



# Multnomah County ADULT CARE HOME OPERATOR OR RESIDENT MANAGER Health History and Physician / Nurse Practitioner's Statement

Applicant's Name: \_\_\_\_\_ Birth Date: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

<b>Part 1 – Instructions:</b> 1. The applicant is required to complete all of PART 1 (pages 1-2). 2. The physician or nurse practitioner is required to complete PART 2 (pages 3-5).	<b>Return Completed Form To:</b> Multnomah County Adult Care Home Program 209 SW 4th Avenue, Suite 650 Portland OR 97204
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<b>Current medical provider</b>	<b>Date of last physical exam</b>
Current provider's name	/ /
Last physical exam by any provider?	/ /

**Review of symptoms (check all that apply)**

Do you have any of the following?	Do you have any of the following?	Have you ever had?
Weight loss/weight gain <input type="checkbox"/>	Tiredness or significant fatigue <input type="checkbox"/>	A car accident <input type="checkbox"/>
Fevers <input type="checkbox"/>	Unable to tolerate heat or cold <input type="checkbox"/>	Loss of consciousness <input type="checkbox"/>
Headaches <input type="checkbox"/>	Short of breath with or without exertion <input type="checkbox"/>	Heart attack <input type="checkbox"/>
Difficulty with vision <input type="checkbox"/>	Palpitation or skipped beats <input type="checkbox"/>	Loss of vision <input type="checkbox"/>
Dizziness/vertigo <input type="checkbox"/>	Chest pain or tightness <input type="checkbox"/>	Abnormal heart rhythm <input type="checkbox"/>
Seasonal allergies <input type="checkbox"/>	Indigestion/heartburn <input type="checkbox"/>	Seizure <input type="checkbox"/>
Sinus problems <input type="checkbox"/>	Abdominal pain <input type="checkbox"/>	Panic attacks <input type="checkbox"/>
Wheezing <input type="checkbox"/>	Diarrhea/constipation <input type="checkbox"/>	Head injury <input type="checkbox"/>
Cough <input type="checkbox"/>	Irregular periods <input type="checkbox"/>	Stroke <input type="checkbox"/>
Back pain <input type="checkbox"/>	Frequent urinary tract infections <input type="checkbox"/>	Paralysis <input type="checkbox"/>
Joint pain or swelling <input type="checkbox"/>	Kidney stones <input type="checkbox"/>	Back injury <input type="checkbox"/>
History of broken bones <input type="checkbox"/>	Skin problems (rash, psoriasis) <input type="checkbox"/>	Psychiatric disorder <input type="checkbox"/>

**Vaccination history/communicable diseases\* (have you had?)**

	Yes	No	Unsure
The standard series of childhood vaccinations?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The disease "chicken pox" or the chicken pox vaccine (Varicella)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
A tetanus/diphtheria booster shot within the last 10 years?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hepatitis B vaccination (this is a series of 3 injections spaced several months apart)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The disease "Tuberculosis" (TB)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
A positive tuberculosis test (also called PPD or Tine Test)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Vaccination against tuberculosis with BCG (this is uncommon in the United States)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

- <http://www.cdc.gov/vaccines/spec-grps/hcw.htm> - Healthcare Personnel Vaccination Recommendations

**Current medical or psychiatric conditions (those that you are currently experiencing and/or receiving treatment for, including drug/alcohol abuse)**

	Please list or <input type="checkbox"/> N/A	Date of onset		Please list	Date of onset
1			2		
3			4		
5			6		

Note: Check N/A (not applicable) if you are not experiencing or receiving treatment for any Medical or Psychiatric condition.

**Past medical or psychiatric conditions (those that you had in the past but recovered from, including drug/alcohol abuse)**

	Please list or <input type="checkbox"/> N/A	Date of onset		Please list	Date of onset
1			2		
3			4		
5			6		

Note: Check N/A (not applicable) if you have not experienced and/or received treatment for any Medical or Psychiatric condition.

**Surgeries/hospitalizations** (list the type of surgery or condition for which you were hospitalized)

	Please list or <input type="checkbox"/> N/A	Date of onset		Please list	Date of onset
1			2		
3			4		
5			6		

**Question:** When was your last visit to the emergency room?  
For what symptom or condition?

Note: Check N/A (not applicable) if you have not had any surgeries or hospitalization or emergency room visits.

**Medications/treatments**  N/A (Please include prescription medications, non-prescription medications, vitamins, herbal supplements, medical marijuana and treatments)

1		2	
3		4	
5		6	
7		8	

**Question:** Do you have any allergies to medications or other substances? If yes, please list.

Note: Check N/A (not applicable) if you are not on any prescription medication, non-prescription medications, vitamins, herbal supplements or medical marijuana or do not have any medication allergies. visits.

