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| <b>CHAPTER</b><br>Health/Medical                                     | <b>CHAPTER</b><br>03   | <b>SECTION</b><br>002  | <b>SUBJECT</b><br>20 |
| <b>SECTION</b><br>Health Care  |  | <b>DESCRIPTION</b><br>Physical Examinations  |                      |
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**APPLICATION:**

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|--|--|---|---|
| <input checked="" type="checkbox"/> CMH Staff                  | <input type="checkbox"/> Board Members           | <input type="checkbox"/> Provider Network | <input checked="" type="checkbox"/> Employment Services Providers |
| <input type="checkbox"/> Employment Services Provider Agencies | <input type="checkbox"/> Independent Contractors | <input type="checkbox"/> Students         | <input type="checkbox"/> Interns                                  |
| <input type="checkbox"/> Volunteers                            | <input type="checkbox"/> Persons Served          |   |   |

**POLICY:**

Lapeer County Community Mental Health (LCCMH) verifies through documentation a decision concerning the need to perform a physical examination was made prior to the development and implementation of each treatment plan for the person served.

**STANDARDS:**

- A. The final decision concerning the necessity for a physical examination rests with the agency psychiatrist either at the time the intake is reviewed or later during the course of the treatment of the person served.
- B. A medical evaluation may be required when the psychiatrist ascertains that a medical condition may exist which would impact the current or planned services provided by LCCMH.
- C. Annual physical examinations are not required for outpatient persons served unless the psychiatrist determines one is necessary.

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|---------------------------|---------------|--------------------------------------|---------------|
| CHAPTER<br>Health/Medical | CHAPTER<br>03 | SECTION<br>002                       | SUBJECT<br>20 |
| SECTION<br>Health Care    |               | DESCRIPTION<br>Physical Examinations |               |

- D. Residential, work activity, day activity and recreational therapy persons served are required to have an annual health assessment completed by a physician.

**PROCEDURES:**

- A. Prior to intake, all persons served or their parent/guardians will complete the Adult Personal Information Form (LCCMH Form #93) or the Child/Adolescent Personal Information Form (LCCMH Form #94), which queries general health, past health history and current symptoms and conditions.
- B. At the time of the psychiatric evaluation, if the person served was recently discharged from the hospital, a physical will be obtained and reviewed by the agency psychiatrist.
- C. An agency nurse will complete a wellness check documented in the Nursing Progress note at the time of the psychiatric evaluation and medication reviews.
1. Results found outside of accepted parameters will be shared with the person served (guardian and/or parent if applicable), the primary case holder, the primary care physician, and the treating psychiatrist.
  2. The purpose of the wellness check is to identify health care concerns, provide education regarding identified health care concerns, and to facilitate the integration of treatment with the primary case holder and primary care physician.
- D. When a physical examination is recommended or required, persons served are referred to their personal / primary physician. All returned physical examinations will be reviewed by the psychiatrist and their recommendations documented in the record of the person served.
- E. At the time of annual review, or sooner if indicated, a physical examination may be recommended for outpatient persons served and ordered by an agency physician. The procedures for determining the need for a physical examination and referral are the same as for intake.
- F. A complete health record is maintained by the foster care provider and monitored quarterly, or more frequently as indicated, by the residential case manager. Annual physical and dental examinations are completed and documented in the

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|---------------------------|---------------|--------------------------------------|---------------|
| CHAPTER<br>Health/Medical | CHAPTER<br>03 | SECTION<br>002                       | SUBJECT<br>20 |
| SECTION<br>Health Care    |               | DESCRIPTION<br>Physical Examinations |               |

provider's record. As needed, copies may be included in the LCCMH case record.

- G. Clinicians who note conditions, medications, and/or symptoms which may preclude, effect, or impact the mental health treatment of a person served in any manner are to seek consultation from the agency psychiatrist.

**REFERENCES:**

American Heart Association  
University of Wisconsin School of Medicine and Public Health

**EXHIBITS:**

Table 1: Blood Pressure Categories  
Table 2: Vital Signs and processes

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This policy supersedes  
#10/09036 dated 10/06/2009.  
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