

RETIREMENT EXEMPTION EXAM (FIRE DEPT)

Name: _____
Last 4 SSN: _____ DOB: _____ Date: _____
Contractor: _____

COMMENTS: Exams may include Firefighters and Fire Pilots. For Firefighters, review your clinic's records and/or contact OHP to determine if a treadmill was done in the prior 12 months, and if so, whether VO2 was ≥ 33.5 ml/O2. Without documentation of ≥ 33.5 ml/O2 in the prior 12 months, a treadmill is now required. Those currently testing < 33.5 will be allowed to continue working past age 60, but reported to the Fire Department for fitness training.

NOTE: This exam requires an OHP Work Order.

Triage all to "OHP Review." No Employee Medical Results form is necessary.

PACKAGE: (record results on Employee Examination Data form)

E26

- _____ Ht/Wt
- _____ Dipstick urinalysis for glucose, protein, and blood
- _____ Blood pressure, pulse rate, rhythm
- _____ Far acuity: Best OS, OD (Titmus) -- if $> 20/20$ in either eye, see below
- _____ Audiogram
- _____ EKG
- _____ Physical Examination, Complete
- _____ Review of Retirement Exemption Questionnaire

REFLEXIVE TESTING:

Clinical Findings:

Testing Required:

Dipstick (+) for blood	► _____	Urinalysis, Complete	A63
Dipstick (+) for glucose	► _____	Hemoglobin A1c	A29
Dipstick (+) for protein	► _____	Urinalysis, Complete	A63
Vision/Far, Best $> 20/40$ either eye	► _____	ETDRS wall chart	A68
Vision/Far, Best $> 20/20$ either eye if pilot	► _____	ETDRS wall chart	A68
VO2 < 33.5 ml/O2 measured in last 12 months	► _____	CST if Firefighter	A09
VO2 not measured in last 12 months	► _____	CST if Firefighter	A09

Internal Medicine Concerns:

Testing Required:

Alcohol Abuse, DUI or "Wet Reckless," hangovers, eye-openers, or binge drinking (≥ 6 drinks) in the last 2 years	► _____	Blood Chemistry Panel	A03
	► _____	CBC with differential	A04
	► _____	HDL	A27
Diabetes	► _____	Hemoglobin A1c	A29
Thyroid, Rx or disease in last 2 years	► _____	TSH	A62