1. How much did you sleep during the past 7 days (not including weekends, or days off)?
   ☐①≥7 hours a day ☐②<7 hours a day ☐③I suffer from insomnia.
2. How often did you eat breakfast in the past 7 days *(not including weekends, or days off*)?
   ☐⓪Never ☐①Some days:___days. ☐②Every day (Eat: before 9:00 ☐Yes ☐No; after 9:00 ☐Yes ☐No)
3. During the past 7 days, how many days did you do moderate/high intensity exercise (that is, you could talk but not sing while performing the exercise), such as sports, fitness, commuting, and recreational physical activities for at least 10 minutes each time per day? ☐⓪0 days ☐①1 day ☐②2 days ☐③3 days ☐④4 days ☐⑤5 days ☐⑥6 days ☐⑦7 days
4. During the past month, did you use tobacco (cigarettes, e-cigarettes, or iQOS)? ☐①Not at all
   ☐②Some days -please tick: ☐ⓐcigarettes ☐ⓑe-cigarettes ☐ⓒiQOS (multiple choice)
   ☐③Every day - please tick: ☐ⓐcigarettes ☐ⓑe-cigarettes ☐ⓒiQOS (multiple choice) ☐④I have quit
5. During the past month, did you drink alcohol? ☐①Not at all ☐②Some days
   ☐③ Every day - please tick how many: ☐ⓐ2 drinks or more ☐ⓑ1 drink ☐ⓒless than 1 drink ☐④I have quit
   (Note: 1 'drink' means: 330 ml of beer, 120 ml of wine, 45 ml of spirits)
6. During the past month, did you chew betel nut? ☐①Not at all ☐②Some days ☐③Every day ☐④ I have quit
7. Do you feel depressed? ☐⓪Not at all ☐①Sometimes ☐②Often
8. Do you feel worried? ☐⓪Not at all ☐①Sometimes ☐②Often
9. During the past 7 days, how often did you defecate?
   ☐①At least once a day ☐②Once in 2 days ☐③Once in 3 days ☐④ Once in 4 or more days
10. During the past 7 days (not including weekends, or days off), how many hours did you use the internet everyday, apart from when doing homework or in class? ☐①less than 2 hours ☐②2-4 hours ☐③4 hours or more:___hours
11. How many times do you usually brush your teeth a day? ☐⓪None ☐①Once ☐②Twice ☐③3 or more times
12. How often do you have a dental checkup even if there's no toothache or other oral discomfort?
    ☐①Once every 6 months ☐②Once a year ☐③More than one year ☐④Never
13. Menstrual cycle – *female students*: Do you have painful menstrual periods?
    ☐①No ☐②Light pain ☐③Severe pain ☐④ Unknown/Declined to answer

Health Self–

1.During the past month, would you say your health condition is ☐①Excellent ☐②Good ☐③Average ☐④Fair ☐⑤Poor

2.During the past month, would you say your mental health condition is ☐①Excellent ☐②Good ☐③Average ☐④Fair ☐⑤Poor

※ Do you currently have any health concerns? ☐0. No ☐1. Yes

※ Do you need the university/college to provide any assistance? ☐0. No ☐1. Yes

Health Examination Record (to be completed by medical personnel)	Date: Day_____ Month_____ Year_____	Examiner's Signature
Height:_____cm Weight:_____kg	☐ Waistline:_____cm※	
Blood Pressure:_____/_____mmHg Pulse rate: _____/min ※		
Vision: Uncorrected: Right_____Left_____ Corrected: Right_____Left_____		

Eyes	☐ Normal	☐Color vision deficiency △ ☐Other:	
ENT	☐ Normal	Hearing abnormality: ☐Left ☐Right ☐Suspected otitis media, such as from a perforated ear drum △ ☐Swollen tonsils △ ☐Earwax embolism △ ☐Other:	
Head & Neck	☐ Normal	☐Wry neck (torticollis) ☐Abnormal mass ☐Other:	
Chest	☐ Normal	☐Cardiopulmonary disease ☐Abnormal thorax ☐Other:	
Abdomen	☐ Normal	☐Abnormal swelling ☐Other:	
Spine &limbs	☐ Normal	☐Scoliosis ☐Limb deformity ☐Difficulty squatting ☐Other:	
Skin	☐ Normal	☐Ringworm ☐Scabies ☐Wart ☐Atopic dermatitis ☐Eczema ☐Other:	
Oral Health Screening	☐ Normal	Untreated caries: ☐0.No ☐1.Yes Missing tooth (been extracted due to caries): ☐0.No ☐1.Yes Filled tooth : ☐0. No ☐1. Yes Gingivitis※: ☐0. No ☐1. Yes Dental calculus or tartar※: ☐0.No ☐1.Yes ☐Poor oral hygiene ☐Malocclusion ☐Other	
Summary	☐ Normal ☐ Requires a consultation with : ☐ Other:		Stamp of hospital/clinic where examination was done

Laboratory Tests		1st test	Result		Laboratory Tests		1st test	Result	
			Abnormal	Follow up				Abnormal	Follow up
Urinalysis	Protein (+) (−)				Blood lipids	Total cholesterol (mg/dLt)			
	Sugar (+) (−)				Renal function	Creatinine (mg/dL)			
	O.B. (+) (−)					UA (mg/dL)			
	pH					BUN (mg/dL) ※			
Blood test	Hb (g/dL)				Liver function	SGOT (AST) (U/L)			
	WBC (10^3/μL)					SGPT (ALT) (U/L)			
	RBC (10^6/μL)				Hepatitis B	HBsAg △			
	Platelet count(10^3/μL)					Anti-HBs △			
	MCV (fl)				Other※				
	HcT (%) ※								

Chest X-ray	Date of X-ray	Result: ☐No obvious abnormality ☐R/O TB ☐TB-related calcification ☐Abnormal thorax ☐Pleural cavity edema ☐Scoliosis ☐Cardiomegaly ☐Bronchiectasis ☐Pulmonary infiltrates ☐Solitary pulmonary nodule ☐Other: **Due to ☐ Pregnancy(submit X-ray report after childbirth) ☐ Had X-ray report in recent 3 months(Report submitted), therefore I decline the X-ray exam.** **Signature:**	Further treatment, date, and comment:

Other tests	Item	Date	Checked by	Result	Follow-up referral and notes:

Summary	Summary of health examination results, for follow-up or treatment, and case management outline

Remark	1. This information is the exclusive property of National Kaohsiung University of Science and Technology. It is not allowed to disclose or use this information, nor to copy, reproduce or transform it into any other form for use without the written permission of the parties, please follow the data storage and security controls of NKUST. 2. According to the School Health Act, in order to establish a student health management system, according to the results of the health examination, the school will carry out tracking and counseling management for students with special health problems from freshman entrance to graduation. 3. If there is any abnormality in the health examination results, please seek for medical treatment as soon as possible. If you suffer from infectious diseases such as tuberculosis and other diseases, please DO NOT come to school before diseases had been controlled.