



West Irondequoit Central School District

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Permission for Physical Examination at West Irondequoit Central School District

To ensure the health and safety of each child, New York State Education Department requires that a physical examination be completed at regular intervals during a student's scholastic career. These situations include: new school entrants; children in grades K, 2, 4, 7, and 10; students who wish to participate in sports; those who desire a work permit; and students who are having a review by the committee on special education.

The goal of this physical exam is to screen for and identify any physical abnormalities or health conditions that may affect school performance, employment, or sports participation. Ideally, this exam should be done by the child's health care provider so that a more comprehensive health assessment can be completed. When this is not feasible for the family, WICSD has available a licensed pediatric health care specialist who can provide this service for the students of the district. Immunizations and prescriptions are not given during a school physical.

In the school setting, parents are always welcome to be a part of the scheduled physical examination. This frequently reduces the anxiety for younger children and provides an opportunity for the parent to share their concerns. Throughout the exam, every effort is made to preserve the privacy and comfort of the student.

The exam begins with measurements of height, weight, blood pressure and visual acuity performed by the school nurse. The remainder of the exam is similar to what is done in a primary care medical office. We evaluate the eyes, ears, oral cavity and nose. We auscultate the lungs and heart with a stethoscope and compare the femoral and radial pulses. We palpate the abdomen to evaluate for masses, areas of tenderness and enlarged organs. In both males and females, we examine external genitalia for abnormalities and to assess normal pubertal development during puberty changes. Special note is also taken of all areas of the skin. Finally, we examine joint function and muscle mass.

If there are any abnormalities found during the physical examination, a parent will be contacted by a member of the school health team. Depending on the age of the student, these concerns may be explained in understandable terminology to the child. The primary care physician will also receive a brief note explaining our findings. It is the parent's responsibility to follow up with their health care provider.

If at any time you would like to talk with us directly, the school nurse can contact us and we will get back to you as soon as possible.

Respectfully submitted,

Larry Denk, M.D.
WICSD Physician

Mary Lou Pulcino, M.S., P.N.P.
WICSD Pediatric Nurse Practitioner

I give permission for _____ to have a physical examination on (date) _____

Parent/Guardian (signature): _____ Date: _____

Relationship to above named student: _____