

Health History Form for Mountain T.O.P. Staff

**Because we want to support your ability to do your job well, please complete this form accurately and completely.*

Return Completed Form to

Mountain T.O.P., Inc.
P.O. Box 128
Altamont, TN 37301

Questions?
Call Kim at **931-692-3999**.

Name: _____
First Name Middle Initial Last Name

Date of Birth: _____ Sex: _____
Month Day Year

Permanent Address: _____

Preferred Phone #: (_____) _____ E-mail: _____

Country of Residence: _____

Your Contract Start Date: _____ End Date: _____

Your Job Title: _____

- Return this form to our camp office at least four weeks before you arrive. People hired within four weeks of their start date should not send this form ; bring it with you and give it to the Health Center staff at camp.
- Keep a copy of the completed form for your records; note changes that occur and inform the camp staff of these changes.
- Notify the Mountain T.O.P. Staff if you are exposed to a communicable disease within three weeks of beginning your job.
- Mountain T.O.P. expects that you arrive in good health and capable of doing the job for which you were hired.
- Information on this form is available to Mountain T.O.P. year-round staff only.

Allergies: Check those that apply to you.

_____ I have no known allergies.

_____ I have an allergy to this food: _____ This causes anaphylaxis? Yes No
Describe what happens if you eat this food and how the reaction is managed:

_____ I am allergic to this medication/s: _____ This causes anaphylaxis? Yes No

_____ I am allergic to these substances: _____ This causes anaphylaxis? Yes No
Describe what happens if you eat this food and how the reaction is managed:

Nutrition: Our expectation is that staff set an example for campers by eating the provided menu. We can work effectively with some medically prescribed diets but cannot cater to individual food preferences. There are times when you might need to simply not eat a served item.

_____ I eat a regular, varied diet and am prepared to eat a variety of foods while at camp.

_____ I am a vegetarian of this type: Semi-vegetarian (no pork or beef) Vegan (no meats, eggs or dairy)

Pesco (no pork, beef or chicken) Lacto-ovo (no beef, pork, chicken, seafood, or fish)

_____ I am lactose-intolerant. Be prepared to manage your intolerance using products such as Lactaid or food avoidance.

_____ I avoid _____ because of religious beliefs. Camp kitchens are not kosher.

_____ I respond with an anaphylactic reaction when I eat this food: _____

Chronic Concerns: Check all that pertain to you and provide information about supportive health care.

_____ I have no chronic health concerns.

_____ I have the following chronic health concern(s): Asthma Headaches/Migraines Sleep problem Diabetes

Difficult breathing Dysmenorrhea Fainting Surgery history Seizure disorder: _____

Back pain or injury Knee or ankle weakness Other: _____

Provide information about supportive healthcare needed for each checked item:

Immunization History: Provide the month & year for immunizations. Asterisked (*) immunizations must be current.

Immunization	Date – Month(s) & Year(s)	Immunization	Date – Month(s) & Year(s)
Tetanus Booster*	Current within 10 years:	Polio*	
Varicella* (Chicken Pox)		MMR (Mumps, Measles, Rubella)*	
Meningitis		Pneumococcal	
Pertussis Booster (Whooping Cough)	Recommended Update at 12 years:	DPT (diphtheria, tetanus, pertussis)*	
Hepatitis B		Hepatitis A	
Influenza			

Medication: Bring enough medication to last or bring your written prescription to order a refill. Prescription meds MUST be in pharmacy containers with appropriate labels; other remedies must be in original container.

_____ I do not take medication on a routine basis.

_____ I take routine medication (include vitamins) as noted below.

Name of Medication	Reason for Taking It	Dose Given & When	Date Started?
		<input type="checkbox"/> Breakfast Dose: _____ <input type="checkbox"/> Evening Meal Dose: _____ <input type="checkbox"/> Bedtime Dose: _____ <input type="checkbox"/> Other: _____	
		<input type="checkbox"/> Breakfast Dose: _____ <input type="checkbox"/> Evening Meal Dose: _____ <input type="checkbox"/> Bedtime Dose: _____ <input type="checkbox"/> Other: _____	
		<input type="checkbox"/> Breakfast Dose: _____ <input type="checkbox"/> Evening Meal Dose: _____ <input type="checkbox"/> Bedtime Dose: _____ <input type="checkbox"/> Other: _____	