**Occupational assessment**

	Yes	No	Unsure
1. Do you have any physical limitations (such as lifting or mobility restrictions) that may limit the type of resident you can care for? If yes, please explain.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Do you currently use illicit/illegal drugs? If yes, please explain.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. How many alcoholic drinks do you consume per day? Per week?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Have you ever had an occupational injury/illness before (such as back strain, chemical exposure, or infection due to human blood and body fluid exposure)? If yes, please explain.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Do you have any condition (physical, medical or psychological) that would require special accommodations in order for you to perform your job? If yes, please explain.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

I declare under penalty of perjury that all statements made in this Health History are true and complete. I authorize Multnomah County Adult Care Home Program and my physician, nurse practitioner or clinic to exchange any medical information that is pertinent to my ability to provide care to frail, elderly or disabled adults and operate my adult care home(s). I understand that my failure to provide complete and accurate information may result in the denial of my application or other administrative sanctions against my license or certification.

\_\_\_\_\_  
*Applicant's Signature*

\_\_\_\_\_  
*Date*

**PART 2 – THIS FORM IS TO BE COMPLETED AND RETURNED TO THE ADULT CARE HOME PROGRAM BY THE APPLICANT’S PHYSICIAN OR NURSE PRACTITIONER**

**Send completed form to:** Adult Care Home Program, 209 SW 4th Ave., Suite 650, Portland OR 97204

**Applicant’s Name:** \_\_\_\_\_ **Exam Date:** \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_  
*Please print applicant’s name*

The individual named above is under consideration for a care provider position in an Adult Care Home serving older adults and people with disabilities, adults with developmental disabilities, or adults receiving mental health and addiction services. A completed Health History and Physician/ Nurse Practitioner’s Statement is required every two years, or more frequently if needed, as a means of documenting that the occupant is in satisfactory health to provide care and services to frail, elderly and disabled adults.

**ALL CAREGIVERS including Owner/Operators, Resident Managers and Caregivers must be physically, mentally and emotionally able to care for individuals who may require varying levels of assistance with their Activities of Daily Living.**

The job requires physical, mental and emotional health sufficient to perform the following duties safely. This list is not all-inclusive but is provided to give you a sense of the care requirements the above individual will be required to provide.

- Physical activities include changing bedding, mattresses and/or moving furniture in resident rooms; lifting, rotating and assisting residents who are partially or totally incapacitated; providing personal care in eating, dressing, hair and body care, communication, toileting, bathing, oral care, etc.; operating equipment such as wheelchairs, lifting devices, mechanized beds and other related medical devices; medication administration and medical treatments per physician order and under nursing delegation supervision.
- Emotional/mental activities such as being able to patiently listen and provide non-judgmental support and empathy; quick clear thinking; ability to remain calm in an emergency; ability to be able to be assertive and act as a resident advocate; ability to follow rules and procedures directing them on resident care and safety; ability to deal in a supportive and empathetic manner to difficult situations.

**Physician/nurse practitioner questions**

1. How long have you known this person?  
 Just met today                       Mos/Yrs:                       Other (describe below)

2. What information did you review to complete this Health History Assessment (*check all that apply*)  
 Interview – date occurred:                      /                      /  
 Physical exam – date occurred:                      /                      /  
 Medical record review including mental health and addiction treatment  
Specify the information reviewed:  
  
 Diagnostic testing and studies  
Specify the information reviewed:

3. Please rate the applicant's ability to:	Unknown	Poor	Average	Good
Lift over 50 pounds on a regular/daily basis	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cope with high levels of stress on a daily basis	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Stand for long period of time	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Communicate verbally with medical personnel	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Follow instructions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

4. In your assessment have you identified any physical conditions or impairments that would limit this person's ability to care for, life or physically support the movement of heavy, frail, elderly or disabled adults?

No       Yes      **If yes, please explain below:**

5. This person has listed their current medication(s)/treatment(s) on page 2 of this document. After your review of that medication/treatment list, have you identified any issues that might reduce this individual's capacity to safely care for frail, elderly or disabled adults?

No       Yes      **If yes, please explain below:**

6. Based on your health assessment and review of the applicant's health inventory, does this person have any mental or emotional problems that might hinder his ability to care for frail, elderly or disabled adults?

No       Yes      **If yes, please explain below:**

7. Based on your health assessment and review of the applicant's health inventory, does this person have any cognitive problems that might hinder his ability to care for frail, elderly or disabled adults?

No       Yes      **If yes, please explain below:**

8. Are there any indications this person ever abused drugs or alcohol?

No       Yes      **If yes, please explain below and include treatment received, if any:**

9. In your opinion, would this applicant benefit from any evaluation and/or monitoring in either of the following area?

Physical health concerns     No     Yes    Mental/emotional health concerns     No     Yes

**If yes, please explain:**

10. Do you have any concern that have not been addressed in this form?

No

Yes

**If yes, please explain below:**

Thank you for completing this form. Your assessment and statement are used to ensure resident and caregiver safety in Adult Care Home settings

**Physician/Nurse Practitioner Attestation and Signature**

I do hereby attest that this information is true, accurate and complete to the best of my knowledge. I understand that any falsification, omissions, or concealment of material fact may subject me to administrative, civil or criminal liability.

\_\_\_\_\_  
*Signature and credentials of physician or nurse practitioner*

\_\_\_\_\_  
*Date*

\_\_\_\_\_  
*Phone Number*

**Please note: Signature stamps are not accepted**

**Printed name of physician or nurse practitioner:**

Address and phone number: