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1.0 PURPOSE

The purpose of this document is to provide the procedure in the administration of medical examination to PSC employees, pre-employment requirement, athletes and coaches of the National Pool.

2.0 SCOPE

Administration of medical examination is undertaken only upon indorsement of the HRMO, NSAAO.

3.0 DEFINITION OF TERMS

- 3.1. NSAAO – National Sports Association Affairs Office
- 3.2. NP – National Pool
- 3.3. HRMO – Human Resource Management Office
- 3.4. PPPE – Pre-Participation Physical Examination
- 3.5. BLS – Basic Life Support
- 3.6. VS – Vital Signs
- 3.7. NC – Nasal Cannula
- 3.8. OTC – Over the Counter
- 3.9. MRI – Magnetic Resonance Imaging
- 3.10. ECG – Electrocardiogram
- 3.11. PX – Patient
- 3.12. MD – Medical Doctor
- 3.13. RN – Registered Nurse
- 3.14. APE Annual Physical Examination
- 3.15. TX – Treatment
- 3.16. O2 – Oxygen
- 3.17. MR – Medical Record
- 3.18. MEDS – Medications
- 3.19. OP – Oral Prophylaxis
- 3.20. EX – Extraction
- 3.21. TF – Temporary Filling
- 3.22. ET – Emergency Treatment
- 3.23. MG – Mouthguard
- 3.24. PF – Permanent Filling
- 3.25. CSCS – Certified Strength and Conditioning
- 3.26. CT – Conditioning Training
- 3.27. MCS – Movement Competency Screen
- 3.28. PE – Prehab Exercise
- 3.29. RE – Rehab Exercise
- 3.30. ST – Strength Training
- 3.31. PFT – Physiological Fitness Test
- 3.32. APM – Anthropometric Measurement



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- 3.33. HT – Height
- 3.34. WT – Weight
- 3.35. AS – Arm Span
- 3.36. SH – Sitting Height
- 3.37. BC – Body Composition
- 3.38. BF – Body Fat
- 3.39. SFM – Skin Fold Measurements
- 3.40. BL – Blood Lactate
- 3.41. FMT – Functional Muscle Test
- 3.42. PFT – Pulmonary Function Test
- 3.43. MS – Muscular Strength
- 3.44. FX – Flexibility
- 3.45. AG – Agility
- 3.46. P – Power
- 3.47. SP – Speed
- 3.48. ST – Strength
- 3.49. ME – Muscular Endurance
- 3.50. CE – Cardiovascular Endurance
- 3.51. SN – Sports Nutrition
- 3.52. NC – Nutrition Counseling
- 3.53. NA – Nutrition Assessment
- 3.54. RND – Registered Nutrition-Dietitians
- 3.55. FEL – Food Exchange Lists
- 3.56. BMI – Body Mass Index
- 3.57. ADO – Anti-Doping Organization
- 3.58. SEA-RADO – Southeast Asia Regional Anti-Doping Organization
- 3.59. ASP – Athlete Support Personnel (Observer/Chaperone)
- 3.60. DCO – Control Doping Officer
- 3.61. DC – Doping Control
- 3.62. NADO – National Anti-Doping Organization
- 3.63. PS – Prohibited Substance
- 3.64. RTP – Registered Testing Pool
- 3.65. S – Sample or Specimen
- 3.66. TUE – Therapeutic Use Exemption
- 3.67. WADA – World Anti-Doping Agency

4.0 REFERENCE DOCUMENTS

Medical and Scientific Athletes Services Operations Manual

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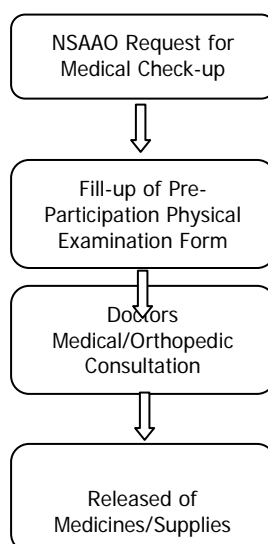
5.0 PROCESS FLOW