General Physical History

1. Have you ever been hospitalized?..... Yes No
Have you ever had surgery?..... Yes No
2. Have you ever passed out during or after exercise/physical exertion?..... Yes No
Have you ever been dizzy during or after exercise/physical exertion?..... Yes No
Have you ever had chest pain during or after exercise/physical exertion?..... Yes No
Do you tire more quickly than your friends during exercise/physical exertion?..... Yes No
Have you ever had high blood pressure?..... Yes No
Have you ever been told that you had a heart murmur?..... Yes No
Have you ever had racing of your heart or skipped heartbeats?..... Yes No
3. Do you have skin problems (itching, rashes, acne)?..... Yes No
4. Have you ever been knocked out, fainted, or become unconscious?..... Yes No
Have you ever had a seizure?..... Yes No
Have you ever had a stinger, burner, or pinched nerve?..... Yes No
5. Have you ever had heat or muscle cramps?..... Yes No
Have you ever been dizzy or passed out in the heat?..... Yes No
6. Have you ever sprained, strained, dislocated, fractured, broken, or had repeated swelling or other injuries to any of your body areas?
..... Yes No
If so, where? Head Shoulder Thigh Neck Chest Forearm Shin/calf
 Back Wrist Hand Ankle Elbow Knee Hip Foot
Can you lift and carry 30 pounds (14 kilograms) at least ten times without assistance or discomfort?..... Yes No
7. Have you had chicken pox or are you immunized for chicken pox?..... Yes No
8. Have you had mononucleosis in the past nine months?..... Yes No
9. Do you have an uncorrected hearing problem?..... Yes No
Do you have an uncorrected vision (sight) problem?..... Yes No
Do you wear glasses or contacts or use protective eye wear?..... Yes No
10. Do you smoke and/or use other tobacco products?..... Yes No
11. Do you have any piercings?..... Yes No
If so, where? Ears Eyebrow Nose Tongue Belly Button Nipple Other: _____
12. Do you have any problems with your teeth?..... Yes No
13. Have you been in countries other than the United States in the past nine months?..... Yes No
If yes, list the countries and the length of time spent in them.
Country: _____ Dates: _____
Country: _____ Dates: _____
Country: _____ Dates: _____
14. For women: Do you have a menstrual problem (pain, irregularity, etc.)?..... Yes No
Explain and/or provide more detail about the General Physical Health questions to which you responded "yes."

Name of your physician: _____ Office Phone: (_____) _____

Name of your dentist/orthodontist: _____ Office Phone: (_____) _____

Mental & Emotional Health Information

- A. Have you been diagnosed with attention deficit disorder (ADD) or AD/HD. Yes No
- B. Do you have a psychiatric diagnosis such as depression, OCD, panic/anxiety, bipolar disorder that will impact your work? . . . Yes No
- C. Do you have an eating disorder that will impact your work? Type: _____ Yes No
- D. Do you have a learning disability that will impact your work? Type: _____ Yes No
- E. Do you have an emotional health concern that will impact your work? Yes No

F. During the past year, have you seen a professional about mental/emotional concerns that will impact your work?

If "yes" to any question in this section, attach a statement that:

- (a) Describes the concern and your management plan for addressing it while working at camp; and
- (b) Describes the support needed from your work supervisor to compliment your plan.

Paying for Health Care:

- There is usually no charge for health care provided by the Mountain T.O.P. First Aid kit.
- Staff are financially responsible for health care provided by out-of-camp providers.
- If you will be using personal insurance while working at camp, it is your responsibility to know how to access that insurance. Bring your insurance card and know how to use it. Consider obtaining pre-authorization if your insurance requires this.

Emergency Contact: Whom do you want us to contact in an emergency?

First Contact: _____ Phone: (_____) _____

Relationship to You: _____

Alternate Contact: _____ Phone: (_____) _____

Relationship to You: _____

Authorization for Health Care: Parental signature required for staff less than 18 years of age.

This health history is correct insofar as I know. I am capable of performing the essential functions of my job and participating in assigned work duties as noted on this form. I understand my health information will be used by the Mountain T.O.P. staff in providing care to me and may be reviewed by work supervisor.

Signature of Staff Person: _____ Date: _____