Pre-Participation Physical Examination

RESPONSIBLE

Nurse

FLOW CHART



REFERENCE


M&SAS Operational Manual

6.0 PROCEDURE


- 6.1. Request for Medical Examination (HR) or NSAAO
- 6.2. Fill-up Pre Participation Physical Examination (PPPE) Form
- 6.3. Vital Signs taken by the nurse on duty to the athletes, coaches or employee
- 6.4. Check-up done by the Family Medicine or Orthopedic Consultant
- 6.5. If referral is needed, referral slip is issued to athlete
- 6.6. If internal referral is needed to the different units of Medical and Scientific Athletes Services (MSAS)
- 6.6. Released of medicines and medical supplies for the athlete
- 6.7. For PPPE, Athlete is needed to undergo to the different stations (Medical Unit, Dental Unit, Sports Rehabilitation Unit, Sports Physiology Unit, Sports Nutrition Unit, Doping Unit, Sports Psychology Unit, Strength & Conditioning Unit)
- 6.8. Documents will be return to Medical Unit for Evaluation and Consolidation

7.0 FORMS ATTACHED

- 7.1. Issuance of NSAAO endorsement slips form
- 7.2. Showing of PSC ID
- 7.3. PPPE Check List Form
- 7.4. Pre-Participation Physical Evaluation Form (History Form)
- 7.5. Pre-Participation Physical Evaluation Form (Physical Examination Form)
- 7.6. Health Services Form
- 7.7. Progress Notes Form

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- 7.8. Prescription Pad Form
- 7.9. Medical Certificate Form
- 7.10. Referral Form
- 7.11. Dental Form
- 7.12. Sports Rehab Form (Initial Evaluation Sheet)
- 7.13. PT Progress Notes
- 7.14. Sports Massage Schedule Form
- 7.15. Sports Physiology Form (Pre-Participation Physical Examination)
- 7.16. Athletics Results Recording Sheet (Jumper)
- 7.17. Athletics Results Recording Sheet Long Distance Events
- 7.18. Athletics Results Recording Sheet Middle Distance Event
- 7.19. Athletics Results Recording Sheet (Throw Event)
- 7.20. Badminton Results Recording Sheet
- 7.21. Baseball Results Recording Sheet
- 7.22. Basketball Results Recording Sheet
- 7.23. Beach Volleyball Results Recording Sheet
- 7.24. Body Fat Measurement Form
- 7.25. Bowling Results Recording Sheet
- 7.26. Boxing Results Recording Sheet
- 7.27. Canoe/Kayak Results Recording Sheet
- 7.28. Cycling Results Recording Sheet
- 7.29. Dance Sports Results Recording Sheet
- 7.30. Fencing Results Recording Sheet
- 7.31. Football Results Recording Sheet
- 7.32. Futsal Results Recording Sheet
- 7.33. Gymnastics Results Recording Sheet
- 7.34. Judo Results Recording Sheet
- 7.35. Karatedo Results recording Sheet
- 7.36. Lawn Bowl/Petangue Results Recording Sheet
- 7.37. Muay Thai Results Recording Sheet
- 7.38. Olympic Rowing Results Recording Sheet
- 7.39. Pencak-Silat Results Recording Sheet
- 7.40. Rugby/Football Results Recording Sheet
- 7.41. Sailing Results Recording Sheet
- 7.42. Sepak-Takraw Results Recording Sheet
- 7.43. Shooting Results Recording Sheet
- 7.44. Soft tennis/Lawn tennis Results Recording Sheet
- 7.45. Softball Results recording Sheet
- 7.46. Table Tennis Results Recording Sheet
- 7.47. Tae-Kwondo results recording Sheet
- 7.48. Traditional Boat Race Results Recording Sheet
- 7.49. Volleyball Results Recording Sheet
- 7.50. Water Polo Results Recording Sheet
- 7.51. Wrestling Results Recording Sheet
- 7.52. Wushu Results Recording Sheet
- 7.53. Sports Nutrition Form (Personnal Information Sheet)

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- 7.54. Sports Nutrition Assessment
- 7.55. Doping Form Questioner
- 7.56. WADA Form (External Form)
- 7.57. Sports Psychology Evaluation Form